



Newsletter for Belle Vue Primary & Nursery School

High School Applications

The closing date for applications for High School places for September 2024 is rapidly approaching. **THE NATIONAL CLOSING DATE IS 31ST OCTOBER 2023.** Parents/Carers can make an online application by visiting www.dudley.gov.uk/admissions. Please see below for your information.

- Online application available - **1st September 2023**
- Information to parents & school open evenings - **Autumn Term 2023**
- Return date for paper application forms - **31 October 2023 by 5pm***
- Return date for online applications - **31 October 2023 by midnight***
- Decision emails to parents - **1 March 2024 by 2nd class post**
- Appeals to be heard - **May/June 2024**

***Failure to return your form/apply by this date may affect the outcome of your application.**

Message from Vaccination UK: Vaccination UK will be in your school on **Friday 20th October** to administer your children's flu vaccinations

It is really important that all parents complete the E-Consent form, even if the parents decline the vaccine, we still need the consent form completed. This will ensure that the child does **NOT** get vaccinated, and we do not have to chase for consent forms.

If you have not already done so, please click on the link below to give consent for your child to have the flu vaccine, please click here:

<https://midlands.schoolvaccination.uk/flu/2023/dudley>

Even if you do not wish for your child to have the vaccine, please complete the online form so that we can record your wishes.

If you have any issues with the E-consent link, please telephone the Vaccination UK office on 01922 902035 please do not contact your child's school.

Forest School: As the weather is likely to take a change for the worse, if you wish to send a change of clothes for your child please do so, especially the morning sessions.



If you are able to give some time to help out at Forest School during the school day on any day **except a**

Monday, please get in touch with the ladies in the office and they will pass on your details.

Thank you!

Mrs Cradock

Harvest Donations: Last year we asked our school community to contribute to our traditional harvest celebration by donating food items to the Black Country Food bank. We are planning on doing so again this term. We were overwhelmed with the generosity of our school family and hope you will



support this worth-while cause again. Please send donations into school by **Friday 20th October**. If you're unsure what to donate please see: <https://www.blackcountryfoodbank.org.uk/> (non perishable items only please)

Thank you in advance in supporting our community!

Message from Mrs Davies: It has been brought to our attention via several parents that some of our children are aware of a new game called '**Skibidi toilet**'. This can also be viewed on YouTube. The game is violent and not appropriate for children to be watching/playing. Please be assured, our staff have been made aware and children encouraged to play suitable games when outside.

Thank you, Mrs Davies



Macmillan Coffee Morning


We'd like to send a huge 'Thank you!' to everyone who supported our MacMillan coffee morning on **Friday 29th September**, either by donating or coming to enjoy coffee/tea and cake with us in school. Macmillan provide support for people affected by cancer and many of us have had first-hand experience of how invaluable their support is at such a difficult time.

In total our fundraising this year raised over **£400!** We are so very grateful that so many families and local residents set aside the time to attend - the atmosphere in school was lovely.



Our whole school attendance for week beginning **25th—29th September** is **94.3%**
(National expectation is **96%**)

YEAR GROUP	PERCENTAGE	YEAR GROUP	PERCENTAGE
RRJ	97.8%	RT	95.7%
YEAR 1P	93.4%	YEAR 1V	94.5%
YEAR 2W	96.6%	YEAR 2C-S	93.5%
YEAR 3W	96.2%	YEAR 3P	87.4%
YEAR 4CM	93.4%	YEAR 4L	94.9%
YEAR 5W	95.3%	YEAR 5P	94.7%
YEAR 6HA	95.4%	YEAR 6HO	92.4%

School Office Opening Hours: Please note that our school office opening hours are **8:30am—3:45pm**. When contacting the office please call/visit between these times,  no calls will be answered before 8:30am or after 3:45pm but you can send emails outside of these hours. If you need to report an absence before **8:30am** please leave a message on the absence line (**Option 1**)

Thank you

DATES TO REMEMBER

Friday 13th October

Inset Day—School Closed

Friday 20th October

Flu Vaccines— Reception to Year 6

Thursday 26th October

Halloween Event—details to follow

Friday 27th October

Last Day of Term

Monday 30th October—Friday 3rd November

Autumn Half Term—School Closed

Monday 6th November

School Open—Autumn Term

Thursday 9th November

African Drumming Workshop—Reception

Thursday 30th November

Flu Vaccines—Catch up session

Friday 13th December

Year 2 Theatre Trip

Thursday 21st December

Last Day of Term

Friday 22nd December

Inset Day—School Closed

22nd December to 5th January

Christmas Holidays

Monday 8th January 2024

Spring Term Begins—School Open

FAMILY SUPPORT UPDATE

Health Advice

I've been made aware of this website which provides advice for physical and mental health. There is advice for every stage, from pregnancy and birth all the way through to nursery, school, and beyond.

You'll find clear information on common childhood illnesses, including advice on what 'red-flag' signs to look out for, where to seek help if required and how long your child's symptoms are likely to last.

<https://www.blackcountry0-18.nhs.uk/>

Financial Support

If you are in need of some financial support this website lists different support available including the support hubs across the Dudley Borough.

<https://www.dudley.gov.uk/council-community/cost-of-living/>

The website below explains how you can apply for a one off £250 household grant to help pay for food and bills. Applications can be submitted from 5pm on 4th October. It's best to apply as soon as it opens as it's only normally a day or two before they close it again due to the number of applicants.

<https://www.dudley.gov.uk/news/winter-payments-available-soon/>

I am also able to provide vouchers for the Foodbank. Please contact the office if you are in need of one.

Support for Parents with Chronic Pain / Disability

One of our parents who experiences chronic pain has realised, during conversations with other parents, that we have a number of parents within Belle Vue who also experience chronic pain and may also have a disability. She has created a WhatsApp group for these parents so that they can support each other. If you would like to join the group, please let me know and I will pass on your contact details.

Mrs Slater



Did you know Reflexions works within your child's school?

We are a mental health support team and we can help your child if they are experiencing difficult emotions or are struggling with their wellbeing!

Be kind to
your mind!

Please know you and your child are **not alone**. Everyone has mental health and sometimes it deteriorates. Just as you'd seek medicine for a common cold, please seek support for common mental health difficulties!

IMPORTANT INFORMATION:

- We provide *low intensity, early intervention*.
- We can provide 6-8 sessions of interventions/support for your child.
- The interventions we deliver involve guided self-help to equip your child with coping skills.
- We ask children to complete tasks between their sessions with us to further help them manage how they're feeling.

Please contact your school mental health lead if you feel your child may need support!

We can support your child if they are experiencing:

- Low mood
- Anxiety or worry
- Avoidance of certain activities due to anxiety
- Simple phobias (e.g. phobias of spiders)
- Panic
- Poor sleep hygiene
- Negative thoughts
- Exam stress

PARENT CARER WORKSHOPS AT CAMHS

NHS
Black Country Healthcare
NHS Foundation Trust



Come and join our CAMHS Parent/Carer Workshops. We are running workshops exploring a range of difficulties that children/young people may experience, that can impact their emotional wellbeing.




Our Parent/Carer Workshops run virtually (Zoom) from 12pm - 1.30pm

27/09/2023 Trauma & Attachment
11/10/2023 Communication/Speech & Language
15/11/2023 Autistic Spectrum Conditions
06/12/2023 Depression/ Low Mood
17/01/2024 Anxiety/OCD
14/02/2024 Self Harm
13/03/2024 Anger/Conduct
17/04/2024 Anxiety



If you are interested in joining a workshop, and have a child/young person accessing Black Country CAMHS Services - please contact Andrea Ehgartner on Tel: 01902 444021 to book your place.



 @CAMHS_BCHFT

 BCHFT_CAMHS

Mental health – benefits awareness workshops



Anyone who works or volunteers in the Dudley borough is invited to attend two free workshops on benefits and mental health.

Black Country NHS Foundation is working in partnership with Wolverhampton Council's Welfare Rights Team to provide support to Dudley residents who claim benefits and have a severe mental health condition.

The partnership is offering free benefits training for services which work with people in Dudley with mental health conditions. The course will cover helping people to claim what they are entitled to, or getting the support they need to appeal decisions.

There are two workshops. They last three hours each and are available on MS Teams.

Workshop one covers available benefits. Workshop two covers why people don't receive benefits they are entitled to and how to appeal benefit decisions.

Workshop one dates:

Tuesday 3 October 1.30 – 4.30pm

Thursday 5 October 9.30am – 12.30pm

Wednesday 18 October 1.30 – 4.30pm

Workshop two dates:

Friday 20 October 9.30am – 12.30pm

Tuesday 31 October 9.30am – 12.30pm

Thursday 2 November 1.30 – 4.30pm

Spaces are limited. Booking is required by emailing wrs.training@wolverhampton.gov.uk

Mental health local talking resources



For anyone who is struggling with their mental health, there is a range of local support services in the community.

- **Dudley Talking Therapy Service:** Call 0800 953 0404 Monday-Friday, 9am-5pm, or self-refer online. You must be over 16 and be registered with a GP in Dudley .
- **The Kaleidoscope Plus Group:** 24/7 free text service. Text TeamKPG to 85258.

Other useful resources

- **Samaritans:** 24/7 helpline 116 123
- **Mind:** Helpline available Monday-Friday, 9am-6pm, 0300 123 3393
- **SupportLine:** 01708 765200 (hours vary so ring for details)
- **Rethink Mental Illness:** Helpline available Monday-Friday 9.30am-4pm, 0300 5000 927
- **Papyrus:** Helpline available every day of the year, 9am-12am, 0800 068 4141
- **Campaign Against Living Miserably (CALM):** Webchat and telephone helpline available every day of the year, 5pm-12am, 0800 58 58 58

Better Health - Every Mind Matters

Get your free Mind Plan

There are also little things we can all do to look after our mental health.

The **Every Mind Matters** mind plan offers a free online action plan, approved by the NHS, that can provide you with personalised, practical tips to help you take care of your mental health. Your plan can help you to deal with stress and anxiety, boost mood, improve sleep quality and take control of your wellbeing.

People can also join a **4-week email support programme** where they can get reminders, swap in new tips and are encouraged to make looking after their mental well-being part of their everyday routine.