

Cheetwood Newsletter

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@cheetwoodcommunityprimaryschool

Monday 30th September 2024



Weekly Roundup

- * Please make sure your children are coming to school with a waterproof coat and suitable shoes now that the weather is turning colder and wetter.
- * Y5 visited the Apple Store in the Arndale Centre to create their own emojis. Please choose your favourite emoji from below.
- * Year 3 will be visiting the Apple Store on Friday to make a musical theme song.

SUPPORT US TO SUPPORT OTHERS!

We are collecting food donations for our Harvest Festival. These donations will be made into food parcels. If you like to be considered for a food parcel, please contact the school office or Miss Fisher. Please send all donations with your child to their relevant classes / class teachers.

Rights Respecting Schools - Cheetwood's Article of the Week!








Article of the week: Article 14 (making rights real)

Governments must do all they can to make sure that every child in their countries can enjoy all the rights in this Convention

Attendance

Our school attendance target this year is **97%**

Class attendance for the this week:	
Nursery: 91.1%	Reception: 96.4%
Year 1: 98.2%	Year 2: 100%
Year 3: 92.7%	Year 4: 98.4%
Year 5: 99.2%	Year 6: 97.2%
<p>Overall Attendance is 96.8%</p> <p>Unfortunately we have not achieved our attendance target this week. Please remember there will be NO AUTHORISED LEAVE during term time</p>	

 <b style="color: green;">Star of the week 	 <b style="color: green;">Golden Ticket 
Nursery: Frankie & Safa Reception: Ameliah & Avtej Year 1: Harashveer & Jaskaran Year 2: Ibrahim R & Yusuf Year 3: Heavenly Year 4: Bhanupreet & Aishleen Year 5: Mairo & Romaithah Year 6: Demi & Maaz	Lenaya Fatima Anas
 <b style="color: green;">Reading	 <b style="color: green;">Stats 
Year 1: 81%% Year 2: 72% Year 3: 64 % Year 4: 62% Year 5: 50 % Year 6: 82%	
<b style="color: green;">Presentation Award	
Year 1: Leah & Noah Year 2: Adam & Laila Year 3: Mohamed	Year 4: Ayaan Year 5: Samanta Year 6: Gurveen & Maymuna



Hub of Hope

Chasing the Stigma

4.4★
57 reviews

10K+
Downloads

PEGI 3

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Share Add to wishlist

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Hub of Hope (4+)
Find support close to you
Chasing the Stigma
Designed for iPad
★★★★★ 4.9 • 26 Ratings
Free

What is the Hub of Hope?

The Hub of Hope is the UK's leading mental health support database. It is provided by national mental health charity, Chasing the Stigma, and brings local, national, peer, community, charity, private and NHS mental health support and services together in one place for the first time.

Initially a simple spreadsheet of local services populated at the kitchen table of Chasing the Stigma founder and CEO, Jake Mills, the Hub of Hope was born out of Jake's own lived experience of extreme mental and emotional distress. He witnessed first-hand the difficulties in finding relevant, accessible and nearby support when it was most needed and decided to take action.

To date, the Hub of Hope has directed hundreds of thousands of people to life-changing and even life-saving support and it is now the UK's go-to mental health support signposting tool, with thousands of local, regional and national support groups and services listed.

Who is the Hub of Hope for?

If you are here then it is likely that you, or someone you care about, is experiencing mental and emotional distress that – right now - feels unbearable and overwhelming.

We all cope in different ways with experiences that feel unbearable and overwhelming. We may feel low, despairing, helpless, and withdraw from contact with others. We may feel so desperate that we consider taking, or attempt to take our own lives. Alternatively, we may experience the sensation that things are speeding up, with an increased desire to communicate with others. There may be a sense of inner and outer experiences starting to blur, and we may feel as if we're losing contact with what most people consider to be reality. We also all make sense of our experiences of mental and emotional distress in different ways.

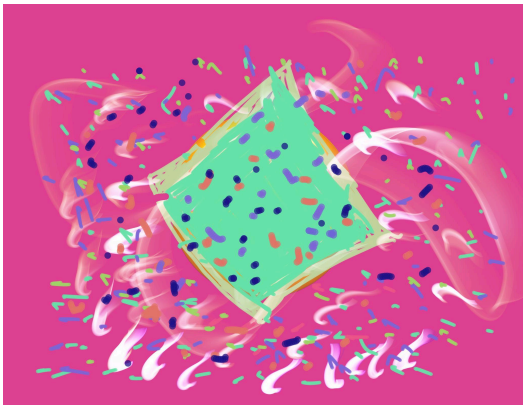
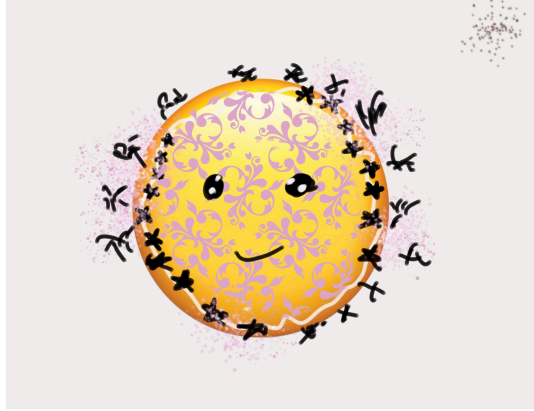
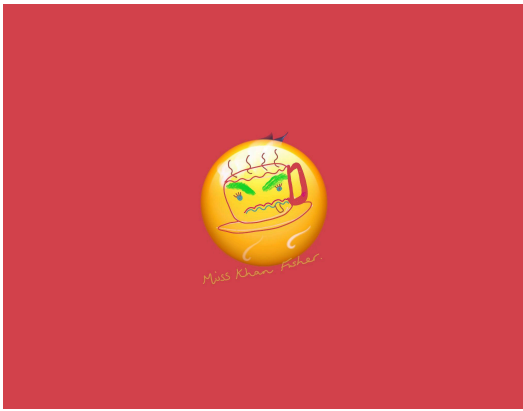
For some of us it is helpful to have a name – often called a diagnosis - for what we are experiencing. Sometimes we may understand our experiences as an illness. For others our mental and emotional distress is an understandable response to difficult life events, relationships and circumstances, including things that happened when we were younger. And for some of us our mental and emotional distress may be seen as a necessary but painful process of growth, sometimes called a spiritual crisis.

We want to ensure that all of us - no matter what we are experiencing, or how we see and understand our experiences - feel welcome on the Hub of Hope. We have tried to ensure that both the support and services listed, and the language that we use on the Hub of Hope is inclusive of all of these experiences and the different ways we make sense of them.

Since we all experience some kind of mental or emotional distress at some point in our lives, the Hub of Hope is really for everyone.

The services and support listed on the Hub of Hope are not only for when things become unbearable – a crisis point. They are also for those times when we notice we are starting to struggle, or when we need extra support as we start to emerge from a particularly difficult time.

The Hub of Hope also lists support and services for family members and friends to enable them to find help for themselves, as well as for the person they are supporting. We recognise that the wellbeing of each member of an interconnected family or community is dependent on the wellbeing of all of its members.



Support us to support others

HARVEST FESTIVAL

We will be collecting food donations to support this year's Harvest Festival Week
These donations will be made into bespoke food parcels and given out to families in the local community
If you would like to receive a parcel, please do not hesitate to contact the school office
Or Miss Fisher
Donations will be gratefully received between Mon 30th Sept - Fri 4th Oct 2024
Please hand all donations to your child's class teacher

What we need:

Baby food	Long-life milk	Pasta sauces
Biscuits	Long-life fruit juice	Rice
Cereals	Tea bags	Snack bars
Dried pasta	Vegetarian options	Tinned fruit
	Instant coffee	Tinned food

No fresh or chilled items,
Small packets and tins are preferred!



