



Uniform - a reminder

We have included this reminder in all our newsletters and have also sent out our school uniform policy with an accompanying letter however there are still a **large number of children still NOT in correct school uniform, particularly on PE days**. This is not acceptable and is not school policy.

Wearing a uniform is an important and valuable learning opportunity for our children growing up in modern Britain - it is about belonging, being part of a family, a community, being included yet at the same time increasing expectations as well as preparing our children for the next step in their education – secondary school.

Our uniform at Sutton CE is black trousers/shorts, skirt or pinafore, blue jumper or cardigan (plain or logo) (red for Year 6), white or pale blue t-shirts or shirts. Children should wear black school shoes or boots – **NO TRAINERS**. PE is a plain white round neck t-shirt, black/navy shorts, leggings or tracksuit bottoms (no labelled, stripped, patterned or logos) trainers or pumps and a school jumper (plain or logo) **PE kit does not include football/rugby tops**. Hair bands, ribbons/bows or 'scrunchies' should be plain and either blue or black or white (red in Year 6) in colour. Hair bands should not have large flowers, ears or large bows attached. Children should not wear any additional hair extensions or attachments, coloured or otherwise.

Please see the photos to support you in ensuring your child/ren have the correct uniform.





Autumn Term Diary Dates

26 th September	Virtual MacMillan Coffee Morning
October	Black History Month
7 th October	Walk to School Day
10 th October	World Mental Health Day
16 th October	Harvest Festival – details TBC
21 st October	Virtual Open Morning and School Vision event
23 rd October	Break up for Half Term
2 nd November	School re-opens
3 rd November	Parents Evening – details TBC
5 th November	Parents Evening – details TBC
13 th November	Children in Need – details TBC
16 – 20 th Nov	Road Safety Week
26 th Nov	Oak Class Assembly – details TBC
3 rd December	Birch Class Assembly – details TBC
16 th December	Christmas Party Day
17 th December	Carol Service
18 th December	Last Day of Term

Parents Evening

You will receive a quick survey next week, regarding parents evening that is booked in for after half term. We do appreciate that this year it will be different but I would like to reassure you that you will still have all the opportunities to share your delights, celebrations, concerns or worries about your child/ren with their class teachers.

P.E Days

Please ensure your children come dressed in full P.E. kit including trainers. P.E. days are as follows.

Class	Days
Blossom	Monday Friday
Willow	Tuesday Friday
Birch	Tuesday Wednesday
Oak	Monday Thursday



MATHS SNACKS – YUMMY!

There is a really useful resource for children to play called ATM Maths Snacks! Google ATM mathematics and you'll see the link to the maths video clips which introduce a game. They are short but explain a game which can then be played on their own or with a partner. They are ideal for extra home learning.

<https://www.atm.org.uk/Maths-Teaching-Resources/Maths-Snacks-Videos>

The emotional and mental health of all our children, families and staff is paramount at Sutton CE. We are extremely proud to share that we are part of a Mental Health Trailblazing Project through Bradford NHS. This is a huge opportunity for Sutton CE. We had already begun our whole school approach to Emotional and Mental Health in school and this strengthens our journey even more.

As part of this trailblazer, we now have our own Education Mental Health Practitioner, Verity Callagher, who will be working within school each week to not only support individual children and parents/carers but to support staff in creating an outstanding Mentally Healthy School.

BRADFORD AND CRAVEN
trailblazer **NHS**

MENTAL HEALTH SUPPORT TEAM

The Mental Health Support Team will be working closely with young people, teaching staff and parents to help identify **social, emotional, and mental health issues** and ways to manage around these areas.

If you are concerned about your child's **emotional or mental health**, please get in touch with your **Educational Mental Health Practitioner (Verity)** at school via email (mhst@bdct.nhs.uk). In addition to this, in these very uncertain times, we are aware that everyone's mental health is being tested in very different ways.

As such, we are organising an online parent support group to start on Tuesday 13th October. This will be delivered at two different times: 10.30am and 8pm and is expected to last 1 hour 30 minutes. We will be exploring a wide range of topics and aim to start the first session with "Coping with a child who has emotional health difficulties". If you would like more information about the parent support group, please email us at:
mhstparentsupport@bdct.onmicrosoft.com

FIND US ON OUR SOCIALS:



To keep up-to-date with everything our team is up to, follow us on our Instagram and Twitter accounts. We post top-tips, motivation quotes and regular updates!

@BDFCT_MHST



World Mental Health Day Saturday 10th October 2020 –

Top tips to support children and young people

Be there to listen

Regularly ask how they're doing so they get used to talking about their feelings and know there's always someone to listen if they want it. Find out how to create a space where they will open up.

[How to start a conversation with your child](#)

Support them through difficulties

Pay attention to their emotions and behaviour, and try to help them work through difficulties. It's not always easy when faced with challenging behaviour, but try to help them understand what they're feeling and why.

[Help with difficult behaviour and emotions](#)

Stay involved in their life

Show interest in their life and the things important to them. It not only helps them value who they are but also makes it easier for you to spot problems and support them.

Encourage their interests

Being active or creative, learning new things and being a part of a team help connect us with others and are important ways we can all help our mental health. Support and encourage them to explore their interests, whatever they are.

Take what they say seriously

Listening to and valuing what they say, without judging their feelings, in turn makes them feel valued. Consider how to help them process and work through their emotions in a more constructive way.

[The Anna Freud Centre support guide](#)

Build positive routines

We know it still may not be easy, but try to reintroduce structure around regular routines, healthy eating and exercise. A good night's sleep is also really important – try to get them back into routines that fit with school or college.

[Sleep tips for children](#)

[Support for parents](#)

<https://youngminds.org.uk/find-help/for-parents/parents-helpline/>

<https://www.barnardos.org.uk/see-hear-respond-support-hub>

<https://www.actionforchildren.org.uk/support-for-parents/children-s-mental-health/>

<http://www.childhoodbereavementnetwork.org.uk/help-around-a-death/covid-19.aspx>

<https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/children-and-young-peoples-mental-health-services-cypmhs/>

If you look after a child that has additional needs, [Mencap](#), the [Mental Health Foundation](#) and [the National Autistic Society](#) all have excellent resources and support for parents or carers of children with learning disabilities or autism.



Our children will be celebrating Harvest this year as a whole school. We feel that it is important, that although we are in 'bubbles' we still feel connected, still feel like a family and part of a very special community. This is why all the children will join together, collectively through TEAMS from one bubble classroom to another.

Each class will share their celebration of Harvest with the other bubbles and all the children and staff are learning some Harvest songs a little differently as we still cannot sing (we cannot wait until we can – we will be singing all the time!)

Blossom and Willow will be creating some Harvest Art, Birch will be writing Harvest Haikus and Oak will be writing their own Harvest prayers.

We will capture our service through recordings and photos which we will share with you, where permissions are appropriate.

Next week, you will notice our foodbank harvest drop off point in the Carpark outside of school. Please do feel free to donate what you can to Skipton foodbank. Please see below for the items that Skipton Foodbank are short of. I do know that they have ample pasta and would really appreciate something from this list.

Children's toothpaste, toothbrushes (all sizes), tinned fish, rice pudding, tinned potatoes, custard, shampoo and hand soap.

NO MORE PASTA FOR THE MOMENT

The Food Bank are also asking for
Clean, Strong, Shopping Bags

Having this foodbank drop off point outside of school will really allow our children, families and staff be very much a part of the wider Sutton Village Community and also know that we can make a difference to the lives of others in our local and wider community.

Please give what you can



We hope you enjoyed Oak class in leading on learning - they produced some fantastic E-safety podcasts. There is more to come so keep watching Sutton C of E School Facebook page.

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.



Conversation starters for parents and carers: ONLINE CONTENT



Trying to start a conversation about online safety with children can be a daunting task. There are many reasons why children may not want to talk to adults about it. One might be that they don't think you'll understand or that you won't know how to help if they came to you with an online problem. It can also be hard to start a conversation about something that you might have limited knowledge about. However, with screen time increasing during the lockdown, it's important now more than ever, to be talking to children about what they are accessing online.

1 ASK THEIR MOTIVATION

Sometimes it's easy to assume we know why children choose certain games or apps. It can seem obvious, like the child interested in football will be enthusiastic about the new FIFA game. But sometimes it can be more subtle than that. It could be that it's an outlet for their creativity or it might be that they like the look of the main character. Learning their motivation and knowing why they like it can help advising them on how to use it safely and help you discuss the pros and cons.



6 MAKE TIME TO LISTEN

When your child can't wait to tell you about their new game, always try and listen to what they say. We always have a lot on our minds, so it's easy for us to drift off onto other things which may be more important. However, try to stay involved and ask them more details about aspects of the game/app. Children will appreciate your interest and the more questions you ask, the more you can find out. If you are uninterested, then they are less likely to tell you about it again in the future.



2 CULTIVATE A BLAME FREE CULTURE

Children can often blame themselves if they come across something that scares them or makes them feel uncomfortable. There will be times when your child has gone against something that you have forbidden, however, most children do not intend to put themselves at risk. Therefore, it's important that your child is able to come to you with a problem and won't be blamed for it. Try to understand what happened and why and warn them of the dangers once more. Engaging in a 'told you so' dialogue or suggesting they are in trouble for not listening may deter them from reporting any future concerns.



7 ASK THEM TO BE THE TEACHER

Showing an interest in what children are accessing online is a great opportunity for you to learn something new as well. Children on the whole love sharing their experiences so by asking them to teach you how to use an app or play a game is not only a great way to bond, but you will also feel more empowered to talk about it. It is easy to shy away from conversations when the child perhaps knows more about the subject content than you do. This can help to turn this around.



3 SHARE PERSONAL EXPERIENCE

Starting a conversation by sharing something that you've seen or that has made you feel uncomfortable can be a great opener. Talking about your own feelings can help children realise that it isn't just them - adults can be affected too. You can then go into how you coped with it therefore indirectly giving children advice on how they can also cope in uncomfortable situations. You can also explain that the reason that you've chosen to talk to them about it is because talking helps. Children will hopefully be able to see the parallels in the experiences and mimic your behaviour in future.



8 USE SCHOOL MESSAGING

It might be that your child's school has sent out a message about the Childline number or to remind children to use the CEOP button to report content. Ask the children what they learned about these at school. When would they use the Childline number? When would they need to use the CEOP button? What does it look like? Asking the children why the school thought that the information was so important that they sent out a message about it reinforces what they learnt whilst at school.



4 TALK ABOUT THE NEWS

Asking children what their response is to news stories around online safety can be revealing. For example, there has been a recent survey conducted by the BBC, who are currently campaigning for the application of age ratings and content warnings on video sharing platforms. What do they think about this? Can they think of a time when this would have helped themselves or someone they know? Are they against the idea? If so, why? Could they be accessing something they shouldn't be?



9 ASK ABOUT THE RISKS

Many children may know what online risks are and will happily explain the potential dangers. Listen and try not to be overly shocked if they tell you something that disturbs you. This can then lead nicely into you asking the question about what steps they are taking to look after themselves or what help they could seek if something goes wrong. Sometimes it's just nice to know that your children know the dangers and have taken steps to help reduce the risk for themselves - this is the ultimate goal.



5 ASK FOR ADVICE

It could be that you really do have a friend at work who is debating whether or not to let their child do something online, or it could be that you're bending the truth slightly, but hopefully the outcome would be the same. Don't be afraid to ask others for advice. Not only why they should let the child use it, but also what would they tell the child to be aware of. What are the risks? This will help you understand the risks yourself and what to look out for in future.



10 ASK ABOUT RESPONSIBILITIES

Try asking open ended questions about roles and responsibilities online. Who is in control of the internet? Who is looking after you whilst you are online? Who decides what is appropriate for children to see? This can reveal a lot about a child's perception about who is responsible for their online safety. If they believe that it is up to everyone else to keep them safe, then you know you need to have a conversation about how they can reduce their own risk.



11 ASK ABOUT SCHOOL ADVICE

Sometimes it's hard to know what to warn children about. If there is a new app or game that your child has come across recently, ask them what they think their teacher would say about it. What advice would school give them? What have they been told about trusting people online or about fake news? Finding this out would be a good way to hear what advice they were given at school and help you reiterate the same message. Quick reminders about what to do if something makes them feel uncomfortable or who their trusted adults are can make all the difference.



Meet our expert

Heather Cardwell is a practising Online Safety Lead and senior school leader who is passionate about safeguarding children online and educating them around online risks. She has over 10+ years as a Computing Lead and has successfully developed and implemented a whole school approach to online safety in schools, delivering online safety training to both school staff and parents and helping to roll-out a bespoke online safety policy across her local network of education settings.

