

Highlight from the Executive Head Teacher

I walked into school yesterday to a wonderful sight! Some of our white walls had been transformed into green hills and blue skies. Mrs Abernethy, Mrs Shirley, Miss Baggley and Mr Forrest had



been busy bees and created the background for the next stage of artwork. We want to create woods full of animals and insects and make calming walks through the school for the children. This

is the start of a creative journey. Thank you so much Mrs A, Mrs S, Miss B and Mr F - you are stars. Do you feel you can come in and help add to our school artwork? We'd love to hear from you.

I always enjoy showing visitors round Heathcote and we welcomed Mr Perry ' Head of Myton School and Mrs Fairhurst Primary Liaison Teacher who came to visit our Year 6 children. They enjoyed finding out about forest school from Year 6 and it was a delight to walk round and see in every classroom calm, purposeful lessons and be greeted by children who were keen to share their learning. We saw number work in Reception, spellings in Year 2, phonics in Year 1 and a range of writing across the school. I was so proud of the behaviour. It was excellent. We are looking forward to starting a new relationship with Myton as the first of our children go off to secondary school next year. We have plans to liaise with all of the different departments and share resources between the schools. I know being able to go and use the science labs and learn chemistry will be a particular favourite of the children in the future.

Connor in Year 2 made me really smile when he shared how much he had been reading. The more we read, the more we learn. I asked him what he would like to be when he grows up. His reply... 'A spaceman, a maths teacher and a scientist.' What a wonderful ambition to have and this shows that we are influencing his career choices through our varied curriculum. I have no doubt in my mind that he will achieve his dreams.

'The future belongs to those who believe in the beauty of their dreams.' Eleanor Roosevelt.

Mrs Humphriss

Key Dates

Monday 11th & Tuesday 12th October — Harvest donations to be brought into school

Tuesday 12th October—Year 4 Maths in the Forest Day

Wednesday 13th October—Reception Road Safety morning

Friday 15th October—Year 1 Phonics focus parent workshop

Friday 22nd October— INSET day

The school calendar is also available on the school website

Safeguarding corner

www.youngminds.org.uk

How to support your child with thinking positively.

- ◇ Introduce the idea of looking for positives, e.g. ask your child to think of one good thing that happened the day before. Explain that thinking positively or negatively can become a habit and can affect your mood and levels of happiness.
- ◇ Describe how sometimes we can all get in the habit of noticing the negative stuff more than the positive and using the template (page 4) will help to balance this.
- ◇ Use the template (page 4) to encourage your child to write some words in each shape, e.g. *I have people around me I trust and who love me, I can ask for help, I am a good friend.* Let them think about how each one makes them feel.
- ◇ Share what makes you feel positive with your child.
- ◇ Revisit this activity after some time so they can remember and add to their list of positivity.





Celebrating 5 years at Heathcote!

Birthday memories from our Year 5 pupils!

"Heathcote is the best school I have been to. I have loads of friends here!" - Sukhpreet

"I love Heathcote. I remember the first week I joined and got the first star of the week!" - Gurshaan

"I came here at the very end of Year 2. I really like the fact that they gave me a first friend so I wasn't lonely and it didn't take me long to make friends." - Lehith

"It's amazing how the school has grown from only one class to having Year 6. I love the strategies within school and I think it's a good school. I love coming here!" - Sienna



SPOTLIGHT ON

Hazel class

Hazel has been having a fantastic time with their Predator topic. They have worked in groups to research and present information about Arctic wolves. They have been creating their own weird and wonderful animals to write non-chronological reports about. These will soon be made into books for their classmates to enjoy. Last Friday, they learnt about the incredible Ichthyosaurus,

whose fossils have been found locally.

They made stone models of the Ichthyosaurus on the playground. In Art they have been looking at the work of Henry Rousseau and have used his paintings to create their own versions using his style. They have also been blending pastels to create colours similar to those used by the artist. Well done Hazel, you have all settled into Year 3 brilliantly and it is such a pleasure to see your big



You can contact us using any of the details below:

Caroline Jacobs-Reynolds
Parent Mentor Lead
Phone: 07958487544
Email: caroline.jacobs@parentingproject.org.uk

Visit: parentingproject.org.uk for news and useful information.

You can also find us on **Facebook** under 'Parenting project' so please 'like' our page to receive regular news and updates



If you would like to be considered for a parent mentoring role you can apply for an information pack.

Parent Mentoring is a great way to feel valued and part of a team, gain new skills and meet new people. It is an opportunity to give back to the community.

We would love to hear from you if you think you have the skills and time to support a family.



A Parent Mentor is a volunteer who meets with families to provide friendly, informal support, encouragement and guidance.

What do Parent Mentors do?

Parent Mentors provide support to families in a non-judgemental way. They can help parents with relationship and communication difficulties, help build self-confidence, and carry on implementing positive changes. They can also help engage with wider community services.

Who are Parent Mentors?

A Parent Mentor is a volunteer who understands the complexities of parenting. They have been trained for the role, are DBS (criminal records) checked and benefit from ongoing support and supervision from the Parenting Project.

Who can benefit from the Parent Mentor programme?

This is available to those who have a parental role and feel they could benefit from volunteer support.

How can parents access the service?

Parents can be referred by a professional. They need to decide on what a Parent Mentor can help with and how to best use the time together. Self-referrals will always be considered as appropriate.

How long and how often?

A parent mentor can support a family for around 2-3 hours per week, for up to 6 months. Parents can withdraw from the arrangement at any time and for any reason.

A Parent Mentor Promises:

- to listen
- to encourage
- to communicate honestly
- to be committed to the role
- to be reliable
- to be non-judgemental
- to maintain confidentiality at all times (except when there are concerns that someone is at risk of harm)

Some of the things that a Parent Mentor can help with:

- Parenting challenges
- Emotional wellbeing
- Confidence
- Isolation and loneliness
- Aspirations



How many positives can you think of?

Fill in the shapes with as many positives you can think of.
E.g. "I am brave, kind, caring..."

I AM

I CAN

I HAVE
