MONTEM ACADEMY
The Park Federation Academy Trust

Montem Newsletter

9th October 2026
Edition 16

Principal's update

We use Read Write Inc. (RWI) to develop our children's early reading skills, and we are delighted with the progress they are making.

Last week, an external RWI consultant visited Montem and was extremely impressed with our Early Reading provision. She was particularly pleased to see the exceptional progress our Reception children have made with letter formation, alongside their developing oral blending skills, which are helping them become ready to decode words.

Our KS1 children are also progressing well, continuing to secure their sounds and becoming increasingly confident at decoding longer and more challenging words.

This year, we have also invested in new high-quality, full-colour Book Bag Books. These stories closely align with the familiar RWI Storybook texts used in lessons, giving children extra opportunities to practise their reading and enjoy stories independently at home.

We are incredibly proud of the progress our children are making!

Mrs Nel
Principal

Dates for your diary

Vaccination Day
13th October

Y6 RAF Museum Trip
12th October (6S/6C) &
13th October (6R/6O)

School Photo Day
19th October

Half Term
26th October - 30th October

Inset Day & Parent's Meeting
2nd November

Parents Meeting
2nd November (2pm - 8pm)
Booking details coming soon

Anti-Bullying Workshops
5th November

Fireworks Display
9th November
(Ticket now available on ParentPay)

End of Term
Friday 18th December
Additional inset days have been set as 2nd November, 4th January and 28th May.

Well done, 3 Oak and 6B Redwood!

A whole week of **100% attendance** is a fantastic achievement! To celebrate, our winning class can enjoy a **non-uniform day** on **Friday 16th October**.

Well done, everyone -
what an amazing effort!

Attendance

The class with the best attendance this week is:

1st place:
3 Oak & 6B Redwood - 100%

2nd place:
4 Sequoia - 99.33%

3rd place:
6 Redwood 99.33%

Classes with 100% attendance will have a non-uniform day

Illness and Attendance

Your child can usually attend school with a mild cough or cold, provided they are otherwise well enough to take part in the school day. If your child does need to stay at home, please contact the school on the first day of absence and let us know the reason.

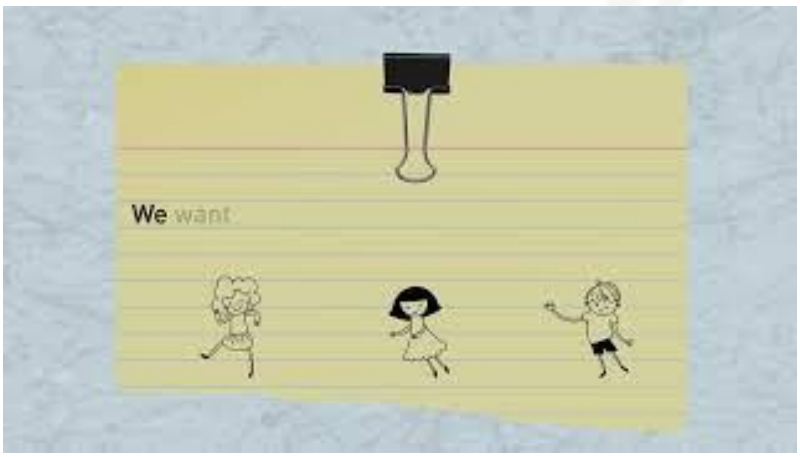
Click here to read NHS guidance about Is my child too ill for school?

💛 Feeling Worried or Anxious

It is completely normal for children to feel worried or anxious from time to time. This can sometimes show itself through tummy aches, headaches, changes in eating or difficulties sleeping.

Avoiding school can sometimes make worries about coming to school feel bigger. If your child is struggling, please speak to us as soon as possible. We are here to listen and provide the appropriate support to help your child feel happy, safe and ready to learn.

Click here to watch a short video to learn more about Illness absence and staying healthy





MONTEM ACADEMY
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Could your child be eligible for Free School Meals?



With the start of the new school year, we want to make sure every child at our school gets the best possible start to their day. Following recent changes to government guidelines, all families receiving Universal Credit now qualify for Free School Meals, regardless of your household income.

Even if you have checked before and did not qualify because of your earnings, we strongly encourage you to recheck your eligibility today.

Why you should apply:

- **Save money:** A free, healthy school lunch can save your family over £400 a year per child.
- **Nutritional Food:** Your child will receive a hot, nutritious meal every day to help them stay focused and energised.
- **Additional Support:** If your child is eligible for Pupil Premium funding, we can provide financial help with purchasing school uniform and contributing to funding school trips.
- **Extra school funding:** For many families, an approved application also unlocks extra funding (Pupil Premium) for Montem. This money goes directly toward extra teaching staff, after-school clubs, and learning resources that benefit your child.
- **Uniform & Trip Support:** eligible pupils will be able to receive financial assistance towards purchasing school uniforms and funding school trips.

How to apply?

To check your eligibility and submit your application, please visit our local council portal online [https://www.slough.gov.uk/xfp/form/244)](https://www.slough.gov.uk/xfp/form/244) or contact the school office directly for a paper form. If you need any help with your application, please do not hesitate to reach out to our school office team. We are here to help. Mrs Babar
Welfare Assistant



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Important Notice: We Are an Asthma Friendly School

As an Asthma Friendly School, the health and safety of all our pupils is our top priority. To ensure we can quickly and safely support children who may experience an asthma attack or breathing difficulty while at school, we keep emergency inhalers on site.

Have you signed the Emergency Asthma Inhaler Consent Form?

If you have not already completed and returned an ***Emergency Asthma Inhaler Use Consent Form*** *for your child, please collect a copy from the School Reception as soon as possible.*

Having this consent form on file allows trained school staff to administer an emergency inhaler if your child's own inhaler is unavailable, misplaced, or empty during an emergency.

- ***For pupils with diagnosed asthma or prescribed inhalers:*** *Please ensure their up-to-date, in-date personal inhaler and spacer are kept at school, alongside a completed Asthma Action Plan.*
- ***Consent Forms:*** *Available now at Main Reception.*

Thank you for your continued cooperation in keeping our school environment safe for every child!





A Fantastic KS2 Tennis Event

A group of our KS2 children enjoyed a fantastic tennis event, having fun being active and developing their tennis skills. There were plenty of smiles and laughter along the way, with great teamwork as pupils encouraged and supported one another. Well done to everyone who took part!











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Reception: Our Creative Learning

Our Reception children have been getting creative with playdough, designing and making their own wild and wonderful fish! As well as encouraging imagination and creativity, this activity is helping to develop their bilateral strength and coordination, building the essential skills they need as they get ready for writing.



We have also been exploring AB patterns using musical instruments. The children have enjoyed creating and continuing patterns through music, developing their understanding of sequencing and repetition in a fun and engaging way.

To support their developing mathematical skills, the children are also independently practising their number formation whenever they have finished a Maths activity. It is wonderful to see them taking such pride in their learning and becoming increasingly confident and independent!





Wild and wonderful fish creation

What a wonderful week in Reception!

In Big Book, we have been learning all about Elmer. The children drew pictures of Elmer in their books and chose words to describe him, including “kind”, “colourful” and “big”.

During Provision, we have been exploring a wild animal tuff tray, creating our own elephants and mixing colours to make a colour wheel.

In Maths, we have been practising counting from 1 to 5 and forming our numbers.









Year 2: Lost and Found

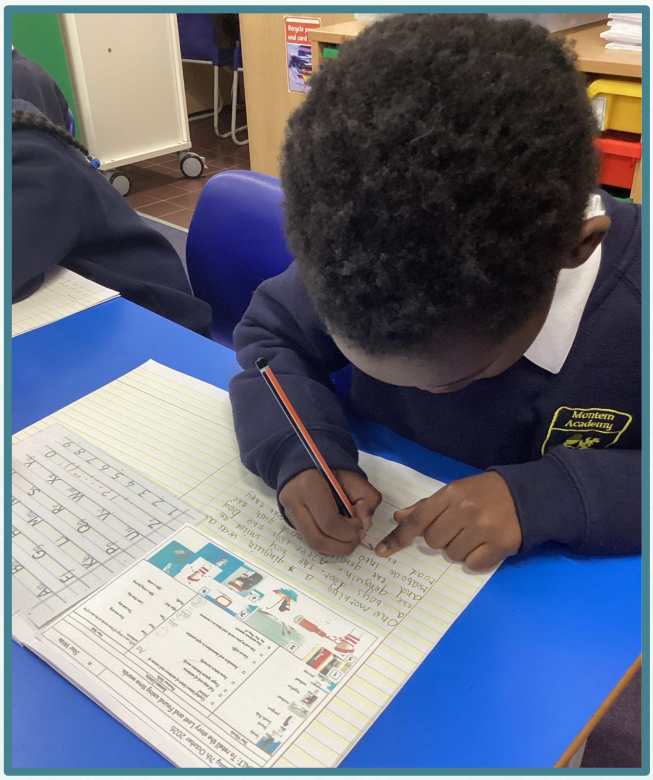


Year 2 have been exploring the wonderful story of Lost and Found, using the adventures of the boy and his penguin to inspire their own writing.

A key focus has been using time openers such as 'One morning,' 'The next day,' 'Later,' 'After a long journey' and 'After a while' to sequence events and make their retellings more engaging.

The children have also been working hard to write well-structured sentences, while developing their handwriting, punctuation and presentation skills.

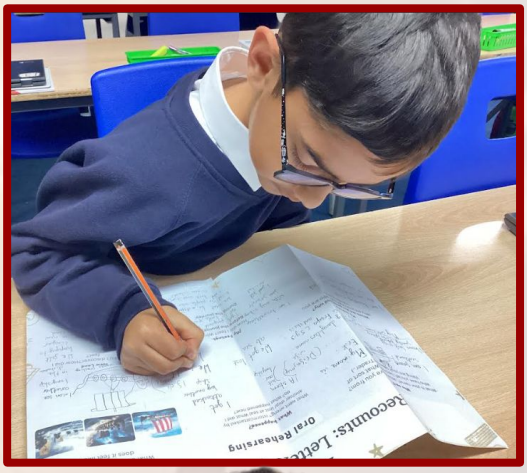
It has been fantastic to see their growing confidence as writers and the care they are taking to bring this much-loved story to life!



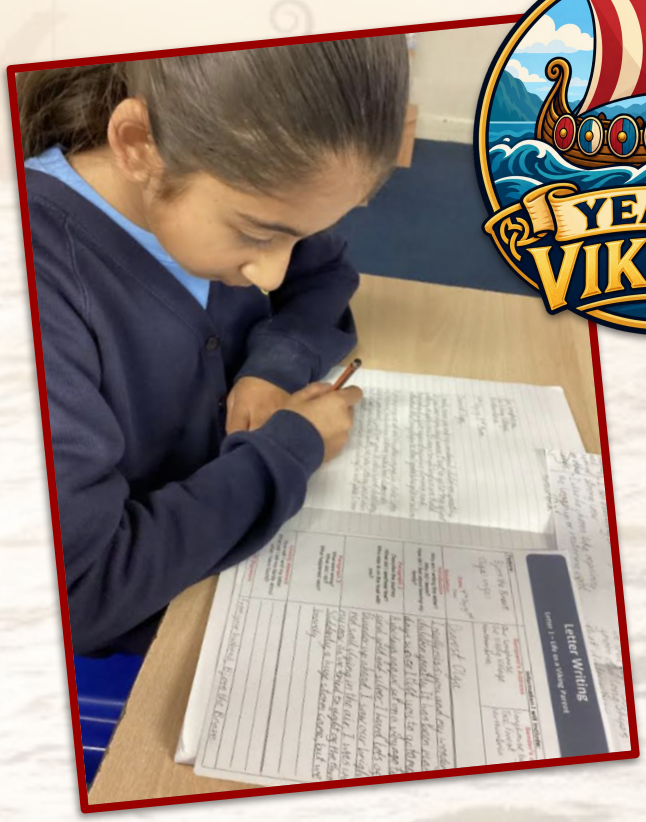


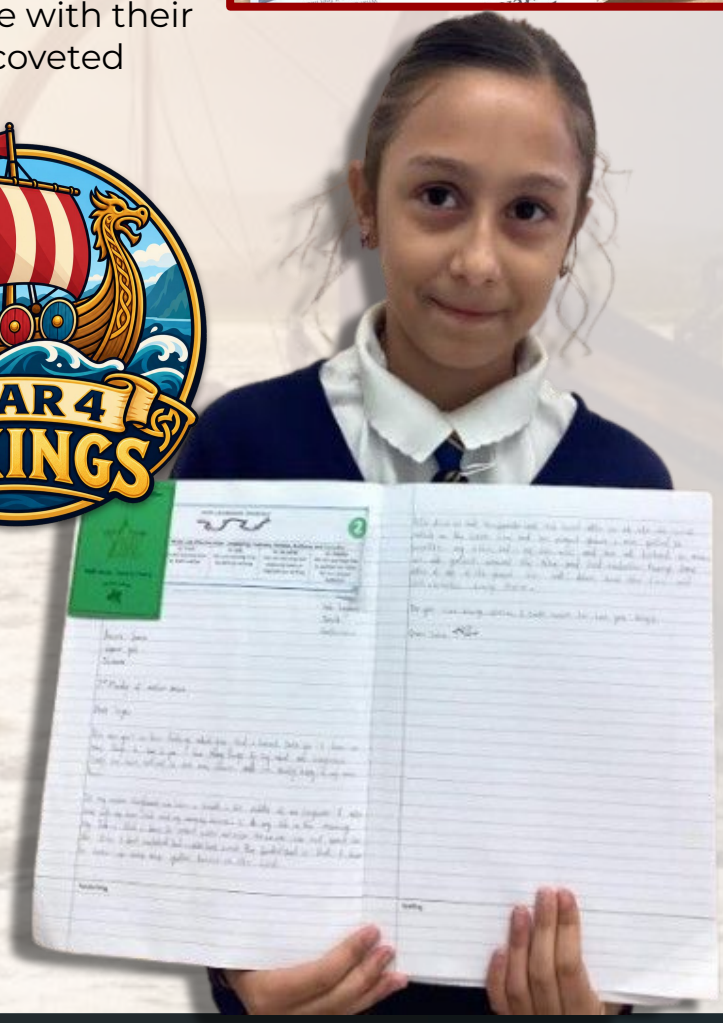
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Year 4: Vikings Letters



Year 4 have stepped back in time to explore the world of the Vikings! Before putting pen to paper, the children carried out detailed historical research into longships, epic voyages, and warrior life, using their discoveries to plan rich, atmospheric ideas.Stepping into the boots of Viking invaders, they are writing vivid letters in role to send news of their adventures back home. Alongside their dramatic letter writing, we are placing a huge focus on pride and presentation. The children are taking wonderful care with their handwriting with top efforts earning coveted Pride and Presentation Ticket!

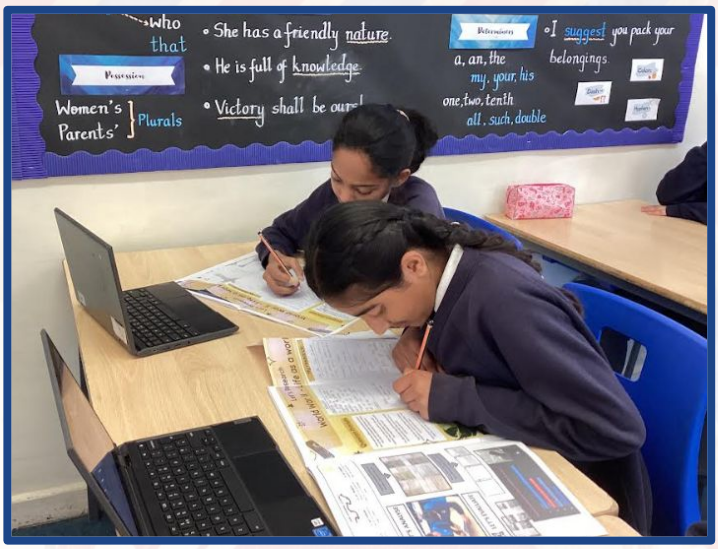




YEAR 4 VIKINGS

Everyone to Excel Through Pride and Ambition

Year 6: World War II Letter



This term, Year 6 has stepped back in time to the 1940s as part of an immersive World War II writing unit. Taking on the roles of soldiers, pilots, teachers, and nurses, the children wrote moving letters from home, capturing the stark realities, resilience, and hope of those living through the conflict.

To bring their writing to life, Year 6 visited the immersive classroom, where sensory technology surrounded them with the sounds of air-raid sirens, the atmosphere of the Blitz, and the peaceful contrast of the countryside where so many children were evacuated. This unforgettable experience deeply enriched their learning, allowing them to draw on authentic sights and sounds to infuse their final written pieces with exceptional emotion, historical accuracy and vivid detail.



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Parents' Meetings

With the start of new academic year, we are pleased to see that children have now settled well into their classes and routines - and this is a good time to invite parents to discuss children's progress and answer any questions.

We have arranged parents evening for **Monday 2nd November**, which is an inset day. **Appointments will start at 2.00pm** and must be **booked via your class teacher**. If you have more than one child here at Montem, please leave enough time between appointments in case of any delays.

If you need more than the allocated 10 minutes with your child's teacher, a separate appointment can be arranged with them, as it will be important to keep on schedule - the last appointment is at 7.50pm.

Hopefully this gives you plenty of choice for your appointment.

We prefer if you don't bring your children to the appointment if possible, but if you do have to bring them, please note that the playgrounds will be out of bounds.





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Messaging your Child's Class Teacher

As we move from **ClassDojo to the Juniper App**, we have introduced a new way for parents and carers to communicate directly with their child's class teacher.

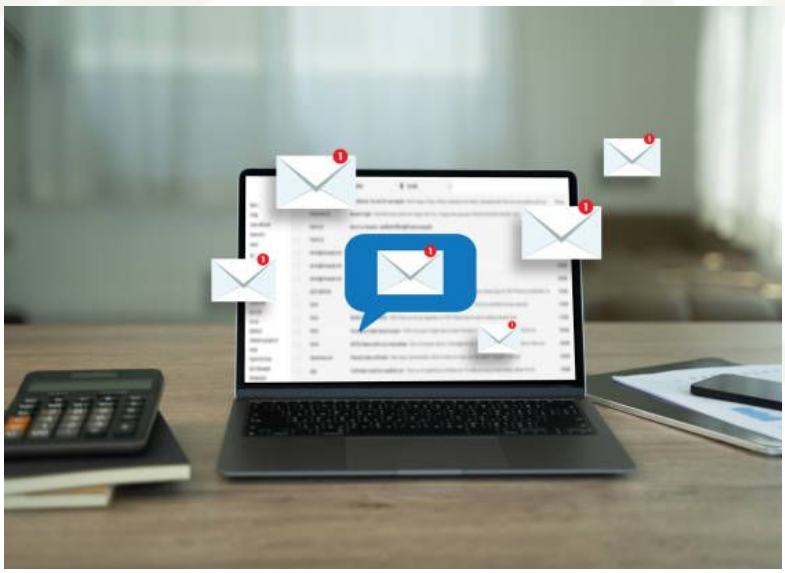
As the Juniper App does not provide a direct messaging facility between parents and class teachers, we have created **class email accounts**, which will be monitored by the class teachers. These can be used for non-urgent questions, information or messages relating to your child.

Teachers will aim to review and respond to messages **within 48 hours during school hours**.

For urgent matters, including **changes to end-of-day collection arrangements, absence or safeguarding concerns**, please contact the school office directly:

📧 **maoffice@theparkfederation.org**
📞 **01753 528050**

Thank you for your patience and understanding as we make the transition from ClassDojo to the Juniper App. We appreciate your support as we become familiar with our new communication systems.



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Class Emails



- **Nursery:** nurseryma@theparkfederation.org
- **Reception Cedar:** rcedarma@theparkfederation.org
- **Reception Sequoia:** rsequoiama@theparkfederation.org
- **Reception Oak:** roakma@theparkfederation.org
- **Reception Redwood:** rredwoodma@theparkfederation.org
- **Year 1 Cedar:** 1cedarma@theparkfederation.org
- **Year 1 Sequoia:** 1sequoiama@theparkfederation.org
- **Year 1 Oak:** 1oakma@theparkfederation.org
- **Year 1 Redwood:** 1redwoodma@theparkfederation.org
- **Year 2 Cedar:** 2cedarma@theparkfederation.org
- **Year 2 Sequoia:** 2sequoiama@theparkfederation.org
- **Year 2 Oak:** 2oakma@theparkfederation.org
- **Year 2 Redwood:** 2redwoodma@theparkfederation.org
- **Year 3 Cedar:** 3cedarma@theparkfederation.org
- **Year 3 Sequoia:** 3sequoiama@theparkfederation.org
- **Year 3 Oak:** 3oakma@theparkfederation.org
- **Year 3 Redwood:** 3redwoodma@theparkfederation.org
- **Year 4 Cedar:** 4cedarma@theparkfederation.org
- **Year 4 Sequoia:** 4sequoiama@theparkfederation.org
- **Year 4 Redwood:** 4redwoodma@theparkfederation.org
- **Year 4 Oak:** 4oakma@theparkfederation.org
- **Year 6B Cedar:** 6bcedarma@theparkfederation.org
- **Year 6B Sequoia:** 6bsequoiama@theparkfederation.org
- **Year 6B Oak:** 6boakma@theparkfederation.org
- **Year 6B Redwood:** 6bredwoodma@theparkfederation.org
- **Year 6 Cedar:** 6cedarma@theparkfederation.org
- **Year 6 Sequoia:** 6sequoiama@theparkfederation.org
- **Year 6 Oak:** 6oakma@theparkfederation.org
- **Year 6 Redwood:** 6redwoodma@theparkfederation.org
- **Miss Steenkamp Art:** artma@theparkfederation.org
- **Mr Milstead/Mr Walters PE:** pema@theparkfederation.org
- **Mrs Southwick Music:** musicma@theparkfederation.org
- **Miss Bishop/Miss Jones Family Support:** familysupportma@theparkfederation.org

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New Communication App

Juniper Education Parent App is our main platform for sharing information with you. **ClassDojo will no longer be used.**

Please sign up as soon as possible so you do not miss important updates and information about your child. You should have already received an email invitation with instructions on how to register.

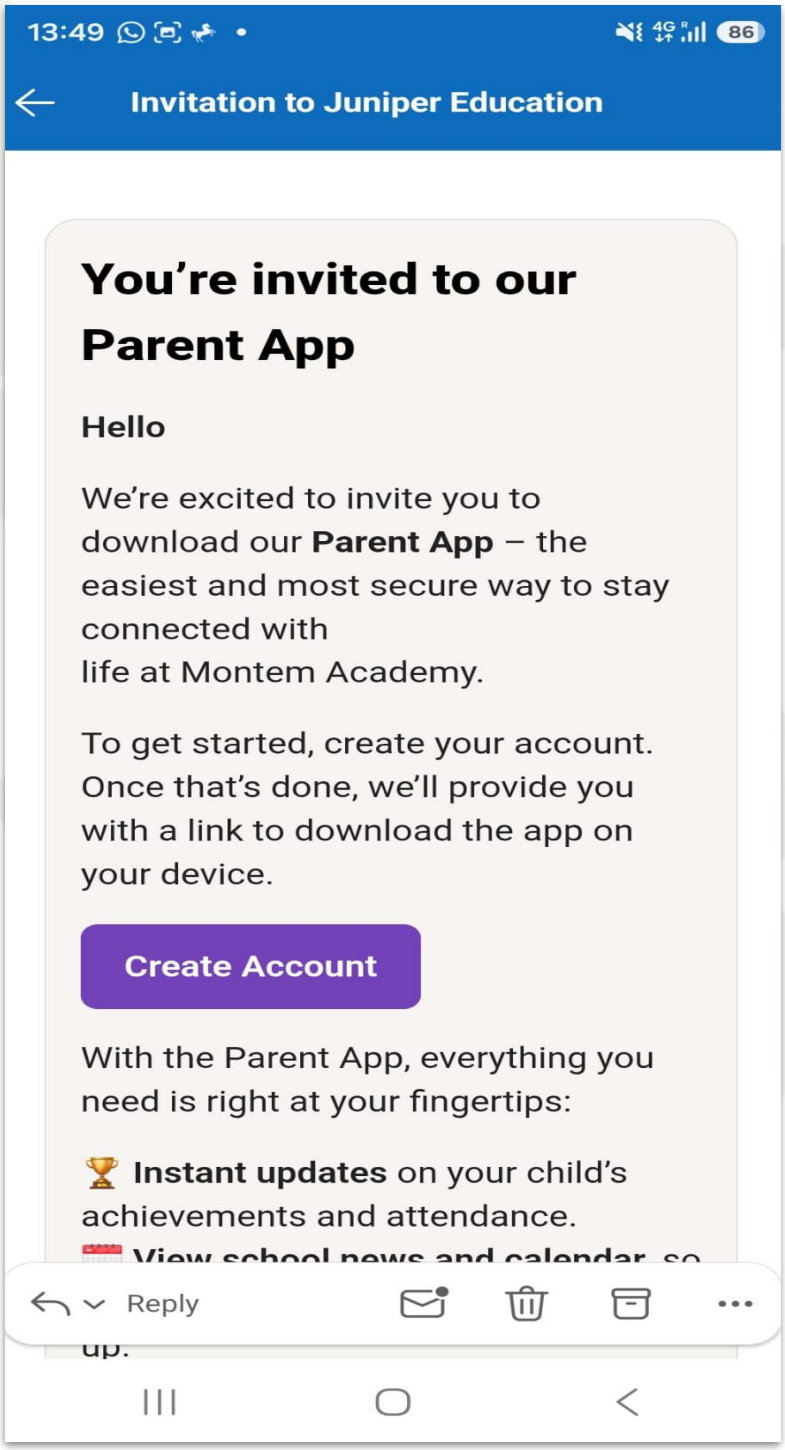
Here is a screenshot of the email to look out for. Please check your **junk or spam folder** if you cannot find it.

If you need support setting up the app, please speak to our **Digital Lead, Mr Clottey**, who will be happy to help.

Contacting Your Child's Teacher

You will be able to contact your child's class teacher using a dedicated **class email address**.






Montem Academy
£5 per person
Under 2s free
Fireworks Display
9th November 2026 - doors open at 4.30pm
Fireworks at 5.30pm

NURSERY & RECEPTION OPEN EVENING







- Tuesday 5th October 2026
  Tuesday 16th October 2026
  Tuesday 2nd December 2026
  Tuesday 11th January 2027

- A guided tour of the whole school
  4.00pm-4.30pm
  4.15pm-4.45pm
  4.30pm-5.00pm

- There will be no parking available on site





Montem Academy's

SCHOOL PHOTO DAY

Monday 19th October 2026

Our school photographers will be here at Montem Academy on Monday 19th October. Children will have their individual school photos taken, and you will be able to order copies online.



Please make sure your children are:

- **On time**
- **In correct, clean, smart school uniform**
- **Don't have any appointments during the school day**

Our Parenting Offer

Support & assistance for:



- Baby Bank
- Food Bank
- Financial Applications
- Admissions Applications
- FSM applications
- Targeted Early Help
- SEND support
- MHST Referrals
- SEBDOS Referrals
- Talking Therapies / Hestia Referrals
- Weekly Coffee Mornings

Support
Advice
Guidance

Please contact the school office

01753 528 050

or email

familysupportma@theparkfederation.org

and ask to speak with

Mrs Devine, Mrs Bishop or Miss Jones

You are not alone







We were delighted to welcome parents to our weekly Coffee Morning, where this week we focused on the importance of **looking after yourself.**

It was a lovely opportunity to pause, reflect and explore simple ways we can make time for our own well-being, even during busy and challenging times.
We discussed how small moments of self-care can make a big difference and how looking after ourselves helps us to feel more rested, positive and able to support those around us.

Thank you to everyone who joined us and contributed to such a warm and supportive session.
As a little reminder to prioritise their own well-being, parents also took home a small self-care treat.

We look forward to welcoming you all again next week!

MONTEM ACADEMY
The Park Federation Academy Trust
Belong • Achieve • Thrive

A Message from Jemma at 360 Vision Wraparound Care

360 Vision
Wraparound Care

Hi Montem families!



Thank you so much to those of you who have signed up to the waiting list for our new Wraparound Care provision.
We're very excited to be launching after half term!

Next Wednesday after coffee morning, the team and I will be calling you all to get you booked in.

If you have any questions in the meantime, please email me on **jemma@360v.online**

We've been eagerly awaiting our Ofsted registration, which can take some time, so we sincerely appreciate your patience while it's processed.

Can't wait to meet you all!

Jemma and 360 team ☺

What's coming up at Montem?

Upcoming events

Coffee Morning
Wednesday 14th October
9:00 – 10:00am

Parenting Workshop
Big Feelings, Big Emotions
Wednesday 14th October

Adult Learning Courses
Various courses available
See school noticeboard for details

Family Support

Need a little support?

Our Family Support team are here to help. Whether you have a question, a worry or simply need someone to talk to, please get in touch.

familysupportma@theparkfederation.org

Wellbeing Tip of the Week

Small moments can make a big difference...

- Spend 10 minutes connecting with your child.
- Praise their effort, not just the result.
- Make time to talk about their day.

Coffee Morning



A chance to chat, learn and share with other parents and carers

This week's topic:

Big Feelings, Big Emotions

- Everyone is welcome
- Relaxed, non-judgemental atmosphere
- Meet new people
- Take time for you – self care

Date: Wednesday 14th October 2026

Time: 9 – 10am

Location: School Canteen

Come along for a cuppa, conversation and support!

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Montem Newsletter

Local Offer

Here for our families

What's On

Support • Activities • Advice • Community

A stronger tomorrow together

What's on

Best Start Family Hub
Chalvey Grove

Sep-Dec 2026

Monday

HCRG Development Reviews
Appointment only **8.45am-3pm**

Sport in Mind
Mum and Baby (under 12mths) Movement and Gentle exercise
10-11am More information click here:
Sport in Mind - Mum & Baby East Berkshire Timetable - July 2026

Cippenham Baptist Church
Bumps to Babies
Elmshott Lane, SL1 5QS
10.15-11.30am All welcome
Expectant parents to 2 years

Slough Best Start Family Hubs
Let's Get Moving
Walkers to Pre-schoolers
Upton Lea Community Centre, SL2 5JW
1.30-2.15pm Term-time only
Starts Monday 14 September.
No need to book, just turn up.

Slough Best Start Family Hubs
Infant Massage Course
14 Sep, 21 Sep, 28 Sep, 5 Oct, 12 Oct
1-2.30pm Costs apply.
For more information email:
family.hubs@slough.gov.uk

Tuesday

Slough Best Start Family Hubs
Cost of Living Drop-in
22 Sep, 27 Oct, 24 Nov **9-11.30am**

Slough Best Start Family Hubs
Feeding and Weaning Support Drop-in
9-11.30am 6 Oct, 3 Nov, 1 Dec

Slough Best Start Family Hubs
Parenting Puzzle
9.15-11.15am 3, 10, 17 and 24 Nov, 1 Dec
To book please email family.hubs@slough.gov.uk

Slough Best Start Family Hubs
Play and Learn Crawlers to Walkers
Booking required see below **9.30-11am**

Slough SEND Information, Advice and Support Service - Chat to SENDIASS
8 Sep, 13 Oct, 10 Nov, 8 Dec **9.30am-3pm**
To book an appointment email: sendiass@slough.gov.uk

Slough Best Start Family Hubs
Volunteer Information Session
Drop-in **10-11.30am** 15 Sep, 17 Nov

Frimley Health Antenatal and Postnatal Pelvic Health
Appointment only **11.30am-2.30pm**

HCRG 0-19 Health Drop-in at Cippenham Nursery
St Andrew's Way, SL1 5NL **1.30-3.30pm**
4th Tuesday of the month. No appointment needed

Slough Library Service
Storytime at Cippenham Library
Elmshott Lane, SL1 5RB **2-2.30pm**
No booking required

Frimley Health Antenatal Classes
Part 1: 3rd Tuesday of the month **2-4pm**
Contact your midwife for more info

Slough Best Start Family Hubs and HCRG Postnatal Session
Part 2: Baby and You **2-4pm**
4th Tuesday of the month. To book email:
hcrg.sloughchildandfamilywellbeing@nhs.net

Wednesday

NHS Getting Help Team
Invitation only **9am-5pm**

Trinity Tots
106 Windsor Road, SL1 2JA
Baby and Toddler Group - £2 per family
10.15-11.45am Term-time only

Slough Library Service
Storytime at The Curve
William Street, SL1 1XY **10.30-11am**
Followed by Duplo time **11-11.30am**
No booking required

Slough CLASS Adult learning
Various locations and times.
Please see our Facebook page or visit
www.slough.gov.uk/adult-learning

Best Start Family Hub
Chalvey Grove
Chalvey Grove, SL1 2TE
(Chalvey)
Tel: 01753 574387
family.hubs@slough.gov.uk

Early Years Provision 8am to 6pm all year. Contact the hub for more information.

Thursday

HCRG Development Reviews
Appointment only **8.45am-3pm**

Slough Best Start Family Hubs
Play and Learn Terrific Two's
9.30-11am Invitation only
5 Nov, 12 Nov, 19 Nov, 26 Nov

Slough Best Start Family Hubs
2-year-old Funding Information Session
Invite only **9.30-11am** 3 Dec

NHS Breastfeeding support
Appointment only **9.30am-1.30pm**

Slough Library Service
Storytime at Cippenham Library
11-11.30am Elmshott Lane, SL1 5RB
No booking required

Homestart
29 Church Street, SL1 1PL
Baby and Me **11am-12.30pm**
To book call 01753 572958

Frimley Health
Perinatal Mental Health Support
Invitation only **1-2.30pm**

Friday

NHS Getting Help Team
Invitation only **9am-1pm**

Slough Best Start Family Hubs
Play and Learn Crawlers to Preschoolers
Booking required see below **9.30-11am**
No session 6 Nov

HCRG 0 to 19 Health Drop-in
9.30-11.30am 3rd Friday of the month

Slough Best Start Family Hubs
First Aid for Parents
(of non mobile babies) **1-3pm** 6 Nov
To book email family.hubs@slough.gov.uk

Slough Best Start Family Hubs
Play and Learn Bumps to Crawlers
1.30-2.30pm Booking required see below

HCRG HENRY workshops
3rd Friday of the month
For more information email
Hcrg.sloughchildandfamilywellbeing@nhs.net

For further information about Family Hub services click here

www.slough.gov.uk
Slough Borough Council

Best Start Family Hubs Slough

Everyone to Excel Through Pride and Ambition



HENRY Autumn Timetable

Slough Child and Family Wellbeing

Health, Exercise, Nutrition for the Really Young

Venue	Date	Workshop	Description
Best Start Family Hub Chalvey Grove, SL1 2TE	18/09/2026 12.00-14.00	Introducing Solids (4-8 months)	Make mealtimes a joy! Introducing solid food alongside milk from 6 months.
Best Start Family Hub Penn Road, SL2 1PG	01/10/2026 11.00 – 13.00	Eating Well for Less (0-12 years)	Healthy Eating doesn't have to be expensive! Tips for simple and healthy low-cost meals.
Best Start Family Hub Romsey Close, SL3 8PE	14/10/2026 11.00-13.00	Let's Get Active (0-5 years)	Discover the benefits of activity for your child! Fun ways to get the whole family up and moving.
Best Start Family Hub Chalvey Grove, SL1 2TE	16/10/2026 12.00-14.00	Eating Well for Less (0-12 years)	Healthy Eating doesn't have to be expensive! Tips for simple and healthy low-cost meals.
Best Start Family Hub Romsey Close, SL3 8PE	11/11/2026 11.00-13.00	Eating Well for Less (0-12 years)	Healthy Eating doesn't have to be expensive! Tips for simple and healthy low-cost meals.
Best Start Family Hub Chalvey Grove, SL1 2TE	20/11/2026 12.00-14.00	Let's Get Active (0-5 years)	Discover the benefits of activity for your child! Fun ways to get the whole family up and moving.
Best Start Family Hub Penn Road, SL2 1PG	03/12/2026 11.00-13.00	Let's Get Active (0-5 years)	Discover the benefits of activity for your child! Fun ways to get the whole family up and moving.
Best Start Family Hub Romsey Close, SL3 8PE	09/12/2026 11.00-13.00	Introducing Solids (4 - 8 months)	Make mealtimes a joy! Introducing solid food alongside milk from 6 months.

Slough Child and Family Wellbeing Home - Slough Child and Family- Child Health Services
Refer a family here: HENRY workshop registration – Fill in form
Slough Best Start family Hubs Slough Information and Services Guide | Slough Best Start Family Hubs
HENRY About us | HENRY

Slough's Best Start Family Hubs

Infant feeding and weaning drop-in sessions



Drop-in to see the Family Hub Team for support and advice about breastfeeding, weaning, and providing a healthy diet for your family.

No need to book!

- **Best Start Family Hub Chalvey Grove**
  Montem Academy Primary School Grounds, Chalvey Grove, Slough SL1 2TE
  9.30-11.30am, Tues 6 Oct, 3 Nov, 1 Dec.
- **Best Start Family Hub Penn Road**
  Penn Road, Slough SL2 1PG
  9.30-11.30am, Wed 23 Sep, 21 Oct, 18 Nov, 16 Dec.
- **Best Start Family Hub Romsey Close**
  Marish Primary School, Romsey Close, Langley, Slough SL3 8PE
  9.30-11.30am, Mon 14 Sep, 12 Oct, 9 Nov, 14 Dec.

BEST START IN LIFE

www.slough.gov.uk
Slough Borough Council

Slough's Best Start Family Hubs

Cost of living support drop-in sessions



No need to book!

Drop-in to see the Family Hub Outreach Team for free, independent advice and guidance, to ensure your family are accessing all the financial support you are entitled to, and how to make the best use of other services available.

- **Best Start Family Hub Chalvey Grove**
  Montem Academy Primary School Grounds, Chalvey Grove, Slough SL1 2TE
  9-11.30am, Tues 22 Sept, 27 Oct, 24 Nov.
- **Best Start Family Hub Penn Road**
  Penn Road, Slough SL2 1PG
  2-4pm, Thurs 24 Sep, 22 Oct, 26 Nov.
- **Best Start Family Hub Romsey Close**
  Marish Primary School, Romsey Close, Langley, Slough SL3 8PE
  1-3pm, Fri 11 Sep, 9 Oct, 13 Nov.

BEST START IN LIFE

www.slough.gov.uk
Slough Borough Council

Parenting Puzzle Workshops

We're delighted to share that our school Family Support Workers are now fully trained to deliver parenting courses, enabling us to offer families practical advice, helpful strategies and support to navigate the challenges of family life and build positive relationships with their children.

If you would like more information, have any questions or need help completing the referral form, Miss Jones or Mrs Bishop are here to help!

Please do not hesitate to get in touch. We're here to support you and your family.

Telephone
01753 528 050

Email
familysupportma@theparkfederation.org







PARENT ONLINE SAFETY

What are the ABC of ONLINE SAFETY: Scan for more information

Activate



Activate parental controls

Use the controls and tools available from broadband providers, online platforms and apps to install safe search settings, block inappropriate content and prevent contact from strangers.

FIND A STEP-BY-STEP GUIDE

Balance



Balance screen time

Agree a good balance for your children's screen time, taking education and leisure content into account. Encourage active screen time over passive and consider setting limits for the total hours spent online each day.

LEARN ABOUT BALANCE

Check



Check and chat

Check which apps your children use and the relevant age limits for each platform. And talk regularly about online safety and what they might come across so you can work together to manage any risks and keep online experiences positive.

GET ADVICE BY AGE

SLIDESMANIA.COM

Top Tips for Educators

PUPIL WELLBEING CONVERSATIONS

It can feel difficult to know how to start a conversation with a pupil about their wellbeing, either because you do not feel equipped with the information you think you need, or because you do not feel confident opening it up. You do not need to be a specialist. This guide covers how to start, what to say about confidentiality, and what to do with what you hear.

1 NURTURE WARM, TRUSTING, & KIND RELATIONSHIPS

When pupils have a consistent, emotionally available adult who shows they care and who holds them in mind, they thrive. They are also far more willing to open up and seek support. Positive, trusting relationships are an important part of supporting pupil wellbeing and complement more formal wellbeing programmes or sessions.

2 KEEP CALM, EVEN IF YOU'RE WORRIED

When a pupil discloses, stay calm while showing that you take it seriously. Panic can raise their anxiety and teach them that telling an adult makes things worse. Your steadiness can help them to keep calm and give them enough space to say the rest. Calm does not mean unmoved, and it is fine to tell them that what they have said is important and will be heard.

3 HAVE SIDE-BY-SIDE CONVERSATIONS

Many pupils find it easier to talk when a conversation does not require them to sit face to face with an adult. For example, conversations might take place while walking, tidying the classroom, or taking part in a lunchtime club. Sitting alongside someone removes the demand of eye contact, allows longer thinking time and lowers the intensity of the exchange. This can be particularly true for neurodivergent pupils, and for anyone who needs a moment before answering.

4 THINK ABOUT WHERE YOU ARE

Consider whether the pupil can speak without being overheard or interrupted. If a pupil has already started talking, avoid unnecessarily disrupting the conversation by moving elsewhere. Where a more appropriate location is needed, explain why you need to move and give the pupil the opportunity to continue what they were saying.

5 BE HONEST ABOUT CONFIDENTIALITY

Never promise to keep information to yourself. Schools have a legal duty to share information relevant to a pupil's safety or welfare. Tell them at the start that you may need to pass something on, and who to. Then involve them in what happens next, as far as their age and understanding allow. Ask what they want to happen, what they want to say, and who they want to be told. Be honest that some things will need to happen whether they agree or not. A pupil who helped shape next steps is far more likely to tell someone again.

6 CREATE A SAFE ENVIRONMENT

Provide a classroom free from belittling and shame-based behaviour management. Pupils who expect to be humiliated will not disclose. Where they feel listened to and see that difficulties are acted upon, they share worries earlier and whilst those worries are still small. If pupils hear adults belittling or talking about other pupils openly, it damages trust and they are likely to assume their worries will also be handled this way.

7 DO NOT CARRY IT ON YOUR OWN

Hearing something difficult can stay with you. When informing your designated safeguarding lead, share with them how it left you feeling and whether you feel you need further support. Your role as a trusted adult is what makes all of the above possible, and just as you have a responsibility to protect pupils' welfare, your school has a responsibility to protect yours.

HELPFUL OPENERS

- I've noticed you've been quieter. How's your week been?
- You don't seem your usual self, when might be a good time to catch up today?
- Sometimes it's hard to know what to say, but I'd like to understand?
- You don't have to talk now. I'll check in with you later?

Meet Our Expert



Anna Bateman is a mental health and wellbeing specialist with nearly thirty years in education. She is a multi-academy trust director, special adviser, and a former adviser to the Department for Education on its mental health green paper.

#WakeUpWednesday®

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