

# HARPUR HILL PRIMARY SCHOOL & NURSERY

Trent Avenue, Buxton, Derbyshire SK17 9LP Tel: 01298 23261



## NEWSLETTER

### HEADTEACHER'S UPDATE

Friday 5<sup>th</sup> May 2023

Dear Parents/Carers,

I hope you have all had a good Easter break. The new term is in full swing and the children are working hard in their classes. We have a busy summer ahead with lots of great learning planned, educational visits for some year groups, sports tournaments, events and performances. Year 2 and Year 6 have their statutory assessments (SATs) in the coming weeks, and Year 1 have their phonics check during the week commencing Monday 12<sup>th</sup> June. Please see the dates list at the end of the newsletter.

In assemblies this term, children are learning about keeping themselves safe (including online), friendship, transition, and keeping healthy. At an age-appropriate level, children have been doing follow up work in class. We want to share some information about these areas with our whole school community and this newsletter includes information on our Early Help Offer and Family Support, Relationships, Health Education, Online Safety and Sleep. We have included links to useful websites and resources, as well as sharing what support we offer as a school.

We appreciate the ongoing support we receive from our families and enjoy positive relationships with our families. If you need any advice about anything that is in this newsletter or have any questions, please get in touch.

Best wishes for the term ahead,

Mrs Giliker (Headteacher)

### EARLY HELP & FAMILY SUPPORT

#### What is Early Help?

At Harpur Hill Primary School and Nursery, we understand that from time-to-time family life can have its complications and sometimes families may need some extra help. To support and advise you at such times we have an Early Help Offer.

We believe that by working together we can better support children and families. Sometimes families need support from a wide range of agencies or people, for example, health services, housing services, family support workers, social workers and local police. As a school, we may be able to signpost a range of services to support families beyond the educational setting.

Early help services aim to both provide advice and/or intervene where there is evidence of emerging needs with the objective of preventing escalation to higher level services.

#### What support do we offer?

We have a Family Support Worker, Sandra Orme, who is able to carry out Early Help Assessments at our school. Sandra works two days each week, usually a Monday and a Wednesday, and can be contacted through the school office, or email: [sandra.orme@harpurhill.derbyshire.sch.uk](mailto:sandra.orme@harpurhill.derbyshire.sch.uk)

We can offer advice on a range of concerns or can signpost parents to other sources of information, help and support. You can find out more on our website, by clicking here: <https://www.harpurhill.derbyshire.sch.uk/parent-information/supporting-families/family-support-worker>

### What sort of concerns might parents share with us?

A wide range of issues such as behaviour management, domestic abuse, mental health issues, housing concerns, financial worries and debts, mobility difficulties, bereavement and loss, online bullying – in fact any concerns which you are worried might be having a negative impact on your children.

### How will we know when Early Help is needed?

Parents, carers, children and staff may tell us that support is required, or practitioners may identify that there are emerging needs and services might be required, as there are concerns about a child.

We will assess the needs, and this may identify that an early help assessment is needed and the subsequent action that needs to be taken.

### How will families be supported through our Early Help Offer?

Children and families will be supported and reviewed through the Early Help Assessment format, which is currently the assessment process used by the Local Authority. Our Family Support Worker can meet informally with parents/carers and children in the first instance, and this can be followed by completing an Early Help Assessment. Following the assessment, families may be supported by a range of professionals from within and beyond school. Team Around the Family meetings may be held in school to identify what is working well, what needs to change and to agree actions to help and support families.

Gaining the views, wishes and feelings of the child is central to our safeguarding policy, and the Family Support Worker also carries out direct work with children, for example completing Voice of the Child.

An important role of the Family Support Worker is to step up the Early Help Assessment to Starting Point, where there has been no improvement to the welfare of the child, and there are escalating concerns around the safety and well-being of a child. Where there are immediate Safeguarding concerns, the case will be referred to Starting Point, the county's single point access for safeguarding referrals, following consultation with the Designated Safeguarding Leads in School.

We also provide support for individual pupils through the one to one or small group support. We work closely with other agencies who can provide more specialist support for our families, for example, CAMHS and Crossroads. We can also signpost support groups and parenting courses on offer in the local area.

Our Family Support Worker will be providing day and evening sessions on 'understanding your child' based on the Solihul Approach in the autumn term where we will talk about different ways to think about and cope with issues that can arise at home for every parent. Look out for more info next term.

### When will Early Help be available through the school?

The Early Help offer provided by the school is available during term time only. The Family Support Worker may attend prearranged meetings during school holidays if the need has been identified for open cases. In order to support families during holiday times, we will signpost agencies and activities who are available when school is closed.

## SLEEP

### The Importance of Sleep

Sleep is especially important for children and young people because it helps with mental, physical, social and emotional development. Sleep helps our brains to remember, memorise and analyse important information. These skills will help to improve your child's performance at school.

All primary aged children from Nursery to Year 6 need a good bedtime routine.

How much sleep children need varies by age. While every child is different, experts recommend:

- Infants (0–3 months): 14–17 hours, including naps
- Infants (4–12 months): 12–16 hours, including naps
- Toddlers (1–2 years): 11–14 hours, including naps
- Preschool (3–5 years): 10–13 hours, including naps
- School-age (6–13 years): 9–12 hours
- Teens (14–17 years): 8–10 hours

## Tips on how to make sure your child gets a full night's sleep:

For younger children the best time to put your child to bed is when they're sleepy, not when they're already asleep. This helps them learn how to fall asleep on their own. If preschool children wake up in the middle of the night, walk them back to their bed. It's best not to let infants sleep in your bed, as co-sleeping increases the risk of Sudden Infant Death Syndrome (SIDS).

A typical bedtime routine might include:

- Turning off computers, TV screens, video games (at least 30 minutes before bed)
- Turning off any bright lights.
- Reading a book, singing a lullaby, or taking a bath
- Putting on pyjamas and brushing teeth
- Picking a stuffed animal or security blanket for the night for toddlers



## Safe Sleep

Visit the links below for safe sleep advice and simple steps for how you can keep your baby safe and reduce the risk of sudden infant death syndrome (SIDS) which is commonly known as cot death.

Links:

<https://www.lullabytrust.org.uk/>

<https://www.ddscp.org.uk/staff-and-volunteers/info-and-resources/pregnant-women/>

[Keeping Babies Safe - Never Ever Shake Your Baby](#)



## RELATIONSHIPS AND HEALTH EDUCATION

The Department for Education (DfE) announced that from September 2020, all schools in England will be required to teach relationships and health education (RHE).

Many of the topics required by the DfE are already taught as part of our Personal, Social and Health Education (PSHE) curriculum, as well as in other subject areas.

### As part of relationships education pupils have to be taught:

- families and people who care for me
- caring friendships
- respectful relationships
- online relationships
- being safe

### As part of health education pupils have to be taught:

- mental wellbeing
- internet safety and harms
- physical health and fitness
- healthy eating
- facts and risks associated with drugs, alcohol and tobacco
- health and prevention
- basic first aid
- changing adolescent body

At secondary schools, sex education is mandatory; however, this is not the case with Primary schools. Primary schools can still also choose to teach sex education for example as part of Y7 transition but **parents/carers will retain the right to withdraw their child from this area of the curriculum.** We inform parents/carers before teaching this in Year 6, and give families the opportunity to view the content before we teach this subject.

We have reviewed our RSE policy and provision to ensure it is appropriate for our pupils based on their:

- Age
- Physical and emotional maturity
- Religious and cultural backgrounds
- Special educational needs and/or disabilities

The DfE have produced guides for parents on Relationships and Health Education:

<https://www.gov.uk/government/publications/relationships-sex-and-health-education-guides-for-schools>

You can find more information and the policy on our school website:

<https://www.harpurhill.derbyshire.sch.uk/our-classes/rshe>

If you would like to know more about Relationships and Health Education, please contact your child's class teacher.

## ONLINE SAFETY

We know from our online safety survey with parents, from talking to children and staff training, that children are spending more time online, you may remember our survey from March 2023 showed that:

- 96% of children have access to the internet at home
- 22% of children spend over two hours a day on the internet
- 97% of parents know how to check the privacy settings on a device
- 45% of parents infrequently/never check privacy settings

We are also aware that an increasing number of younger children have access to the internet via a range of devices, including their own phones.

Controlling the usage of devices can be a source of conflict at home. If children have a phone or device of their own, we recommend that parents download and use a family safety app to manage and control both what can be accessed on the device, as well as allowing you to schedule when the device goes on and off. This can make this issue less confrontational and easier to manage. There are numerous apps out there including Microsoft 'Family Safety' and Google 'Family Link'.

Below are some links to support you with keeping your children safe online:

<https://pegi.info/index.php/page/pegi-age-ratings> Useful website with explanations why games have certain ratings. This is helpful if children are asking for a game that is new to you. This site also has useful information on parental control tools.

<https://www.saferinternetday.org/resources/resource?id=130117> useful guide: 'Is my child ready for their own smartphone?'

<https://www.internetmatters.org/> lots of information to help parents keep their child safe online, including setting controls and privacy settings.

<https://www.childnet.com/parents-and-carers/have-a-conversation/> advice how to talk to your child online.

There is also an online home agreement for you to use at home with your child/ren - please click on the link below. (If you would like us to print a hard copy, please contact the school office). We do not need these returning to school, they are for you and your family to agree, keep at home and to support you with the boundaries of keeping them safe online.

<https://www.childnet.com/resources/family-agreement/>



## READING

### Reading Survey

Kindly check your inbox, an email has been sent to you to ask you to kindly complete the survey per this link.  
<https://forms.office.com/e/vyg47iTxyh>

### Little Wandle

Nursery/Reception/Year 1 - don't forget to access our Little Wandle website to learn more about reading with your children at home.

<https://www.littlewandlelettersandsounds.org.uk/resources/for-parents/>

### Reception Reading Books

Can parents please make sure that their child's reading books are sent to school every day. All books are issued to another child on the Wednesday and Thursday of that week. Obviously, if the book is not with your child, it reduces the next child's reading experience. Thank you.

## DATES FOR YOUR DIARY

|   |  |
|---|--|
| Monday 8th May                                | Coronation Bank Holiday                          |
| Tuesday 9th – Friday 12th May                 | Year 6 SATs                                      |
| Tuesday 9th May                               | Year 2 walk in Harpur Hill at 1.45pm             |
| Monday 15th May – Friday 19 <sup>th</sup> May | Year 2 SATs week                                 |
| Wednesday 17th May                            | Year 3 to visit the Buxton Museum                |
| Wednesday 24th May                            | Year 1 to visit Sudbury Children's Country House |
| Friday 26th May                               | School closes at 3.30pm                          |

## ADMINISTRATION

### Absence and medical appointment procedures

If your child is unwell or unable to attend school for whatever reason, please inform us as soon as possible, before 9am.

You can contact us to report an absence by: -

- phoning the school office 01298 23261 (you can leave a message on the answer machine if you phone before the office is open)
- emailing - [sreception@harpurhill.derbyshire.sch.uk](mailto:sreception@harpurhill.derbyshire.sch.uk)
- texting - school on 07786 207779 or by replying to a school text.

Kindly let the school know any changes in your address/telephone/email details, so we can amend our records to enable you to receive texts/emails.

### Public Health Reminder

Schools follow Public Health guidelines with regard to rashes, skin infections, diarrhoea, vomiting and infections. Please see letter sent out earlier this term about Strep A and Scarlet Fever. If your child is off school due to diarrhoea or vomiting it is absolutely necessary to make sure your child does not return to school until 48 hours after the last episode of diarrhoea or vomiting.