

Copley Primary School Newsletter

Friday 5th February 2021 Issue 18

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It has been Children's Mental Health Awareness Week this week and, even though the focus has been on our children, I feel as adults we can learn a lot about keeping our minds healthy too. Classes have talked about and completed work which will give them strategies to cope when things get difficult or they begin to worry, including breathing exercises, relaxation, being creative and expressing themselves.

Talking to someone is always deemed the best thing to do when feeling low. We have encouraged our children to talk and know that it is a good thing even if we sometimes feel shy or reluctant to. There are lots of support groups available outside of school and I have included a range of these on the poster overleaf which are on offer in Calderdale. The different groups range from those aimed at our children all the way through to adults. I hope that, if needed, they might be useful for you.

Feedback

Thank you to those parents who completed last week's survey about our remote learning. It was pleasing to see that the provision we offer was seen so positively and how you appreciate the hard work from our teachers, who are balancing teaching those in school and those learning at home. There were a number of suggestions on how to improve further which we will take on, including the addition of more **'Morning Meets'** with the teacher.

These are sessions purely for pupils to be taught and guided through the work set for that day (*and not for chats about pets/snow/what we are having for tea!*) **These will happen at 10.30am for Kingslea, Riverwood, Calder and Woodhouse and 11.00am for Greenpark, Springwood and Lydbrook. Teachers will still be available for the afternoon meets for those who wish to attend.**

Golden Time

The Golden-Time Get-Together raised quite a few laughs with our theme of 'Share a smile, Share a joke' and hopefully that will help lift all our spirits as we enter the last week of this half-term.

As it is nearly Valentine's Day, next week's theme for Friday's Golden-Time Get-Together is... **RED!** We would love you to dress in red for the day if you wish and children attending school may come dressed in red too. Can you create a list of objects which are red within your house?



Emotional Health and Wellbeing Service Offer for Children and Young People in Calderdale



Open Minds website provides advice, information and support on local and national services that help children and young people.

www.openmindscalderdale.org

kooth



Kooth.com offers safe anonymous online counselling with a qualified professional.

Age range: 10-25years
Opening times:
Mon-Fri, 12pm-10pm. Sat-Sun 6pm-10pm
Contact details: www.kooth.com

TIMEOUT
FIND YOUR THING



Time Out offers the opportunity to 'find your thing', get some simple guidance around emotional wellbeing, managing worries and looking after yourself.

Age range: 10-19 years
Contact details: 07418 311736 (text for a call back)
www.timeoutcalderdale.co.uk

POSITIVE IDENTITIES SERVICE
CELEBRATING DIVERSITY WITH PRIDE



Barnardo's Positive Identities Service offers specialist advice and support to those who identify or are questioning their sexual and/or gender identity.

Age range: 8-25 years
Contact details: 01422 371993 or PositivIdentities@barnardos.org.uk

Open Minds
For Children and Young People in Calderdale



Open Minds (CAMHS) offers specialist help and support around mental health.

Age range: 5-18 years
Contact details:
www.calderdalecamhs.org.uk

c&k careers



C&K Careers offers specialist advice, support and guidance on future career options.

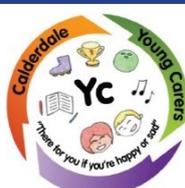
Age range: 13-24 years
Contact details: 01484 213856 or chat@ckcareers.org.uk

ChatHealth



ChatHealth offers a confidential and secure text messaging service to discuss physical health and emotional wellbeing.

Contact details: text 07480 635297 or www.locala.org.uk/chathealth



Calderdale Young Carers Service for advice and support on being a young carer.

Age range: 8-18 years
Contact details: 01422 261208 or www.calderdale.gov.uk/ycs

Healthy Futures Calderdale



Healthy Futures Calderdale offers advice and support from public health clinicians on any concerns you have relating to COVID-19, including worries about the return to school.

Contact details: 0303 330 9974

branching out
DRUG AND ALCOHOL SERVICE FOR YOUNG PEOPLE IN CALDERDALE



Branching Out offers specialist advice and support around drugs and alcohol.

Age range: 10-21 years
Contact details: 01422 415550



Sexual Health
Calderdale & Huddersfield



Sexual Health offers specialist advice and support around sexual health.

Contact details: 01422 261370

THE BREW PROJECT

Building Resilience & Emotional Wellbeing



The BREW Project offers online 1:1 support sessions with a wellbeing officer or a 1:1 walk and talk service.

Age range: 5-17 years
Contact details: 01422 730015 or support@invictuswellbeing.com

For more information and support visit www.openmindscalderdale.org.uk