

Leadership and Management

Title

Parents and carers: can you help your child be resilient?

We are currently focusing our whole school assemblies on resilience to help our children become independent, lifelong learners.

We all want our children to become resilient: to overcome obstacles, persevere when problems arise, and bounce back from adversity. So why do some of our children demonstrate resilience well and others have a harder time? It's not an easy question, but certainly there's enough research (data, experience, insight) to point the way toward how we can have more resilient children. There are many sites with helpful guidance. <u>Click here</u> for valuable suggestions for raising resilient children that I found on the internet.

Resiliency helps children navigate the inevitable trials, triumphs and tribulations of childhood and adolescence. Resilient children also become resilient adults, able to survive and thrive in the face of life's unavoidable stressors.

Keeping safe over the break

We regularly share keeping safe in school and were made aware of this piece of training that parents may find helpful.

Home & Dry – No More River Deaths (West Mercia Search & Rescue)

Many hundreds of drownings in the UK every year are accidental, and a great proportion of them are people who had no intention of going in to the water. In 2016, 77 people drowned when they just went out for a walk or run.

West Mercia Search & Rescue have been involved in many drowning incidents each year and have now designed an online training programme aimed at reducing the number of deaths. As part of their Home & Dry – No More River Deaths campaign they have developed a free online short course which is open to anyone. This course takes about 30 minutes to complete, and can be done in one sitting or in

This course takes about 30 minutes to complete, and can be done in one sitting or in bitesize chunks. Topics include:

- Drowning
- Water and how it behaves
- Hazards in water
- Safety Precautions
- Rescue Techniques (without entering the water yourself)

You can find the course here: <u>https://westmerciasar.org.uk/homeanddry/free-water-</u> <u>safety-online-course/</u>

Multicultural Week 23rd-27th April 2018

Thank you to all the parents who have volunteered to help during multicultural week! We are still looking for more offers of help, so if you are able to share your knowledge of another country, culture, please volunteer to come in.

We will send more information out in the first week back after Easter!

Sports News

Our Y6 team recently attended the Sutton Primary Schools Basketball at Greenshaw High School. The team won two and just lost two games in our round of games. The team worked very well together and their teamwork was very evident. Each game they improved and scored some outstanding baskets. It was unfortunate that we missed out on the semi-finals but managed to win our last game which placed us 5th overall.

Netball results we won our last match 6-1 against St Cecilia's and our B teams drew 1-1. This term we had 3 wins and 1 loss and we are now eagerly awaiting to see if we have progressed to the next round.



Nursery Appeal

Wanted - People Who Help Us!

Can you share your profession with nursery?

We are keen to hear from Police, Paramedics, Doctors, Nurses, Dentists, and Firefighters!

If you are able to spare half an hour to talk to nursery we would love your support!

Please contact Mrs Dillon via the office email!

Do you have any questions, feedback, comments or suggestions you would like to bring to our attention? Please fill in the form on our website, under the 'Contact us' heading. Alternatively you can email us: office@nonsuchprimary.sutton.sch.uk