



Hadleigh Times



Issue No.11
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2017

Headlines

by Caroline Gibson

Inclement Weather procedure

As existing parents will know, I am always deeply reluctant to close the school unless I truly have no other choice. However, there are several factors which, combined together, have affected our enforced closure in the past:

- some main roads may be running smoothly whilst local roads can be extremely icy and dangerous due to our rural location during bad weather
- our school site can be affected by black ice
- a large number of our pupils travel to school by bus and when weather conditions are poor the buses are sometimes unable to run or journeys take a great deal longer

- staff at our school travel in from a wide range of places up to 40 or so miles away from Hadleigh and can encounter problems travelling to work.

Clearly, the safety of pupils travelling to school is of paramount importance as is their safety on the school site. It is crucial, when we are open, to ensure we have sufficient staffing to safeguard children as well as have the time to make the site safe.

Those of you with children in Year 8 or above will recall that I formulated a procedure which would allow us to open for some of the school day even when the weather appears difficult early in the morning. This is called our 'Inclement Weather Procedure'.

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During bad weather, the Hadleigh procedure is as follows:

From 7:00am on any day where weather looks like it could prevent us from opening, our website will state one of three things:

- School Open
- School Closed
- Inclement weather procedure in place

The decision will also be mentioned on the usual radio channels and websites:

<http://schoolclosures.suffolk.gov.uk>
www.town102.com
www.bbc.co.uk/suffolk
www.heart.co.uk/suffolk
 Heart FM on 97.1 or 96.4 FM
 BBC Radio Suffolk 95.5, 103.9 or 104.6 FM
 Town102FM

I would advise families to consult the school website in the first instance as there is often a delay in messages being relayed from our texting service and Suffolk websites and/or radio channels when high volumes of information are being sent by many organisations. Please do **NOT** contact the radio stations direct.

School Open

If the school is described as Open then we will be operating as usual and children will arrive and leave at the usual time

School Closed

If the school is described as closed then no children can be admitted.

Inclement Weather Procedure

If the "inclement weather procedure" is in place, pupils should delay their journey into school, aiming to arrive for 10:25am. Buses will be informed and will collect pupils two hours later than usual.

The day will then run as follows:

- 10:25 Registration
- 10.40 Lesson 2
- 11:40 Lesson 3
- 12:55 Lunch
- 1.35 Lesson 4
- 2:35 Close

If we are concerned about break time safety, pupils will be instructed to remain in the building through this thirty minute session, with staff on duty to ensure pupil safety is maintained. Should this bad weather procedure be adopted, pupils are encouraged to bring a packed lunch to school as catering arrangements will be limited during the available time. Buses will be organised to take pupils home at 2:35pm.

This delayed start and early ending ensures we have adequate time to clear the site in the morning and buses/cars are able to travel in daylight when roads are less busy and temperatures might rise to make journeys much safer. It also ensures that pupils are able to participate in 2 out of the 3 scheduled learning sessions for that day.

As ever a decision about sending pupils to school in difficult weather conditions must be made by each individual family, as local conditions can vary considerably.

Closing the school early

On occasion, weather conditions can deteriorate over the day and I may be forced to take the decision to close the school early so that pupils and staff can get home safely. Any decision to close is always made to give sufficient time to arrange for transport to get pupils home safely.

Pupils who live locally will be allowed to walk home if it is safe to do so. Pupils who need to be collected will contact their parents/carers.

We will record the planned destination of every pupil before they leave the school site. It is very important that you discuss with your child the plan you want them to follow so that they know

exactly what to do if they are sent home early. It is also essential that the school and your child are able to contact you. Due to pressure on our phone lines, it would be helpful if parents only attempt to ring the school in a real emergency and not just to find out the state of play. We will do our best to keep parents fully informed through texting and our website www.hadleighhigh.net. The local radio stations will also be informed.

The most important consideration in these procedures is everyone's safety and well-being. Any pupil who is uncertain whether they can get home, or to their planned place of safety, should stay at the school and remain in the care of the senior staff in charge.

At times there may be other reasons, unrelated to the weather, that force the closure of the school. Your support, co-operation and consideration for all the factors involved will be appreciated when these situations arise.

Please ensure that we are able to contact you in the event of an early closure by letting us know of any changes to your contact details or those of the person you have nominated to look after your child/ren.

If you require further clarification regarding these procedures please contact the school.

Congratulations to:

Charlotte Graham, Yr 8 and her older brother **Oliver Graham** (summer 2017 Yr 11 leaver) (**pictured on front page**) were winners of a number of prestigious trophies at the Ipswich Harriers Athletics Club Annual Presentation Evening on

Saturday 18th November. After a remarkable season for Oliver who competed in local, regional, county and national competitions throwing the hammer and discus (not at the same time!) he was awarded two trophies. Not to be outdone, Charlotte competed in local, regional and county competitions in a variety of events and was awarded three trophies.

Both siblings won a trophy each, recognising their success in securing the most points for Ipswich Harriers in the discus throwing event, over the course of the 2017 season.

Both Charlotte and Oliver are to be congratulated in this outstanding success as part of a team, as well as recognising their individual talent and commitment across a long season.

**Years 7's
'Superstars'
and
Year 8's 'Star of the
Week'**

The Year 7 Tutor teams are nominating a weekly '**Superstar**' based on their efforts and attitude across School.

This week's winners are:

**Anthony Bilbault,
Denis Dragomir,
Mia Jacobs, Ollie Knuckey,
Ben Lewis and
Sophie Widdowson**

They have had the honor of wearing a Superstar badge which has given them priority serving at lunchtime.

The winners for this week's Year 8's '**Stars of the Week**' are:
Bailey Carter, Josh Haden-Scott, Charlie Nuttall and Rebecca Simmons.

We are extremely proud of your attitude to learning and hope to see this continue! Well done to you all!

**internet
matters.org**

learn about it / talk about it / deal with it

How Would You Deal With It?

To help victims of cyberbullying and online harassment West Mercia and Warwickshire Police have created great support guides for parents and children.

The guides offers parents/carers and children steps they can take to stay safe online and what the police can do to offer their support. Follow this link for access to the guides and other useful information.

buff.ly/2xPb2RS

**FAO Yr 7 Pupils who
attended Hadleigh
Community Primary**

Hadleigh Community Primary have a number of books that have not been returned to the Schools Library Service. They would be extremely grateful to the Year 7 pupils who attended Hadleigh Community Primary to have look at home to see if you have any of their reading books which are stamped with the school logo inside or books with SLS on the spine which belong to the Schools Library Service. If you find any of these books, could you please return them to Hadleigh Community Primary School by Monday 27th November. Thank you.

Library News

Year 7 pupils will be bringing home their free book this week as part of a reading programme organized by BookTrust. In October the pupils watched a video of 12 authors talking about their books to help them make their choice. The books have been carefully selected by a panel of experts to ensure quality and suitability. The most popular books were 'Murder in Midwinter' by Fleur Hitchcock and 'Danger is Everywhere' by David O'Doherty. We hope the books will be enjoyed by the pupils and help to encourage reading for pleasure.

Never Too Young

As part of their 'You're never too young to talk mental health' campaign, the Schools in Mind network has produced a new resource to help parents and carers start conversations about mental health with children.

The free leaflet (found at the end of the Hadleigh Times), which features an introduction from the Centre's Patron, HRH The Duchess of Cambridge, provides simple advice and guidance to parents and carers about how to make conversations about their child's feelings part of everyday conversation.

Netball Update

Having suffered losses against East Bergholt in both the U13 and U16 age groups in early November, this week we got back into winning ways against Felixstowe Academy. In a really competitive and close game

the U13 team managed to squeeze a 7- 6 win in the final minutes. Whereas there was never any doubt about who was going to end up winning the Year 7 game, a magnificent 14-1 victory and fantastic all round performance.

Congratulations to the following who have been named as 'player of the match' recently: **Eloise Hayward, Molly Norman, Lauren Rooney and Neve Woulfe-Flannagan**. We still have fixtures to play in the lead up to the Christmas holiday and will be looking to build upon this week's success.

Parents' Evenings

Year 11 – 7th December

4:30pm/7:30pm

Year 7 – 18th January

4:30pm/7:30pm

Year 9 – 1st February

4:30pm/7:30pm

Year 8 – 22nd February

4:30pm/7:30pm

Year 10 – 19th April

4:30pm/7:30pm

Year 6 – 9th July

7:30pm/8:30pm

Please look out for our School Governors at Parents' Evenings. They look forward to meeting the parents and are very happy to discuss any issues you may have.

Letters/forms recently sent out:

Year 10 Work Experience Change

6th Form Information Evening – Northgate

**Wednesday, 6th December
6.00 to 7.30pm**

Northgate's Sixth Form Information Evening is for any Year 11 pupil who did not manage to attend our Open Evening in October, as well as those already familiar with what we have to offer who have further questions to ask current Sixth Form students or teaching staff prior to the application deadline. Representatives of all our two-year A Level and one-year Level 2 courses will be present.

School Uniform Supplier Coes of Ipswich

Coes of Ipswich now stock our School uniform. Click here for their website www.coes.co.uk. We are happy to confirm that we are only changing the supplier of the uniform and amending the PE kit, **not changing** the School day uniform.

Please be assured that any change in uniform would always involve a consultation with our stakeholders and, any such changes would have a lengthy phase-in period and plenty of notice. Governors have said that any change will take two years to become uniform so if you have PE kit that you wish to pass down to younger children they can continue to wear it until September 2019.

School Lunch Menus

Our School Menus and information on Nutrition/Allergan can be accessed via the catering company, Vertas, who provides our school catering.

Click here to open the link www.vertas.co.uk/catering/Vive.

This lists all the weeks' menus and the dates they are available. The cost of a meal deal is £2.30.

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| Forthcoming Calendar Dates |
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| 2nd Dec. | - | Athletics County A Trials – Culford |
| 6th Dec. | - | Suffolk New College Taster Evening – 5:30pm/8:00pm |
| 7th Dec. | - | Year 11 Parents’ Evening – 4:30pm/7:30pm |
| 18th Dec. | - | Winter Showcase – 7:00pm/9:00pm |
| 19th Dec. | - | Last day of term |
| 20th Dec/3rd Jan. | - | CHRISTMAS HOLIDAYS |
| 4th Jan. | - | PUPILS RETURN TO SCHOOL (YELLOW WEEK) |
| 6th Jan. | - | Production Rehearsal 9:00am/1:00pm |
| 11th Jan. | - | Athletics County B Trials at Woodbridge School |
| 16th Jan. | - | Suffolk New College Taster Evening – 5:30pm/8:00pm |
| 18th Jan. | - | Year 7 Parents’ Evening – 4:30pm/7:30pm |
| 25th/26th Jan. | - | Year 11 Mock Interviews |
| 27th Jan. | - | Production Rehearsal – 9:00am/1:00pm |
| 1st Feb. | - | Year 9 Parents’ Evening – 4:30pm/7:30pm |
| 3rd Feb. | - | Anglian Counties Championships at RHS – time to be confirmed |
| 3rd Feb. | - | Production Rehearsal – 9:00am/1:00pm |
| 6th/8th Feb. | - | School Production – 7:00pm/9:30pm |
| 9th /17th Feb. | - | Ski Trip to Austria |
| 12th Feb. | - | HALF TERM HOLIDAY |
| 19th Feb. | - | Pupils return to school (Yellow Week) |

Talking Mental Health Animation

TALKING MENTAL HEALTH

Talking Mental Health is an animation designed to help begin conversations about mental health in the classroom and beyond.

The animation and accompanying resources have been created by a team of animators, children, teachers and clinicians, and is being taught to year 5 and 6 children around the UK.

The animation and resources are freely downloadable from www.annafreud.org



Finding support

ChildLine: For 18s and under
0800 1111

YoungMinds Parent Helpline:
0808 802 5544

NSPCC:
0808 800 5000

Youth Wellbeing Directory:
youthwellbeing.org

About the Anna Freud National Centre for Children and Families

The Anna Freud National Centre for Children and Families has developed and delivered pioneering mental health care for over 60 years.

Our aim is to transform current mental health provision in the UK by improving the quality, accessibility and effectiveness of treatment.

We believe that every child and their family should be at the heart of the care they receive, working in partnership with professionals.



Anna Freud National Centre for Children and Families is a company limited by guarantee, company number 03619886, and a registered charity, number 1177495

Hampstead Site:
12 Mansfield Gardens,
London NW5 5SU
Tel: 020 7794 2313

Old Street Site:
Jordan House, 47
Brunswick Place,
London N1 6EG

Holloway Site:
38 Mayton Street,
London N7 6QR

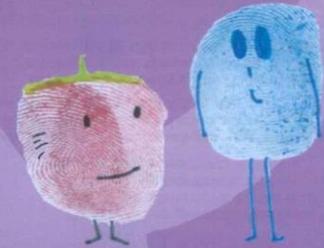
Greater Manchester Site:
Manchester Institute of
Education, University of
Manchester, Oxford Road,
M13 9PL

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National Centre for
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You're never too young to talk mental health



Tips for talking for parents and carers

An introduction from our Patron, HRH The Duchess of Cambridge

As parents, we all want our children to have the best possible start in life. Encouraging children to understand and be open about their feelings can give them the skills to cope with the ups and downs that life will throw at them as they grow up.

It's important that our children understand that emotions are normal, and that they have the confidence to ask for help if they are struggling.

This is why I am proud to support the *You're never too young to talk mental health* campaign by the Anna Freud National Centre for Children and Families, which is being rolled out across primary schools this autumn.

The campaign's resources are excellent tools to support parents. They demonstrate how we can help children express their feelings, respond appropriately, and prevent small problems from snowballing into bigger ones.



What is mental health?

- ★ We all have mental health. Mental health is about our feelings, our thinking, our emotions and our moods. Looking after our mental health is important.
- ★ We all have small feelings every day: These sometimes feel strong and overwhelming, whether happy or sad, but they go away before too long.
- ★ Sometimes we experience big feelings: These feel strong and overwhelming for a long time. They stop us doing what we want to in our lives.



- 1 Make conversations about mental health a normal part of life:** Anywhere is a good place to talk; in the car, walking the dog or cooking together. Model everyday talk about feelings such as by talking about a TV character's feelings.
- 2 Give your full attention:** We all know it's horrible to be half listened to. Keep eye contact, focus on the child and ignore distractions.
- 3 Check your body language:** Try to keep it open and relaxed and make sure you come down to the child's level.
- 4 Take it seriously:** Don't downplay what the child is saying or tell them they're "just being silly". Resist the urge to reassure them that everything is fine.
- 5 Ask open questions:** Such as "How did your day go today?" This will help to extend the conversation.
- 6 Calmly stay with the feelings that arise:** It can be our automatic reaction to steer away from difficult emotions.
- 7 Offer empathy rather than solutions:** Show that you accept what they are telling you but don't try to solve the problem.
- 8 Remember we are all different:** Respect and value the child's feelings, even though they may be different to yours.
- 9 Look for clues about feelings:** Listen to the child's words, tone of voice and body language.
- 10 Some ways to start a conversation about feelings might be:**
 - "How are you feeling at the moment?"
 - "You don't seem your usual self. Do you want to talk about it?"
 - "Do you fancy a chat?"
 - "I'm happy to listen if you need a chat."

