

NORTH WALKDEN PRIMARY

NEWSLETTER – 23rd May 2024

Swimming Gala: A huge congratulations and well done to our swimmers who participated in the swimming gala on Tuesday. It was a tough tournament, against some extremely competitive schools. We are incredibly pleased to announce that we came 3rd overall. A wonderful achievement! Well done to Team North Walkden, we are very proud of you all!!!



FREE water safety lesson: Salford Community Leisure is offering FREE to access Water Safety sessions at Swimming Pools across the city. As a fundamental life skill we want to ensure that all children in Salford understand basic requirements for water safety, particularly as we enter the warmer months and the risk of water related incidents is increased.

Throughout Whit half term (Tuesday 28th-Friday 31st May 2024), Salford Community Leisure are offering the opportunity for parents to enrol their children on a FREE water safety swimming lesson to provide essential water confidence and survival techniques for children with limited swimming ability between the ages of 8-14 years old.

During this 1 hour lesson your child will learn basic water safety awareness and survival techniques, such as climbing in and out of the pool, floating techniques, treading water, and other essential personal survival and swimming techniques.

For further information on sessions and how to join, click the link here:

[SCL offer free water safety swimming lessons during Whit half term - SCL \(salfordcommunityleisure.co.uk\)](https://www.salfordcommunityleisure.co.uk)



Summer fair raffle: We are still looking for prizes for this year's raffle, please get in touch if you know someone or you can provide a great prize to help with our fundraising – thank you.



WORLD BEE DAY - Monday 20th May 2024. Dust off your BEEly Boppers!

What a wonderful day we had, a huge **THANK YOU** to Ollie's grandparents who came in to school to show the children their bee hives and bee keeper suits, demonstrate candle roiling and provide their wonderful honey for us all to taste. Mrs Seddon and the school council did a fantastic job of organising the day and raising money so that we can continue to develop our school's garden areas and support our local bee's.

After school clubs: We are offering the following clubs for children after half term. If you completed the survey for the club then your child will have a place so please note this on your calendars for after half term.



	Monday	Tuesday	Wednesday	Thursday
Year 1	Summer Games		Sports club - Hockey	
Year 2	Summer Games			
Year 3	Arts and Crafts	Sports club - Invasion Games		
Year 4	Computing and Timetables			
Year 5	Sports club - Football	Debate Club	Ipad Club	
Year 6				

PE Days and Swimming: Please note the days below for PE and swimming. On these days children should come to school in their PE kits.

- Reception – PE on FRIDAY
- Year 1 – PE on Wednesday
- Year 2 – PE on Wednesday / Swimming on Thursday from 18.04.24 – 23.05.24
- Year 3 – PE on Tuesday
- Year 4 – PE on Tuesday
- Year 5 – PE on Monday
- Year 6 - PE on Monday



Class Photo's: On Wednesday 5th June all classes will have their photographs taken. Please can you make sure that all children are in their school uniform and looking very smart as usual. **Year 1 and 2 will need to come to school in their uniform and bring their PE kit on this day, thank you.**

Reception class assembly: We have had to re-arrange the assembly to accommodate class trips. Please see the updated dates below and make a note in your diary so you don't miss out!

Online Safety: We have some helpful advice below about online safety and we will share different supportive advice each week in the newsletter.

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.



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.

Are you sure?

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>

School communication: Please ensure you are logged into your school spider app so that you receive all the important messages we send out. If you need to download the app again, its 'School Spider' and then you can simply go to the log in page and click forgot password to reset your log in details.

Contacting School: If you wish to contact school then you can email us on NorthWalkdenPrimary.PupilContact@salford.gov.uk and we will respond the same day or call 0161 921 2921.

DIARY DATES: Whilst we aim not to change dates once set sometimes circumstances mean we have to, please always check the dates each week and update your plans accordingly. Any changes will be highlighted.

DATE	ACTIVITY/EVENT	TIME	CLASS
TUESDAY 4 TH JUNE	SCHOOL RE-OPENS	8.45AM	WHOLE SCHOOL
WEDNESDAY 5 TH JUNE	CLASS PHOTOGRAPHS -	9-11AM	NURSERY TO YEAR 6
FRIDAY 7 TH JUNE	Y5 WATERSPORTS – SALFORD WATERSPORT CENTRE	ALL DAY	YEAR 5
WEEK BEGINNING 10 TH JUNE	PHONICS SCREENING CHECK WEEK	ALL WEEK	YEARS 1 AND 2
WEDNESDAY 12 TH JUNE	GOVERNORS OPEN DAY	9-3PM DROP IN	GOVERNORS
WEDNESDAY 12 TH JUNE	YEAR 5 FAMILY TIME WORKSHOP	9-10AM	YEAR 5 PARENTS
THURSDAY 13 TH JUNE	YEAR 3 SUMMER TRIP TO THE LAKE DISTRICT	8.00- 5.00pm	YEAR 3 CLASS
THURSDAY 13 TH JUNE	NURSERY STAY AND PLAY	9-9.45 AM	NURSERY PARENTS
THURSDAY 13 TH JUNE	YEAR 2 VISITING CHURCH	1.30PM	YEAR 2 CHILDREN
FRIDAY 14 TH JUNE	CHOCOLATE DONATION FOR EXTRA PLAY IN THE AFTERNOON	PM	ALL
FRIDAY 14 TH JUNE	Y5 WATERSPORTS – SALFORD WATERSPORT CENTRE	ALL DAY	YEAR 5
WEEK BEGINNING 17 TH JUNE	POLLINATOR WEEK LED BY SCHOOL COUNCIL	ALL WEEK	DETAILS TO FOLLOW
WEEK BEGINNING 17 TH JUNE	WHOLE SCHOOL ASSESSMENT WEEK	ALL WEEK	YEARS 1-5
FRIDAY 21 ST JUNE	Y5 WATERSPORTS – SALFORD WATERSPORT CENTRE	ALL DAY	YEAR 5
SATURDAY 22ND JUNE	SUMMER FAIR – please bring along friends and family	11-1	EVERYBODY WELCOME
MONDAY 24 TH JUNE	NEW NURSERY PARENTS MEETING	5PM	NEW NURSERY PARENTS
TUESDAY 25 TH JUNE	NEW RECEPTION PARENTS MEETING	5PM	NEW RECEPTION PARENTS
WEDNESDAY 26 TH JUNE	FRONT ROW CONCERT – children who have guitar lessons at lunch will perform for the whole school and parents of those performing	2.45pm	Whole school and parents of those performing
THURSDAY AND FRIDAY 27 TH AND 28 TH JUNE	YEAR 6 TRANSITION DAYS TO HIGH SCHOOL	HIGH SCHOOLS TO ARRANGE	YEAR 6 CHILDREN
MONDAY 1 ST JULY	NEW TO NURSERY PHONECALLS TO PARENTS	TIME TBC	NEW NURSERY PARENTS

TUESDAY 2 ND JULY	NEW TO NURSERY PHONE CALLS TO PARENTS CONTINUED	TIME TBC	NEW NURSERY PARENTS
WEDNESDAY 3 RD JULY	RECEPTION CLASS ASSEMBLY- RE-ARRANGED TO WEDNESDAY 10 TH JULY	9AM	RECEPTION PARENTS WELCOME
WEDNESDAY 3 RD JULY	RECEPTION TRIP TO BLACKPOOL ZOO – letter to be sent after May half term	8.30 – 3.15PM	RECEPTION
WEDNESDAY 3 RD JULY	YEAR 1 TRIP TO BLACKPOOL AND THE CIRCUS - letter to be sent after May half term	8.30 – 3.15PM	YEAR 1
THURSDAY 4 TH JULY	YEAR 6 CHURCH VISIT	1.30PM	YEAR 6 CLASS
FRIDAY 5 TH JULY	SUMMER HAMPER DONATION IN EXCHANGE FOR EXTRA PLAY	EXTRA PLAY	WHOLE SCHOOL
MONDAY 8 TH JULY	SUMMER HAMPER TICKETS GO ON SALE	9AM	ON SALE TO ALL FAMILIES
MONDAY 8 TH JULY	NEW NURSERY CHILDREN TO VISIT NURSERY WITH PARENTS	9.15- 10.15AM	NEW NURSERY CHILDREN – DETAILS TO FOLLOW
TUESDAY 9 TH JULY	NEW NURSERY CHILDREN TO VISIT NURSERY WITH PARENTS	9.15- 10.15AM	NEW NURSERY CHILDREN – DETAILS TO FOLLOW
TUESDAY 9 TH JULY	NEW TO RECEPTION CHILDREN PHONECALLS	TIME TBC	PARENTS OF NEW TO RECEPTION CLASS
WEDNESDAY 10 TH JULY	RECEPTION CLASS ASSEMBLY	9AM	RECEPTION PARENTS WELCOME
WEDNESDAY 10 TH JULY	NURSERY TRIP TO SMITHILS FARM – letter to be sent after May half term	9.00 – 2.30PM	NURSERY
THURSDAY 11 TH JULY	NEW TO RECEPTION CHILDREN VISIT DAY	9.15 – 11.15	CHILDREN ONLY
FRIDAY 12 TH JULY	SCHOOL REPORTS ISSUED TO PARENTS	3.30PM	WHOLE SCHOOL
WEEK BEGINNING 15 TH JULY	OLYMPICS WEEK	ALL WEEK DETAILS TO FOLLOW	WHOLE SCHOOL ACTIVITIES
MONDAY 15 TH JULY	MEETINGS WITH CLASS TEACHERS REGARDING REPORTS IF REQUESTED	ALL WEEK	OPEN TO ALL PARENTS
MONDAY 15 TH JULY	YEAR 6 SUMMER SHOW- DRESS REHEARSAL FOR SCHOOL	10AM	WHOLE SCHOOL TO WATCH
TUESDAY 16 TH JULY	YEAR 6 SUMMER SHOW FOR PARENTS	2PM	YEAR 6 PARENTS WELCOME
WEDNESDAY 17 TH JULY	KEY STAGE 1 BUMP AND BOUNCE FUN TIME	ALL DAY IN GROUPS	KEY STAGE 1`
WEDNESDAY 17 TH JULY	YEAR 6 SUMMER SHOW FOR PARENTS	5.30PM	YEAR 6 PARENTS
THURSDAY 18 TH JULY	KEY STAGE 1 SPORTS MORNING – OLYMPIC THEME	9.15AM- 10.30 APPROX	KEY STAGE ONE CHILDREN – PARENTS INVITED TO WATCH
THURSDAY 18 TH JULY	KEY STAGE 2 WATER PLAY FUN	1.30-3PM	KEY STAGE 2
FRIDAY 19 TH JULY	EYFS SPORTS MORNING	9.15AM- 10.15 APPROX	EYFS CHILDREN – PARENTS WELCOME TO WATCH
FRIDAY 19 TH JULY	KEY STAGE 2 SPORTS AFTERNOON – OLYMPIC THEME	1.30PM TO 3PM	KEY STAGE 2 CHILDREN –

			PARENTS WELCOME TO WATCH
FRIDAY 19 TH JULY	YEAR 4 – TRIP TO BROCKHOLES NATURE RESERVE – PRESTON – letter to be sent after May half term	9.00 – 3.00PM	YEAR 4
MONDAY 22 ND JULY	CHILDREN MOVE UPTO NEW CLASSES	9.15- 10.30AM	YEARS N TO YEAR 5
MONDAY 22 ND JULY	KEY STAGE 2 TALENT SHOW	1.30PM	OPEN TO ALL KEY STAGE 2 WHO WISH TO SHOWCASE A TALENT!
MONDAY 22 ND JULY	YEAR 6 LEAVERS MEAL	5PM- RESTAURANT TBC	YEAR 6 CHILDREN
TUESDAY 23 RD JULY	YEAR 2 TRIP TP MANCHESTER RUNWAY VISIOTR CENTRE – letter to be sent after May half term	9.30 – 2.30PM	YEAR 2
TUESDAY 23 RD JULY	SUMMER HAMPER DRAW	2PM	
TUESDAY 23 RD JULY	SPONSORED COLOUR RUN EVENT	1PM DETAILS TO FOLLOW	WHOLE SCHOOL- DETAILS TO FOLLOW
WEDNESDAY 24 TH JULY	LEAVERS ASSEMBLY	9AM	YEAR 6 PARENTS WELCOME
WEDNESDAY 24 TH JULY	SCHOOL CLOSES FOR SUMMER	2PM	WHOLE SCHOOL

More dates may be added so please keep your eye on the diary dates each week.

Kind regards, Mrs Warburton