



Standens Barn Primary School

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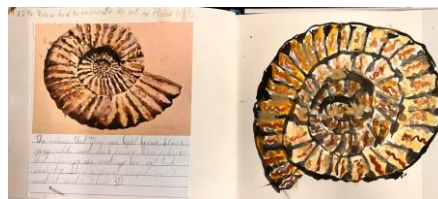


Headteacher: Amie James

Friday 10th February 2023

Dear Parents and Carers,

We have come to the end of another term- they seem to be flying by! The term has been a very cold but busy one, full of exciting teaching and learning across the whole school. We have had the pleasure of many visitors coming into our school and all have commented on the wonderful behaviours for learning, the culture and engagement that is evident everyday.



Please see our website and social media for updates and also ask your children to find out more about what they are learning.

It has been wonderful to share the achievements of our children during our weekly BEST assemblies. It is always a pleasure to hear about how they are demonstrating BEST in other environments, activities and clubs and their talents and ideas never cease to amaze me. Well done to all the parents and carers too who invest their own time (and taxi service) to encourage their children to try new things!



On Wednesday 8th February 2023, we also held our first uniform shop or swap. I would like to say thank you to Mrs Drummond and Mrs Bethell for their time and effort in organising the event. Thank you to all of you who kindly donated many items of clothing and to many local businesses who also gave us items for free. If you did not get a chance to attend, we hope to hold another event again very soon.



This week, we have all discussed and learnt about Children's Mental Health Week. We began the week with a whole school assembly and found out about ways we can connect with each other. Please see the tips below so you can all join in too and connect with each other at home



LET'S CONNECT



TIPS FOR PARENTS AND CARERS

Dear parents and carers,

6 - 12 February 2023 is Children's Mental Health Week. The week is run by children's mental health charity Place2Be to raise awareness of the importance of children and young people's mental health. This year's theme is Let's Connect.

WHAT'S IT ALL ABOUT?

Let's Connect is about making meaningful connections, and for Children's Mental Health Week 2023, Place2Be is encouraging people to connect with others in healthy, rewarding and meaningful ways.

As parents and carers, you are an important role model to your child. How you connect with friends and family will influence your child, and how they develop their own friendships and relationships. For example, how you greet people and maintain friendships, but also how you forgive people or say sorry when you need to.

WHAT CAN YOU DO?

Here are a few simple ways you can connect with your child and help them to make meaningful connections.

1. Connect with your child in everyday ways

Moments of connection (and re-connection) are really important in child-caregiver relationships. For example, when you pick them up from school, or come in from work, try to give them your full attention and see if this helps you feel better connected as you hug, talk, smile and hear about their day. Watching your child play and joining in is really important to them – so put your phone away and have a bit of fun – being playful is good for adults, too!

With your older child, you may find times such as car journeys a good time to talk, or to re-connect by playing music you both like. It is important to be accessible to a teenager when they need to talk. You may have to be there 'on their terms' and be ready to listen.

2. Talk to your child about important connections

This could include talking about family members, friends, neighbours, childminders, people in the local community and others in your faith group (if you have one). Remember it's ok to talk about people they miss, for example, family members who live in a different country or people who have died.

Children learn a lot from their parents about how to express their feelings, including the joy that comes with feeling connected to others and the sadness that comes with missing others.

3. Talk to your child about their friends

As children become teenagers, their friendship groups become increasingly important to them. Be open to hearing about their friendships and try to listen without judgement.



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Ask them about their life in real life and online. You may not think online friends are 'real friends', but your child may feel differently. Losing friends, feeling left out or being bullied is very painful and your child needs to know you will support them through these difficult times.

- 4. Connect by taking an interest in your child's world**
As adults we can sometimes be dismissive of the things that our children and teenagers are interested in, e.g. their music, fashion, what they watch etc. If you do take an interest in these things, however, you may feel better connected to your child and the important things in their world. This can lead to other conversations about other things in their lives that matter to them.
- 5. 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.
- 6. 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.

Video activities from Place2Be

Puzzle Pieces – aimed at 4-7 year olds, this activity is presented by CBBC's Art Ninja, Ricky Martin, and will show children how we are all connected. Why not take part as a family? childrensmentalhealthweek.org.uk/puzzlepieces

Connecting Paperchains – developed by Place2Be's Art Room team for 7-11 year olds, this activity helps children think about the people, things and activities they feel connected to. childrensmentalhealthweek.org.uk/paperchains

Exchanging Postcards – developed by Place2Be's Art Room team for 11-14 year olds, this activity encourages young people to explore what connection means to them. childrensmentalhealthweek.org.uk/postcards

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.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.

If you're worried about your child's mental health you can talk to your GP or someone at your child's school.

You can also find a list of organisations that provide support and advice on our website: place2be.org.uk/help

childrensmentalhealthweek.org.uk

On 6th March, our school choir will be participating in the NMPAT and InMAT Big Sing 'School of Rock' at Royal and Derngate. Tickets are available via the theatre- we would love to see as many of you there to support our children or you can win two free tickets- please see the details below:

1
FOLLOW
INMAT
Facebook: INMAT
Twitter: @inmat_
Instagram: @nmpatrust

2
FOLLOW
NMPAT
Facebook: /NMPAT
Twitter: @nmpatrust
Instagram: @nmpatrust

3
SHARE
& TAG US
Share any of our Big Sing posts and tag both InMAT and NMPAT to win

WINNERS WILL BE ANNOUNCED MONDAY 27TH FEBRUARY

THE NEXT GENERATION
SCHOOL OF ROCK
THE MUSICAL

NMPAT & INMAT BIG SING
DERNGATE, NORTHAMPTON
6.30PM 6TH MARCH 2023
TICKETS AVAILABLE FROM THE
DERNGATE BOX OFFICE:
01604 624811

Today we also say farewell to Mrs Haria who is leaving our school to begin a new role at Northampton College. She has been a Teaching Assistant at Standens Barn since 2017 and many of those who have been in Year 4 will have had the benefit of working with her.

On behalf of all the children and staff, I would like to wish Miss Haria the BEST of luck as she begins her new adventures but we do hope she will visit us soon to share her love of teaching about different cultures, music and dance.

I would also like to welcome new members of staff who will start with us on February 20th. Miss Goodwin will be joining the Year 4 team as a new teaching assistant whilst Miss Hives will be teaching music from Reception to Year 4 alongside teaching Reception on Mondays and Fridays. Mrs Bethell will still be leading the Reception team and curriculum.

I hope you all enjoy a restful break and look forward to seeing you at 8:50 on Tuesday 21st February.

Mrs James

Reminders:

In order to keep all our children safe, the play equipment/trim trail on our school playground is not to be used before and after school. The equipment is only supervised during playtimes, lunchtimes and specific PE lessons.

Please remember the car park is shut between 8:30 and 9:10 and from 3:00 until 3:30, unless you hold a disability badge/permit for vehicles which needs to be displayed clearly. Our caretaker will open the school gates when it is time to do so.



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Headteacher: Amie James

We are committed to BEST and treating you with respect and courtesy and to be Thoughtful to you all. Our staff also have the right to work in safe environment so we ask that you treat them thoughtfully and with the same respect and courtesy.

Offensive behaviour will result in you being asked to leave and may result in prosecution.

Please keep up to date with all information by regularly checking your emails, our social media pages and our school website.