

St. Basil's

Catholic Primary
School

*In God's love we learn and succeed by sharing and
caring together.*

NOVEMBER 2021

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

After School Clubs

Our after school activity clubs will restart next week from Monday
08/11/2021. The clubs will now run up until Friday
03/12/2021



Children in Need

To raise money for Children in Need we are holding a raffle
to win a giant Pudsey Bear teddy. Raffle tickets will be on
sale from Monday 8th November. It is £1 per strip and if
children wish to buy a ticket they should take their money
into class next week.



Poppy Appeal



Children will have the opportunity to purchase poppies
and other remembrance items next week in class. We
ask for a minimum donation of 20p for a poppy and a
minimum donation of £1 for the other available items.

Reporting Absences



Polite reminder: If your child is going to be absent from school
for any reason please contact the school office and speak to a
member of staff to inform of the absence. Please do not leave a
voicemail. Thank you.

For Families

Have you noticed changes in your child's behaviour?

Everyone can often feel low, angry or anxious at times, especially over the past 18 months. But if these changes are lasting for a long time or are significantly affecting your child, it might be time to seek some guidance. There are things you can look out for that might suggest your child is worried about something:

Changes in behaviour

Problems with sleep

Loosing interest in things you enjoy

Being withdrawn

Self-harm or neglecting themselves

There are lots of places you can get advice and help to support you and your child.

Young Minds provide a FREE Parents helpline and web chat providing confidential expert advice
Young Minds Parents Helpline.

You can call for free on 0808 802 5544 from 9:30am - 4pm, Monday – Friday

www.youngminds.org.uk



Sometimes it's easier to talk to someone other than mum or dad. Make sure your child knows who else they can talk to when something is worrying them. SHOUT provide free confidential support via text. <https://giveusashout.org/> Text REACH to 85258



Childline provide support via telephone, email and online web chat with a counsellor. Call: 0800 1111 <https://www.childline.org.uk/get-support/>



CAMHS support children and young people up to age 18 with their emotional and mental health and wellbeing. For further information contact visit [Halton Child and Adolescent Mental Health](https://www.halton.gov.uk/camhs)



Bitesize Sessions

To book a place on online sessions email HIT@halton.gov.uk

Fussy Eating and Snacking	Wed 29 th September Thursday 21 st October Wednesday 17 th November Tuesday 14 th December	6pm 10am 1pm 6pm
Sleep and Screens	Wednesday 22 nd September Monday 18 th October Friday 12 th November Wednesday 8 th December	10am 6pm 10am 6pm
Mental Health & Emotional Wellbeing	Tuesday 14 th September Tuesday 19 th October Monday 18 th November Wednesday 1 st December	10am 1pm 6pm 10am

