

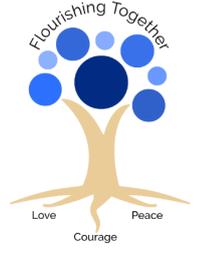
# Sutton in Craven Church of England Primary School

Main Street, Sutton in Craven, Tel. 01535-632181

[www.sutton-in-cravencofe.n-yorks.sch.uk](http://www.sutton-in-cravencofe.n-yorks.sch.uk)

Newsletter 15th October 2021

**Flourishing Together, in the love of God, to live life in all its fullness.**



## A note from the Headteacher

It is hard to believe that it is already the 5th November and the first Christmas adverts can be seen on television—I will admit to shedding a tear at the John Lewis one!! I think during difficult times, you find strength and courage in different places—the advert certainly made me think of what is truly important not only at this time of year but throughout the year.

We are focusing on the Christian Value of **COMPASSION** this half term and this week the children have been focusing on the events happening during COP26 and how we can show Compassion and make promises for the protection of our world. Please support your children this half term using the Home Values sheet found in your child's book bag. This will help you to spend time looking at the Christian value of compassion with your child/ren and to think about what compassion means for you and your family and the impact that it has. Please enjoy the activities and time with your child/ren.

As we think about compassion, we can remember those who have past, those that have given their lives for others. Next week, the children will celebrate Remembrance in school. We will also be attending the annual Remembrance Service at Sutton Park. Unfortunately due to COVID, this will be a much smaller affair with only a few children and staff attending. We will share this experience with the rest of the children and our families also.



Please have a safe and fun filled weekend as I am sure many of you may be heading off to a bonfire this evening. With very best wishes,  
Mrs Orla Gibbons

## Farewell to staff

Mrs McLaren will be leaving Sutton CE on Tuesday 9th November for pastures new at Airedale General Hospital. Having spent just over three years at Sutton CE she has decided to hang up her teaching assistants badge for a new challenge as a Health Care Support Worker on the children's ward. We want to send a heartfelt and a huge thank you for her commitment to the school and its vision but most importantly for the love, compassion and patience she has shown with all the children at school— we will miss you so much.

Mrs Hartley will be joining Oak and Mrs Harrison from Wednesday 10th November.

Mrs Rothwell will be leaving Sutton CE at the end of this Autumn Term just as we break up for the Christmas holidays. Mrs Rothwell has a true passion for maths and is leaving to pursue her dreams of tutoring maths to children of all ages. She has worked in education for many years and is now at a cross roads of her life where she would like to have time for her other life interests. We have a few more weeks to spend with Mrs Rothwell before a proper goodbye and thank you.



## Flourishing together— School Council.



### Parliament Week 2021

This week marked the start of Parliament week (or fortnight in our case) and to celebrate school council is back!!

All children took part in lessons about school council this week and the role it plays within school. Children who expressed an interest took home an application pack and lots have come back into school today. Mrs Harrison and Mrs Felgate are excited to read them all and select four from each year group to perform their speech to school on Wednesday.

The big vote is happening on Thursday with the elected members announced on Friday in Flourish assembly. Year 6 are recording all the excitement and details in a podcast, keep an eye out for that next week!

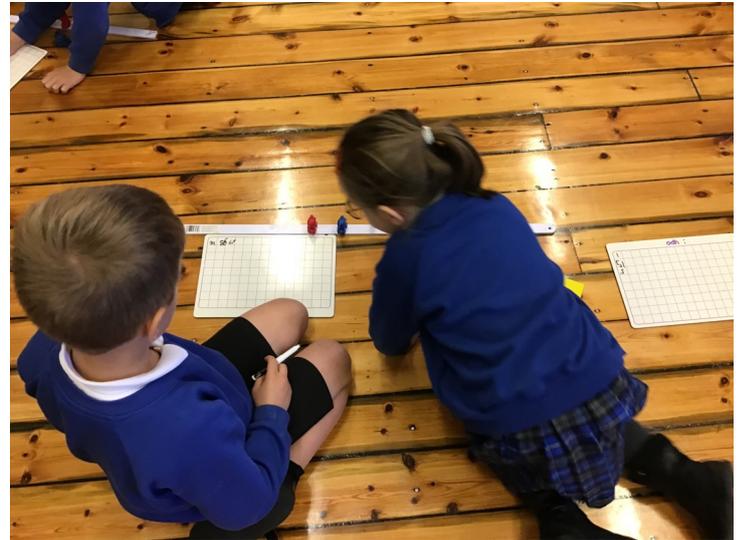




# Flourishing together



Estimating numbers 0-100  
using Teddy Bears



PIC•COLLAGE

## Farosh the storm dragon

### Introduction

Farosh the storm dragon is a type of dragon.

### Appearance

It is not like most dragon because it is very rare, has yellow scales and a green tummy. Even a fire dragon looks nothing like it. He flies like a snake his feet are ENORMOUS! It can even make the ground shake and sometimes makes an earthquake!!! Farosh is about 15 metres long and it has bumpy, curly, twisty horns.

### Habitat

These special dragons just LOVE being on a mountain in the cold, cold mostly freezing snow. They live close to the biggest canyon in the world. Some of these dragons live by lakes in the forest. They live here to destroy the village

### Food

Electric safflins are eaten most of the time but it does like faronia water and bananas. Sometimes they snack on crickets when they have nothing to eat.

### Interesting facts

Mostly these dragons are best known for making portals. Furthermore it can do a lot, like it attacks villages and protects stables.

### Conclusion

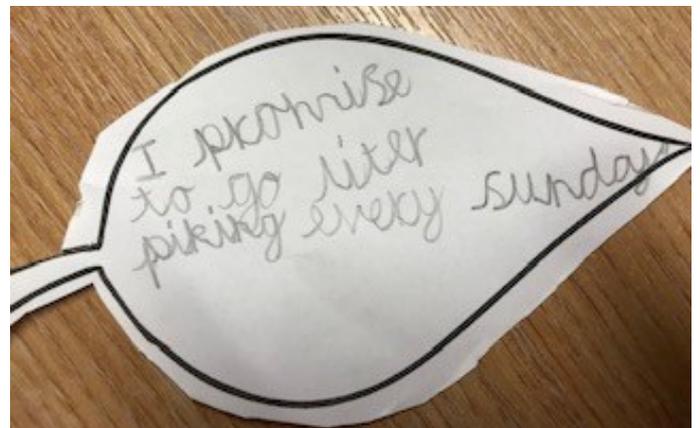
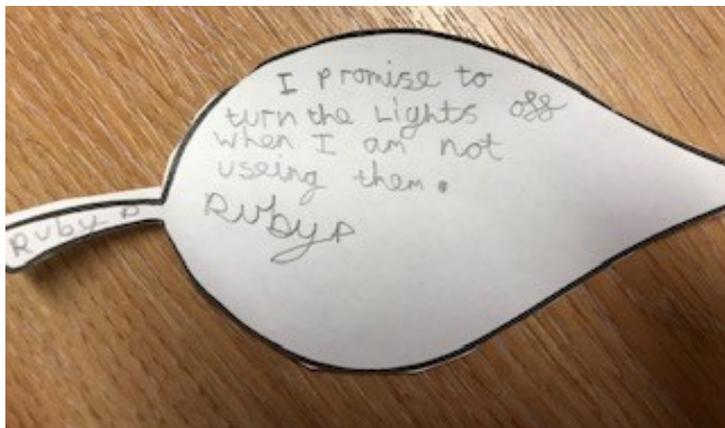
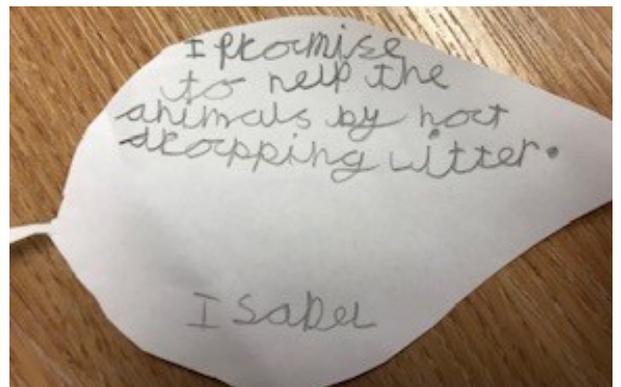
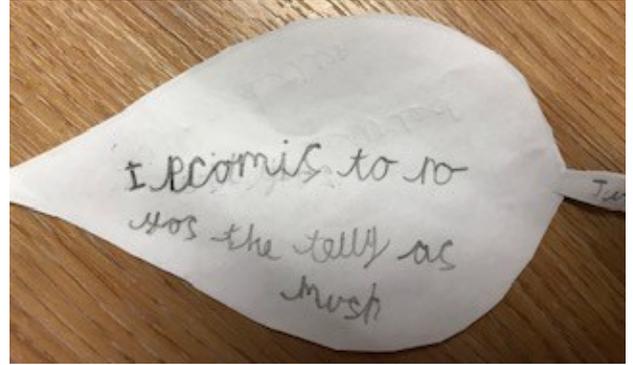
This dragon wasn't found out until the first thunderstorm when it was sighted flying around in the sky happily. Once sighted scientists got to work researching. They also found out that it shoots electro balls from its body if too close to you. This was 2016 that's a long time ago. Did you know that?

By Mia



# Flourishing together— COP26

Our planet, our climate, our carbon footprint,  
our promise to our world.





# Flourishing together— Basketball at South Craven School



## Basketball Festival 4th November 2021



PIC•COLLAGE

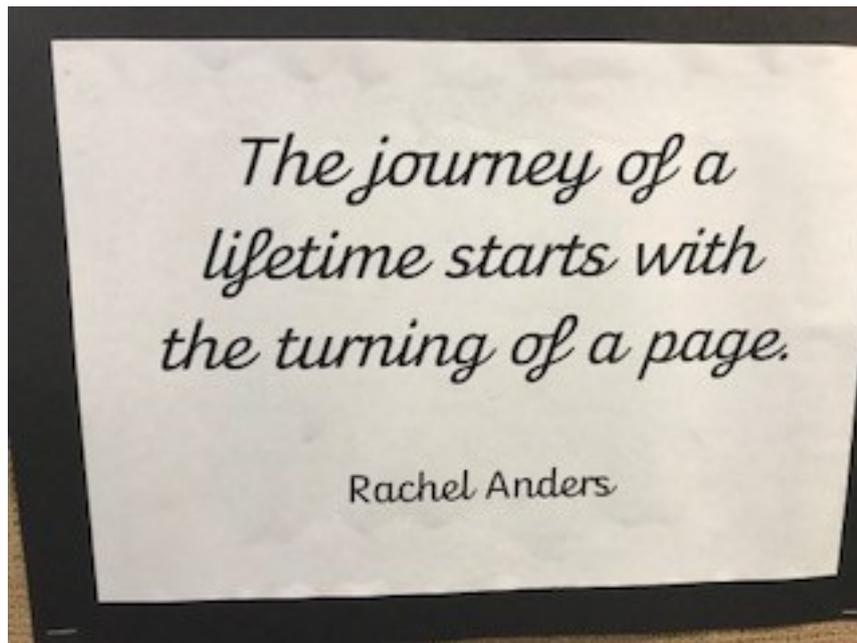


# Flourishing together— Exploring The three Little Pigs





## Flourishing together— Our Reading Spine





## Flourishing together— Exploring Poetry this week



### The Fear

I am the silent whisper  
Calling your name  
I am the keeper of animals  
Making them tame.

I am the danger  
That can make you drown  
I am the breeze  
That will make you frown.

I am the keeper  
of contagious waves  
but don't instantly  
give me the blame.

I am the face  
that dances on your wall  
I am the scream that  
WILL make you fall.

I am the dream  
That wakes you at night  
Ready to give you  
an outstanding fright.

I am the fear  
outside your door  
ready for you  
to fall to the floor.

I am the darkness  
that swallows the light  
waiting for you to sleep at night.

Eva

The fear...

I am the slam of your door.  
I am the creek along your floor.

When you look to your side and see me  
appear.

It will surely make you scream in fear...

I am the shadow on your wall.  
I am the book that was ripped and torn.

Can you hear the ominous call?  
You wont survive until dawn...

I am the vase that keeps on falling.  
I am the footprints in the spilt flower.

I am the toy that turns itself on  
And that will make your thumping heart

Cower...

Harrison A

I am a yellow strike  
That makes you cry.  
I am the rain  
That comes and goes by

I am a fear  
that wakes you at night  
I am a flame  
That comes and gives you a fright.

I am grey  
that lives in the sky  
I am blue drops  
What makes you lie

I am fighting  
That is filled with pain  
I am a crackle  
That you cannot tame

I am a scream  
That will fill your room  
I am a shock  
That is filled with DOOM

Maisie

## P.E. Reminders

**Blossom — Tuesday and Friday**  
**Willow — Wednesday and Friday**  
**Birch — Monday and Wednesday**  
**Oak — Tuesday and Friday**

Children to come to school in a clearly named P.E. Kit on their allocated P.E. days only.



## Uniform Reminders

Please make sure your child wears correct uniform each day. Trainers are only to be worn on P.E. days and long hair should be tied back at all times for health and safety reasons.

Please ensure your child's name is on all items of uniform. We have a growing stock of 'lost' uniform in school.



### PARENTS and CARERS Evening

Your feedback is very important to us and helps to support school improvement. We would really appreciate your time in completing the e-form using the link below. We have currently only received 20 responses.

[Parent/Carer consultation feedback](#)

### Bobbins

We would like to say a huge thank you. Since returning to school the number of children attending before and after school club has increased. Following your feedback during the consultation last year, the introduction of additional clubs has supported this increase. We hope that the attendance to Bobbins continues to flourish in this way.



### Building Update

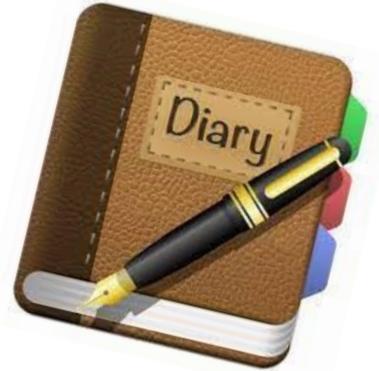
There has been some really good progress on the building work and hopefully we will be able (weather dependent) to have a complete handover next week!

We would like to take this opportunity to thank Carl, our site manager and the builders for working through the last few weekends in order to make this progress and ensuring we can move forward with the development of our Blossom outside area.



## Parent/Carer emails and Forms

Please can you return all your e forms back to school ASAP. It is imperative that we have the correct information held in school. We need **ALL** families to fully complete these forms. They include permissions, contact information and medical information.



- November**
- 1st Return to School
  - 3rd Basketball at South Craven
  - 4th Diwali
  - 5th Bonfire Lunch
  - 8th—13th UK Parliament Week
  - 11th Remembrance Service in the park and also one at school
  - 11th Flu Immunisation in school, please complete the e consent form
  - 12th Jacqueline Wilson Zoom Reading Workshop - Year 5 and 6
  - 18th Climate Change Event—Year 5 and 6
  - 19th Children in Need
  - 15th—19th Anti-bullying Week
  - 24th Open Day, prospective and current families, two sessions, 9—10am and 2—3pm
  - 22nd - 26th Inter—Faith Week
- Dec**
- 3rd Nick Sharratt Zoom Reading Workshop—Year 2, 3 and 4
  - 7th Girls Football Festival (details to follow)
  - 13th Key Stage 1 Nativity (details to be confirm)
  - 15th Christmas Dinner and Christmas Jumper day
  - 16th Key Stage 2 Christingle Service (details to be confirmed)
  - 17th Last Day of Term and Christmas Service in school



**Monday 8th November 2021**  
**Anti Bullying Week**  
**8th—15th**

We will all be wearing odd socks on next Monday. Odd Socks Day is designed to be fun! It's an opportunity to encourage people to express themselves and celebrate their individuality and what makes us all unique



## *The Great Skipton Santa Fun Run 2021*

*Run, jog, walk, wheelchair for charity*



### **Team Sutton CE**

We are very excited to announce that we will be entering a Sutton CE team in this years Great Skipton Fun Run!!! We will be raising money for our wonderful school as well as some local charities. Please support your school team via parent pay. If you have the time, come and cheer us on. The run take place in Skipton on Sunday 28th November beginning at 11am.





**Sutton C of E School**

**Join us for our open day  
Wednesday 24th November**

**For more details contact:**

**[admin@sutton-in-cravencofe.n-yorks.sch.uk](mailto:admin@sutton-in-cravencofe.n-yorks.sch.uk)**

**01535 632181**

**[www.sutton-in-cravencofe.n-yorks.sch.uk](http://www.sutton-in-cravencofe.n-yorks.sch.uk)**



Unfortunately we had to cancel this weeks Open day sessions, however we have postponed them. Please see below for specific times.

Session 1— Wednesday 24th November 9am—10am

Session 2—Wednesday 24th November 2pm—3pm

These sessions are not just for prospective parents, all are welcome.

## Support for Parents/Carers

As part of the Mental Health Trailblazing Project, we have been given another wonderful opportunity to avail of. Please see the information below about; The Incredible Years. The course will run twice next year. If you would like further information, then please do not hesitate to contact us at school. We look forward to hearing from you.

**The Incredible Years**  **BRADFORD AND CRAVEN trailblazer NHS**

**Parenting isn't easy and children aren't born with a handbook but as parents we are expected to know everything...**

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Person to work 24 hour shifts, 7 days a week. No holidays, low status, little appreciation, much criticism.  
Must be flexible, with manual, intellectual & managerial skills, have endless patience, energy and good ideas.  
Life Contract. No grievance procedure. No qualifications required.  
No training given.

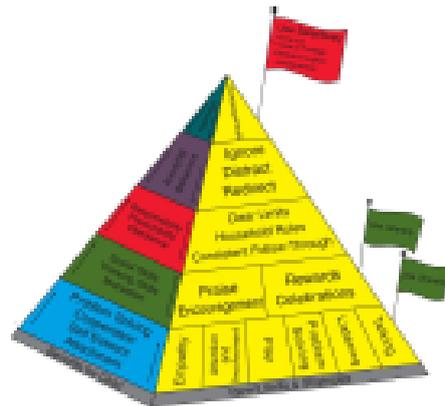
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Do you find that your children don't always listen to you?  
Do you end up shouting and arguing?  
Would you like to make time to take care of yourself?  
Would you like more strategies to help with your child's behaviour?

© Bradford and Craven Mental Health Support Team 2021

Are you feeling on your own?  
Would you like to meet other parents/carers in a relaxed in  
environment?



**We have an exciting opportunity for parents/carers to  
Join our new sessions to help make our homes  
calmer, happier and more positive places to live for  
all our families!**

For further information please contact your child's school

"12 weeks out of your life to do  
this programme is a small  
sacrifice which will give a  
lifetime of benefit to my family  
#AmAGoodDad"

"I have noticed my child is  
calmer, listens more and is  
happier. I have changed my  
approach and didn't even  
notice it. Thank you to the  
amazing 12 weeks on the  
group!"

mhst@bdct.nhs.uk | 07525 872287

Majda Amin

Senior Mental Health Practitioner – Parenting Interventions

Third Tuesday of every month

 Tuesday 16th November

 10:30am **or** 7:30pm

  
Bradford District Care  
NHS Foundation Trust

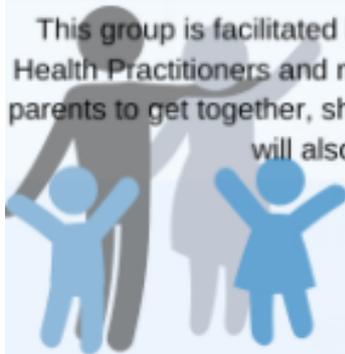


## Your Child and Neurodevelopmental Difficulties: Supporting Them at Home

# Parent Support Group

### 'Raising Yorkshire Puddings'

This group is facilitated by our Senior Mental Health Practitioners, Education Mental Health Practitioners and members of our parenting steering group. It is a safe space for parents to get together, share their experiences and build positive relationships. Parents will also have the opportunity to offer peer support.



#### Running Time: 90 minutes

This month we will be speaking about supporting children with neurodevelopmental difficulties at home. We will be joined by our parenting practitioner to support you to support your child



Email below for Zoom link or for more information:

[mhstparentsupport@bdct.onmicrosoft.com](mailto:mhstparentsupport@bdct.onmicrosoft.com)

better lives, together

W: [www.bdct.nhs.uk](http://www.bdct.nhs.uk)

T: @BDCFT

# Some more parenting programmes available

## Separated Parents Information Programme

*Please note: the Separated Parents Information Programme (SPIP) is currently being delivered remotely only.*

The Separated Parents Information Programme (SPIP) is a course which helps you understand how to put your children first while you are separating, even though you may be in dispute with your child's other parent or carer. The course helps parents learn the fundamental principles of how to manage conflict and difficulties – including how to put this in practice.

You will not attend the same session as your ex-partner. In some areas it is free to attend – you can contact your [local provider](#) for more information.

The Separated Parents Information Programme encourages you to take steps for yourselves; this may include developing agreements that do not need court intervention. The Programme will give you ideas and signpost ways in which you can get help outside court. The majority of parents that go on the course find it very helpful.

There's more information about the course on the [SPIP factsheet](#) and the [SPIP handbook](#).

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<https://wharfedale.mumbler.co.uk/gingerbread-single-parent-support-group/gingerbread/>

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## Separated or Single Mums Group by Parenting Success – Yorkshire

This group is for mum's who are single parents, separated, or divorced with children of any age. It can also be if you feel due to your partner's travelling, work-schedule that you parent primarily alone.

These sessions are confidential and non-judgmental so you will feel safe and can freely speak your mind, feelings and thoughts without feeling blame, shame or guilt!

Outside the Box Cafe, has a lovely play area for children should you want or need to bring your children with you.

Outside The Box Cafe, 2 Bridge Lane, Ilkley, LS29 9HN

Call Anisa 07792176888 for more details.



@BDCFT\_MHST



BRADFORD AND CRAVEN  
trailblazer **NHS**

# MENTAL HEALTH SUPPORT TEAM

## Parent Support Group Summary Sheet October 19<sup>th</sup> - A Parent's Guide to Setting Boundaries

Thank you to everyone who joined this month's daytime and evening session where we explored setting boundaries. It was fabulous to see some returning parents and some brand-new parents to our monthly meeting which provided great opportunities to explore different experiences and strategies. It was great to hear real life experiences and to see parents offering help and advice to each other. We hope that you all got a lot from the session, and we were particularly pleased to see a parent offer to become a steering parent for future sessions. We learnt about the importance of setting boundaries, the trust that comes with this and how 'Special Time' is paramount in achieving desired outcomes.

### The group discussed the following information:

The importance of boundary setting.

The implications of setting boundaries and the barriers.

We discussed the implications of setting boundaries for children presenting with ASD or/and ADHD.

We looked at Clear Limit setting and Tips when setting the boundary:

Vague Commands - **Avoid**

Chain Commands - **Avoid**

Question Commands – **Avoid**

Start/Stop Commands

'Put your feet on the floor'

'**When and Then**'

'**When** you have tidied your bedroom, **Then** you can play out'

**Ignore Protests**

We looked at what it was our children wanted from us. We all agreed this was attention, however this might look...positive or negative attention

We discussed 'Special Time' and how establishing this was the foundation for boundaries.

We explored the implications of 'Special Time' and explained the **5 Elements**:

10 minutes of Special Time each day

Descriptive commentary – just comment on what you can see happening- nothing critical

Nothing competitive

No questions

Child-led.

### Session Feedback

It was lovely to receive parent feedback suggestions on future topics to include:

Low mood and motivation

Setting boundaries when current boundaries are not effective.

How children cope with siblings with autism.

Pre diagnosis parenting.

### **Incredible Years**

It was great to see so many parents show an interest in attending the Incredible Years programme. At present priority is going to be given to parents of children who attend our Trailblazer Schools. If there are spaces left thereafter, it will be open up to other parents. However, we will keep the names and contact details who have shown an interest as we are likely to be planning an online course in addition to the sessions that we are offering to our Trailblazer Schools in future.

### **Signposting Information**

Here are some useful contacts for both parents and young people around mental health issues:

5 Ways to Wellbeing- Mind- [Five ways to wellbeing | Mind, the mental health charity - help for mental health problems](#)

Childline (call [0800 1111](tel:08001111) or visit <https://www.childline.org.uk/>)

<https://www.kooth.com/> - online counselling

First response mental health crisis support (call 01274 221181)

Family Links- Nurturing group – suitable for parents of children aged 2-13 years.

Henry – suitable for parents of children aged 0-5 years.

Talking Teens- suitable for parents of children aged 11-18.

First Response 01274 221181

My well-being College 0300 555 5551

ESCAYP counselling and therapeutic play for 3-21 years old 01274 878117

Kooth.com, anonymous online counselling and support for children 11-18

<https://www.mindbradford.org.uk> is emotional help to Children up to 19 years old or 25 if additional needs.

Young Minds Parent helpline: 08088025544

youngminds.org.uk is a great resource for parents and young people to get information on different mental health issues and where to find help.

### **Facebook:**

## **Bradford, Keighley and Craven MHST Parent Support Group**

We would really appreciate it if you could like and share our page to keep up to date with our latest updates about the group

**Next Month's Session is November 16<sup>th</sup> 10.30am -12 and 7.30-9pm**

# **Your Child and Neurodevelopmental Disorders- Supporting your child at Home**

**If you would like to join us at the next one, please email us on or ask to be added to monthly invite folder: [mhstparentsupport@bdct.onmicrosoft.com](mailto:mhstparentsupport@bdct.onmicrosoft.com)**