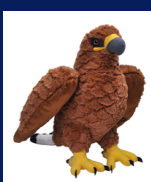


THE FRIDAY LETTER



This Week at The Wyche

This week at the wonderful Wyche Hedgehogs has an immerse experience with aromatic herbs finding ginger, coriander and mint hidden in little soil gardens inside the classroom - heaven! Foxes learned about the bible and explored not only children's bibles but books aimed at grown ups and even a King James Bible (1622 replica). Otters learned all about the Trojan War, the Wooden Horse and how, if you are a Trojan, you should "beware of Greeks bearing gifts"! Stoats enjoyed learning about Kraters (Greek vases) and told me how the artists would paint scenes from everyday life, myth and legend on them, which is why we still know about them today. Badgers learned about protest songs, the suffragettes and the ostinato woven throughout in Beethoven's 5th Symphony. Only at The Wyche.

Collective Worship

This week, as well as practising Harvest hymns ('Autumn Days is raising the ROOF at the moment) we explored what Psalm 91 might mean by:

"He will cover you with his feathers,
and under his wings you will find refuge;" (Psalms. 91:4)

by looking at how mother birds shelter their young beneath their wings and give them rides on their backs and understanding this was an image of a loving, protective God. We decided our Christian vision meant we wanted the school to provide the shelter for us all that a mother bird provides for its chicks and thought about how to do that.

Online Safety

We talk a lot about the risks devices and the internet pose to children's mental health. But what do you do if you think your child is struggling with their mental health, or if you just want to open up some healthy dialogue? Check out the top tips on page 4 in our handy guide to "Supporting Children's Mental Health: Conversation Starters for Parents".

Support for Parents

Don't forget we have a page devoted to help for parents, including support for harmony at home, behaviour management and understanding children with special educational needs. Check out <https://www.wyche.worcs.sch.uk/children-and-teens> and other aspects of our Support For Parents resources.

We are always here to listen if you need help or someone to talk to.

We hope to see as many of you as possible at the colour run next Saturday 21st. The Friends of the Wyche are an amazing group who support the school with community events and above all fundraising. Every penny they raise gets spent on your kids so please show them your support whatever way you can, by donating, by volunteering or by turning up.

Always in partnership,
Mr Murphy.

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In school this week:



Our Fabulous Foxes!

The children in Fox class did an amazing job
decorating the cloak room this week.
They all produced fabulous 'Wolf Pack'
pictures.



Strive the Eagle: shows us how to soar.

"They will soar on wings like eagles." Isaiah 40:31

Malvern Wyche C of E Primary School

Together We Soar



Get the "Be-Here" Buzz

This week Stocat class had the best attendance with 96.8% which is fantastic. Let's keep it up. By law children must attend school daily unless they are unwell. It's a good law for a good reason and we want them to get the best from every single minute of education here at The Wyche.



Afterschool Clubs!

The children will have their after school club confirmation slips in their bags TODAY! We have been unable to accept all children in every club - Film Society, in particular, has been very over requested. Please note if your child has been unsuccessful this time, they will be given a priority place next term. Please contact the office if your child changes their mind about attending a club as the spot can be offered to someone else. Clubs may have to be cancelled at the last minute - all club cancellations will be communicated by email before 2pm on the day - please keep an eye out for these last minute changes.

Correspondance.

We are aware that there has been alot of correspondance sent home. It is of upmost importance that we have up to date information for all the children so if you could return any outstanding forms to the office asap.

Music Lessons Invoices!

Music lesson invoices for last, Summer term have been sent home this week. If we can encourage payment as soon as possible. All music payments are made/requested in arrears so this invoice is for lessons taken between Easter and July. If you are having any issues or would like to pay in instalments please contact the office.

Colour Run!

Just a small reminder to sign your families and friends up for The Wyche Colour Run, being held on the Three Counties Showground on Saturday 21st September, 12pm - 2.30pm. Sign up information has been sent through Parentmail and also by letter, it's not too late to join in with the fun. The PTA are also looking for parent volunteers to help on the day - if you can help please contact the school office. This promises to be a fantastic event so get your name in asap!

Uniform / Lost Property.

Can we please encourage you to name ALL uniform. This enables us to return any cardigans/jumpers back to their owners rather than filling up the lost property box!

Stars of the Week

It is always a delight to award a Star of the Week award to a child who has demonstrated the STRIVE values in classwork. This week's award-winning superstars are:

Hedgehogs
Maeve Green
Rowan Kershaw

Foxes
Bella Morris
Remi Kauppinen

Otters
Penny Ledington
Scarlett Williams

Stoats
Casper Davies
Faith Horne

Badgers
Charlie Morris
Angelitta Macdonald

Housepoints!

Perseverance took the crown this week with a whopping 77 points - Congratulations!



By living and learning together through our Christian values of *Safety, Trust, Respect, Inspiration, Value, & Engagement*, with God's help, we will support each other to "soar", lifting hearts and broadening horizons, so that by giving our best today, the world may be better tomorrow.

WHAT'S ON ?

Mon 16th Sept: Peripatetic Guitar/Ukulele Lessons
Afterschool Netball club - 4.15pm

Tues 17th Sept: Peripatetic Woodwind Lessons
Afterschool Cross Country Club - 4.30pm (collection from the common)

Weds 18th Sept: Peripatetic Drum and Piano Lessons

Thurs 19th Sept: Lunchtime Colouring Club KS1
Afterschool Choir Club - 4.15pm
Afterschool Multi-Skills - 4.30pm

Friday 20th Sept: Badger Class 2nd Swim
Badger Class Meeting 3.30pm (please come to office)

Saturday 21st September - Friends of The Wyche Colour Run
12pm - 2.30pm, Three Counties Showground

Dates for your Diary

- Year 6 visit to Oakerwood 1st - 4th October
- School Photo's Wednesday 9th October
- Tuesday 22nd October Harvest Festival Service in All Saints Church (all invited)

Hedgehog Class Welly Walk Wednesday!!

This week our Hedgehog class children took part in the first Welly Walk Wednesday. The children donned their wellies and visited the 'bottom garden' on the hunt for exciting outdoor finds!

All the children had a fantastic time, enjoying and exploring nature. They were lucky enough to spot a frog in the bushes!



Can you spot the
frog?

SUPPORTING CHILDREN'S MENTAL HEALTH

10 Conversation Starters for Parents

Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects that we perceive our child is too young or not ready for. But rather than keeping children in the dark, this guide is designed to help you confidently talk about mental health, so they feel comfortable talking about their own worries and end any stigma before it begins.



**National
Online
Safety®**

#WakeUpWednesday

1 LISTEN

This sounds obvious, but it is not something we are always great at. Active listening is where we listen without interrupting or making judgements and shows interest in what is being said. If your child feels listened to in the 'smallest of problems' they will become confident that you will listen when the 'biggest of problems' arise.

2 ASK TWICE

The campaign from time to change is great. <https://www.time-to-change.org.uk/support-ask-twice-campaign>. Be tenacious about your child's wellbeing. Children instinctively know when your questions and support come from a place of wanting to help and care.

3 THERE IS NO SUCH THING AS A STUPID QUESTION

This advice also relates to the first point. If your child can ask you any questions about the smallest of things and you listen and answer without shaming or belittling, then they will have more confidence to ask the biggest of questions.

4 BE OPEN AND HONEST

Children appreciate honesty, particularly if you are having to share information or talk about a difficult subject. For example, you may be talking about death or loss; 'It's very sad that Nana has died' or 'I feel sad that Nana has died'. How you talk about a subject will differ depending on their age and developmental maturity. Talking about death to a younger child for example will be different to that of an older teen, as their experience and understanding of death is different.

5 KNOW WHEN TO SEEK HELP

Assess the severity of the mental health difficulty you are noticing. Is the difficulty making it hard for your child to function regularly throughout everyday life? How frequently is your child affected, how long does it last and how persistent is it? Are they having problems controlling the difficulty? Talk to your child about your concerns and that it is likely they will need further support beyond family and friends.

6 TALK ABOUT MENTAL HEALTH NATURALLY

Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised. If the usual 'are you ok?' is not creating an opportunity for dialogue then say something like 'I know when something like that has happened to me I felt like this... is that how you are feeling or are you feeling something else?'

7 EMPATHISE

'It makes sense that you would feel this way, it is understandable'. Children often worry about things that we, as adults, might see as trivial or silly. However, for them at their age and stage it is a big concern and they need our kindness and care when they show their vulnerability and share their worries.

8 HELP YOUR CHILD FEEL SAFE

Teens particularly feel that by talking about their worries or concerns that this will make things worse. Reassure your child that you will discuss a plan of action together and what may or may not need to happen next. If they are a younger child, it is likely you will need to lead the conversation and explain next steps.

9 MIND YOUR LANGUAGE

Be mindful of the language you use at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language which is harmful. Using the word 'mental', 'man-up' or other such words in a derogatory way won't encourage your child to talk about their mental health for fear of being belittled.

10 IT IS OK TO SAY 'I DON'T KNOW WHAT TO DO NEXT'

Adults do not have all the answers but often children think they do. It is ok to acknowledge that what your child is experiencing is not something you have come across before or know anything about, but that you will work it out together and seek help together.

Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



Sources of Information and Support

Your GP

Young Minds <https://youngminds.org.uk/v>

<https://www.nhs.uk/conditions/stress-anxiety-depression/>

<https://www.actionforchildren.org.uk/news-and-blogs/parenting-tips/2016/november/a-simple-guide-to-active-listening-for-parents/>

<https://www.themix.org.uk/mental-health>