



Date : Friday 19th May 2023

Dear Parents/ Carers,

We have had a spot of green fingers had at Warren this week. Our Post-16 learners have been digging deep and had started to look after and help renovate the courtyard area as part of their Life and Living skills - it looks so different already! We have pupils from Giraffes class who have been doing their topic work all about the seaside which is timely with the sunny weather on the way. There is also information on our book fair taking place next week. I hope you enjoy this week's newsletter.

Gary Corbett, Assistant Academy Head

Meet the Team

Ria Colebourn- Primary Phase 1 Lead

Hello, My name is Ria and I am the Primary Phase 1 lead. I have worked at Warren school for over 15 years, working with pupils from Nursery through to Sixth form.

Starting as a teaching assistant before completing my training to become a qualified teacher 8 years ago.

I am also a trained Mental Health first Aider and believe that supporting mental health is fundamental in enabling our pupils to thrive both in school land out in the wider community. I am very passionate and dedicated to be part of the development of our school and am dedicated in supporting our pupils to meet their full potential. I look forward to meeting you all soon!



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Meet the Team

Marion Chapman- Primary Phase 2 Lead



Hello my name is Marion and I am the Primary Phase 2 Lead. I have worked at Warren School since March 2022.

I am looking forward to meeting you all soon.

Book Fair

We will soon be welcoming a book fair into school!

This will be held in school on Tuesday 23rd May during the morning. We are inviting parents and carers to come in from 9:30am until 11:30am. There will be helpers from Whale Sharks and Elephants available to support your browsing and purchases. There will be something for everyone including titles under £5. The event is cashless so please bring a payment card, Ipads will be available to use for online payments.

If you cannot come into school that morning you can buy pre-paid gift vouchers before the day using this link: bookfairs.scholastic.co.uk/gift-vouchers or pay for specific titles from your child's wish list at home using this link: bookfairs.scholastic.co.uk/pay/1264835. Wish lists will be sent home at the end of the week in preparation for the fair. You will need the school postcode which is: NR33 8HT

Browse the titles of the books at your leisure online at: bookfairs.scholastic.co.uk/bookcases

This week pupils will be invited to enter a competition to design a book cover and win a £5 voucher which they can spend at the fair. There will be 5 winners across the school. If pupils want to get involved at home they can design a book cover at home which will also be entered into the competition.

If you require any more information about the fair please contact Emma Peach, Literacy Lead through the school office.

I look forward to seeing you at the fair,

Emma Peach
Literacy Lead





Giraffes Class

In Giraffes our topic this term is 'The Seaside' over the past few weeks we have been focusing on keeping our beaches clean and how important this is for our ocean animals, we thought carefully about how recycling can help our planet, we made our own posters to remind people to keep our beaches clean.

This week we have been learning about how we keep ourselves safe at the beach and the role of the RNLI and Lifeguards. We have made our own flags to match the ones we might see at the beach, and we have looked at pictures and watched videos about lifeguards and how they help us stay safe at the beach.

In cooking we have kept with our 'Seaside' theme and made some banana and raspberry ice-cream! We all enjoyed using the blender and can't wait to try it. In maths we have been learning about time and we have all enjoyed using the clocks to make some O'clock times and matching them with our timetable.





Mental Health Week

This week the school have been learning about Mental health and how to support people around us. Classes have been learning about the physical and emotional signs and supportive conversations.

Warren School is now lucky enough to have 5 trained Mental Health first aiders and staff trained in bereavement to support our staff and pupils. Please see the conversation guide detailing talking to someone with mental health issues.

Gemma Arlow - Safeguarding Coordinator

Conversation Guide: Talking to someone about mental health

Spotting the signs of poor mental health - notice the changes

Physical symptoms

- Headaches
- Muscle tension/ back ache
- Tight jaw/ grinding teeth
- Raised heart rate/ faster breathing
- Changes in appetite
- Stomach problems
- Difficulty sleeping

Behavioural symptoms

- Avoiding and blaming others
- Eating more, eating less or comfort eating
- Using alcohol, substances or smoking
- Snapping at others
- Becoming more accident prone
- Biting nails
- Self-harm

Emotional symptoms

- Irritable
- Frightened
- Worried/anxious
- Angry
- Feeling overwhelmed
- Fear
- Shame



Cognitive symptoms

- Worrying about the past or future
- Racing thoughts
- Panic attacks
- Problems concentrating
- Memory lapses/ forgetting things
- Difficulty making decisions
- Unable to think clearly



Dos and don'ts to having a supportive conversation

Do choose the right environment

Consider who else is around and can potentially overhear the conversation - if on the phone or online, could you use headphones to allow for greater privacy? Ask them: where would you like to talk?

Try not to multitask, it's important to convey that you are dedicating your full attention to the conversation.

Do ask open questions

Ask them "How are you today?" or "I've noticed you haven't seemed yourself lately, how are you feeling?" - Sometimes making it about the present can prevent the ubiquitous "I'm fine" response.

Do give your full attention and listen without judgement

Offer reassurance that you are there to listen.

Don't assume you know the answers

You're not expected to be an expert. If you don't know what to say, remember that you don't need to find an answer, or even understand their feelings. Listening will let them know you care.

Don't challenge, ignore or invalidate

Don't silver-line situations or try to make the person feel better. If someone says they feel worthless and we respond,

"No you're not, don't be silly" we are invalidating what they have said.

Don't compare

Sometimes we can draw up a story comparing their situation to someone else's or your own. In some instances, this can show empathy, but it can also sometimes turn into you telling your story rather than listening to them.

Do reflect back and clarify

If someone says something that isn't clear and you don't know what they meant, repeat back what they have said and ask them to explain. Don't put words in their mouth.

Do show empathy rather than sympathy

Empathic responses show that you're trying to see where the person

is coming from. Sympathy usually expresses pity, so say something like "That must be awful, I'm so sorry." Instead of "I'm sorry for you"

Do empower the person

Ask: "What do you think would help?" rather than tell them what you think would help. Give information rather than advice. This makes it empowering.

Don't try to find an easy solution

What would help someone or what they want to happen will be different for everyone so don't try to 'fix' or give advice as your first response.

Don't diagnose

You are not in a position to diagnose a mental illness. This is not your role, even if you've gone through something similar yourself.



Signposting

Learn more about mental health conditions



SCAN ME

As a first point of call, GPs are the main gateway to further support. Let them know that they can book a double appointment with their GP to discuss their mental health, so they don't feel rushed. They can request for a family member or friend to attend the appointment with them.

Find out more



SCAN ME

You could suggest our online community Clic. It's monitored 24/7, so it's a great way for people to connect with others and get peer support.

Join Clic for free



SCAN ME

To find support in your local area, or if you or someone is experiencing a crisis, visit www.mentalhealth-uk.org/support-and-services/



Find support



SCAN ME

Sports Day

Plans for Sport Day are underway, please mark in your diaries Tuesday 20th June and Wednesday 21st June but in the event of bad weather we have provisionally scheduled alternative days which are Tuesday 27th June and Wednesday 28th.
The times and further information to follow.



Sun Cream

As the weather is getting warm and the need for sun cream returns, it has come to our attention that Nivea Sun Cream contains 'Prunus Amygdalus Dulcis Oil', otherwise known as almond oil. We are a nut free school which means we are unable to have this sun cream in our school. Please ensure you use other brands when sending sun cream in with your child.

Transport

We have been advised by Suffolk Transport that every pupil who receives school transport will need to re apply by the 31st May 2023 for the next academic year. Please see our recent email for detail on how to apply.



Dates for your diary

<u>Date</u>	<u>Event</u>	<u>Who</u>
Monday 22 nd May-Friday 26 th May	Book Week	All Pupils
Tuesday 23 rd May 9:30am-11:30am	Book Day Parent Event	All Parents/Carers
Friday 26 th May	Last Day of Term (School Closed)	Everyone
Monday 29 th May-Friday 2 nd June	Half Term (School Closed)	Everyone
Monday 5 th June	Pupils return to School	Everyone
Tuesday 13 th June	Parent & Teacher Meeting (3.30pm-6.30pm)	All Parents/Carers
Wednesday 14 th June	Warren Association Trust Meeting at 7.30pm	Everyone
Tuesday 20 th June	Sports Day	Lower School
Wednesday 21 st June	Sports Day	Upper School