

Uphill Village Academy



Pastoral and Wellbeing Newsletter

A warm welcome to all our children and families from the pastoral team at Uphill Village Academy



Mrs Hetherington
EYFS and Key Stage 1
Support
Sensory Room



Mrs deScossa
Key Stage 2 Support
Star Room

learningmentor@uva.clf.uk

Our Pastoral team is here to:

- Listen
- Offer support
- Promote positive behaviour
- Identify the barriers to learning
- Offer encouragement, build self-esteem and confidence
- Support with life challenges and changes

We are here for everyone in the Uphill Village Academy family - Pupils, Parents & Carers



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Children's Mental Health Week

This year Children's Mental Health Week is running from 6th to 12th February 2023. At Uphill Village Academy we want to equip our children with the skills to look after themselves and each other.... that is why we take part in Children's Mental Health Week run by Place2be, to focus on the importance of children and young people's mental health.

During the week your children will be taking part in a variety of activities in their classes to help them think about the connections they have with the people

This year's theme is Let's Connect. People thrive in communities, and this connection is vital for our wellbeing.

When we have healthy connections, to family, friends and others, this can support our mental health and our sense of wellbeing.

For Children's Mental Health Week 2023, we are encouraging people to connect with others in healthy, rewarding and meaningful ways



Find time to connect as a family

Family life can become busy and stressful, so it's important to find some time where you connect together. This could include simple things like cooking, watching a film, playing a game, going to the park or even doing the family shop together.

Try to resolve conflict and re-connect after arguments

Arguments and moments of disconnection are bound to happen in families - between your children, between yourself and your children and between yourself and your partner, if you have one. It is important that children learn how to disagree in appropriate ways, how to say sorry and how to make amends when they have done something wrong. They will learn a lot about how to do these things from you - so try to model the behaviour you want to see in your children. Talk to them about how to re-connect with friends after arguments including what they can do to help repair relationships.

Looking for free practical advice to help you support your child?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour.

parentingsmart.place2be.org.uk/

Let your child know that if they are worried about something, they should always talk to an adult they trust. It could be you, someone in your family, a teacher or someone else in their school.

You can also find a list of organisations that provide support and advice on our website:

place2be.org.uk/help

If you're worried about your child's mental health you can talk to your GP or someone at your child's school. Our learning mentors, Lucy de Scossa and Helen Hetherington, are available to speak to you through their email address or the school office. They will also be able to sign post to other organisations that offer help.



MY FAMILY COACH

Powered by **TEAM TEACH**

If you need support, are looking for advice, or have a parenting question, you'll find everything you need at [MyFamilyCoach.com](https://www.MyFamilyCoach.com)

My Family Coach is a free website produced by experts in child behaviour, parenting, and education. They have over 20 years of experience working with schools to understand children's behaviour. The website is full of resources on popular parenting topics, such as screen time, bullying, and mental wellbeing. They have a wide range of blog posts, podcast episodes, and videos available, along with bookable 1:1 coaching, courses, and classes.

My Family Coach provides support when you need it most.

It's simple to sign up and completely free to register

Below are some examples of what you will find when you sign up
Plenty of resources about areas families often want to focus on, like sleep, healthier eating and getting more exercise

[Explore our Healthy Living collection](#)

A new selection of free parent classes running over the next few months.

[Understanding Tantrums](#) Wednesday, 1st February 2023, 8pm

[Sibling Wars! How to Help Your Children Get Along With Each Other](#)

Wednesday, 15th February, 7:00pm

[Making Friends and Friendship Fallouts](#) Thursday, 30th March, 7:30pm

[No Problem at School, But at Home..!](#) Thursday, 20th April, 7:00pm



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Foodbank vouchers



We know that anyone can find themselves at crisis point for a number of different reasons.

If they feel you are struggling to put food on the table, we can organise E-Vouchers for you to use at the foodbank. Our service is confidential so please contact us if you need support.

Free school meals

Your child may be eligible for free school meals if you are in receipt of certain benefits such as Income support, Income-based Jobseeker's Allowance, Child Tax Credit (provided you are not also entitled to Working Tax Credit and annual gross income is £16,190 or less) etc.

If you think your child may be eligible for free school meals because of your income or circumstances, it is essential you apply. It is important, even for children who are already eligible for Universal Infant Free School Meals, as it also provides additional financial support from the school to help cover the costs of school trips, milk, school jumpers/cardigans and KS2 music lessons.

It is really important that if you think you might be entitled - claim!

Please contact the Pastoral Team for more information.



At Uphill Village Academy we are vigilant in keeping children safe from harm and are committed to safeguarding all our children. All adults, including staff, parents, and governors, have a responsibility to safeguard children; any concerns, no matter how small, should be shared with the Safeguarding Team in confidence. Feel free to contact the school office to arrange a meeting or email us at safeguarding@uva.clf.uk

Safeguarding Team

Designated safeguarding lead	Mrs Hodder	Principal
Deputy designated safeguarding lead	Mrs Tinker	Assistant Principal
Safeguarding Team	Mrs de Scossa	Learning Mentor
	Mrs Hetherington	Early Years Specialist
Academy Council Safeguarding Link	Mr Shane Hawkings	Academy Council Chair



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