

TOWNHILL COMMUNITY SCHOOL

Well-being newsletter

Welcome

Welcome to our Well-being Newsletter! The newsletter is aimed to share relevant and valuable information with you and to inform you of upcoming events and services in Townhill Community School and the local area.

What's going on in school?

Together Tuesdays

Every Tuesday (9am-11am) we host coffee mornings for parents. This is a great opportunity to relax, connect and have a chat with our Thrive practitioner/Family Liaison Officer. If you're looking for support, curious about upskilling, interested in new learning opportunities or just want a chat then come along to our Thrive room. We're here to help!

Being a parent isn't always easy, why not come along to meet other parents, form new friendships and be a part of the school community. We promise good company, useful conversations, and, of course, a decent cup of coffee.



Safeguarding at TCS

At TCS we have rigorous child protection procedures based on clear policy, designed to make sure children and young people are safe and feel safe. If you have any safeguarding concerns, please see a member of our safeguarding team

Safeguarding Team

Your Designated Safeguarding Person (DSP):

Miss. A. Ruscitto (Family Liaison Officer)
Mr. P. Owen (Headteacher)
Mrs. L. Gadd (Deputy Headteacher)
Mr. J. Stones (Assistant Headteacher)

Attendance

Regular attendance is essential to maximise your child's full potential. Please ensure your child attends school as often as possible, if your child is unwell then please inform the school office on day 1 of your child's absence. This will avoid any unauthorised absences and the risk of receiving a fixed penalty notice (fine)

Punctuality

Reminder: All late arrivals are being monitored by our Education Welfare Officer. Please ensure your child attends school by 8:50am. Breakfast club starts at 8:00am.

Holidays during term time

Holidays are no longer authorised. Holiday request forms can be collected and returned to the school office two weeks prior to your child's absence. You may be at risk of a fixed penalty notice if your child's attendance is below 90% and you withdraw them from education for a holiday



Support

Just a reminder that Miss Ruscitto is available as Family Liaison Officer, if any parents need advice or guidance.

If you need to contact Miss Ruscitto you can email her - ruscittoa@hwbcymru.net



Follow of the term



Facebook: Anxiety Support Wales

Mental Health Support



NHS Wales Digital Mental Health Support for Young People, Parents and Carers

1 in 6 young people have a diagnosable mental health condition.

Over half of all mental health issues start before the age of 14, with 75% before the age of 24.

Our free online programmes for young people, their parents and carers provide early access to mental health support when it's needed.

What are SilverCloud® programmes?

Online guided self-help programmes provide education and tools for young people and those supporting them to understand and manage anxiety and low mood. Programmes use Cognitive Behavioural Therapy (CBT) techniques, which encourage young people to challenge their thoughts, feelings and behaviours.

Access anytime, anywhere

Sign up for free online. It's available 24 hours a day, 7 days a week. Work at your own pace.

Online support with a human touch

A human supporter guides the young person or their carer through the programme, providing regular feedback via online message.

It works

91% found it interesting

87% of young people said it was helpful

"I've learned everything I needed to know in terms of my mental health. I'm now having a fresh start and feel better about everything. I wanted to say thank you for all of your help. I truly appreciate it." SilverCloud User

Sign up: nhs.wales.silvercloudhealth.com/signup



Common Ailments Scheme

What does this service offer?

If you visit a pharmacy and have a common ailment you can ask the pharmacist for advice and treatment where required. The pharmacist may ask if you wish to register for the service.

Registering means the pharmacist may supply you with a medicine you need free of charge.

Your pharmacist can help you with the following ailments and illnesses as part of the common ailments service:

- indigestion
- constipation
- diarrhoea
- piles
- hay fever
- head lice
- teething
- nappy rash
- colic
- chicken pox
- threadworms
- sore throat
- athlete's foot
- eye infections
- mouth ulcers
- cold sores
- acne
- dry eyes
- dermatitis
- verruca
- back pain
- vaginal thrush
- oral thrush
- scabies
- ringworm
- interigo
- ingrowing toenails

Community Breakfast

Start your day with good food and great company! We are hosting a Community Breakfast, a warm and welcoming gathering for parents, staff and all community members. Join us for a breakfast bun and a cuppa as we come together to chat, connect, and enjoy a little kindness on a plate

When: March 6th

Where: Townhill School

Time: 9am



What's going on in your local area?

MOUNTAIN VIEW CHILDREN'S CENTRE

<p>Monday Mini Movers 9.30-11.15 A fun and lively class to develop children's physical and social skills.</p> <p>Coffee & Cwtch Baby Group 1.00-2.30pm Support for New Parents Non mobile babies welcome</p>	<p>Tuesday Stay and Play 9.30-11.15am Fun Playgroup for pre-school children.</p> <p>Sensory Play and Massage 9.30-10.30</p> <p>Grow Together- Young Parents Stay and Play group 1.00-2.45pm (under 25)</p> <p>Mud Pies and More- 1.00-2.00pm Pre School Messy Play group</p>
<p>Wednesday Stay And Play Group 9.30-11.30 am</p> <p>Mini Movers 12.45-2.45pm A fun and lively class to develop children's physical and social skills.</p>	<p>Thursday Suitable for babies under 1 Sensory Stars Baby group 9.30-11.00am</p> <p>Sensory Play & Massage 1.00-2.00pm</p>
<p>Friday Craft Session (Adult) 9-11.30 Sensory Stars Baby Group 9.30-11.00am Dads r Us Stay and Play 9.15-11.15am Little Stars Stay and Play 1.00-2.30pm Additional Needs Support Group</p>	<p>Sensory Room available booking essential</p> <p>Preloved Children's Clothing Boutique</p>

Mountain View Children's Centre, 51 Mayhill Road, Mayhill
01792 46554

Hygiene Bank

Reminder: We have a hygiene bank in school. We have a range of free hygiene products (shower gel, shampoo/conditioner, deodorant etc) for families who are in need of them. If you require a hygiene parcel, please contact Miss Ruscitto (Family Liaison Officer) at school and let her know how many people live at your property so that she can provide you with what you need.

We are here to help!

Did you know?

There are lots of benefits from cooking together. Cooking together creates positive memory association, develops your child's life skills and can increase confidence. We understand life can get busy sometimes, so here is an easy recipe to try at home as a family

Pitta Pizzas



Preheat the grill to its hottest setting

Place the pitta breads onto baking trays and spread tomato sauce/Passata over each.

Sprinkle grated cheese and toppings of choice (ham/mushrooms/sweetcorn etc)

Grill the pizzas for 2-3 minutes, or until the bread is piping hot and the cheese has melted and turned golden-brown. Serve immediately.