



# Sutton CP School

Fortnightly newsletter—Friday 6th October

[www.wherelernersgrow.co.uk](http://www.wherelernersgrow.co.uk)



**We are an aspirational place where learners grow.**  
**Our school is kind and happy and we respect and celebrate the differences in ourselves, our community and our world.**  
**Our children become responsible, determined and independent citizens.**

Good afternoon everyone,

Another busy couple of weeks in school and we are really feeling the Autumn season creeping up on us now we've entered October.

### **Macmillan Coffee Afternoon**

Thank you to everyone that came and supported us last Friday either by providing delicious goodies, teabags or your company. Even though the rain did spoil our fun midway through the afternoon, it was still a success and once we have the final total for monies raised, we will get this information to you. A big, big thank you to Miss Ibbotson, Miss Blackie and the fundraising team for all their help in organizing the event and to Mr Clayton, Miss Baldwin and the school choir for their beautiful singing. It was lovely to see some members of the local community join us too.

### **Parking Poster**

A number of children have helped me in the design of a parking banner for our perimeter wall, Bridge Road side. The children are keen to resolve this issue and have come up with some lovely ideas that are now being converted into a large banner to display. As part of our **SCARF** work in PSHE we have been looking at **S**afe and **C**aring and linking this to our community. We are hopeful that your support for the children's efforts, will have a positive impact upon the parking issues we are having around school.

### **School Uniform**

Please ensure that children's PE kits are in line with our school uniform policy. Not all items need to have a school logo, apart from their PE hoodie, but please avoid colours that are not school uniform colours and branded items such as 'Nike' wherever possible. We do have 'new to you' stores of uniform in school. If you are interested in purchasing some for a small donation, please contact the school office.

Wishing you all a safe and happy weekend.

*Anna Riley*

Headteacher

**Rotary Keighley**  **Rotary Skipton** 

**Rotary YOUNG MUSICIAN COMPETITION**

**Calling all young musicians**

Share your gift of song or mastery of a musical instrument and perform live in the annual Rotary Young Musician competition. (You must be 17 yrs or under by 31st August 2023 i.e. max 18 yrs up to 31 August 2024)


To be held at the Keighley Shared Church on 6th January 2024

For entry forms and local competition information contact Chris Issott  
[chris.issott@keighleyrotary.org](mailto:chris.issott@keighleyrotary.org) tel. 07974 797164






## Miss Baldwin's SENCO Page




**Parent/Carer Support Group**


**About Us:**  
The Parent Support Group is an online support group, facilitated by NHS mental health practitioners. The group is a safe space for parents to get together, share their experiences and build positive relationships. A different subject is discussed each month and parents will receive useful information and strategies around the chosen monthly topic. For an invite, please email: [mhstparentsupport@bdct.onmicrosoft.com](mailto:mhstparentsupport@bdct.onmicrosoft.com)


**Next Parents Support Group details: Tuesday 17th October 2023**  
**Topic: "Supporting your child: Feelings of panic and overwhelm".**




**Parent/Carer Support Group**  
Supporting Emotional and Mental Health

  
 Tuesday  
17th October

  
 10:30am or  
7:30pm


  
 Held on Zoom  
Please email the  
address below

**THIS MONTHS TOPIC:  
SUPPORTING YOUR CHILD: FEELINGS OF PANIC  
AND OVERWHELM**



In this months Parent Support Group, we will be covering what feelings of panic and overwhelmed can look like in children and young people. We will also look at ideas of how to support your child with these feelings.

[✉ mhstparentsupport@bdct.onmicrosoft.com](mailto:mhstparentsupport@bdct.onmicrosoft.com)



### The Incredible Years

*Parenting isn't easy and children aren't born with a handbook but as parents we are expected to know everything...*

The **Mental Health Support Team (MHST)** are a team of specialist Mental Health professionals, and work within schools to provide an additional source of support for young people, their families and school staff.

The **MHST** are offering a 12 week **programme** for parents and carers of children aged 4-12 which can help you to:

- Bring out the best in your child
- Cope and feel in control.
- Listen and talk together
- Enjoy spending time together.
- Manage anger and frustration
- Share ideas with other parents.
- Reduce unwanted **behaviour**.


**How to get in touch:**


Bradford District:  
Majda Amin  
Senior Mental Health Practitioner


Craven:  
Tracey Kayne  
Senior Mental Health Practitioner


[IYmhst@bdct.nhs.uk](mailto:IYmhst@bdct.nhs.uk) | 07525 872 287

**Your next IY Group:**

 Wednesday 1st November 2023

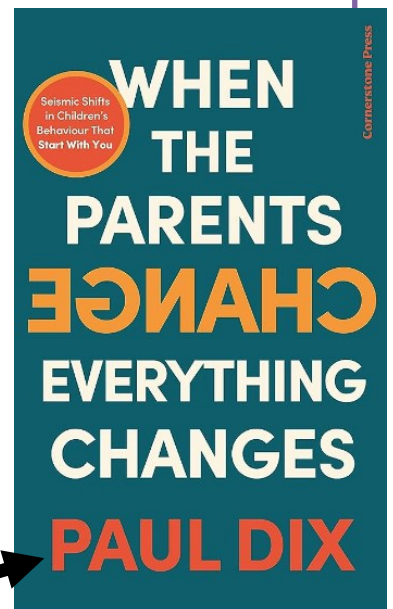
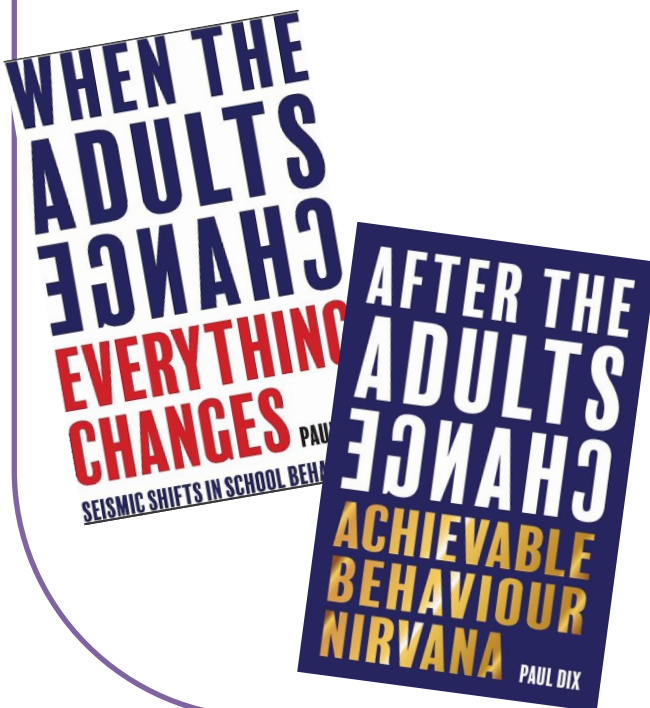
 09:30 - 12:00

 Priestthorpe Primary School,  
Morningson Rd, Bingley, BD16 4JS



### Book recommendation!

At school we have used **Paul Dix** principles to underpin our changes in behaviour policy and strategy. The books to the left have been hugely helpful for us. He has now released a parent version which is equally as helpful and some of the staff are reading it (as parents). An easy read with some great realistic and easy advice. Worth checking out!







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## Early Reading Event

Just a reminder that next **Tuesday 10th October at 5:30pm**, Mrs Dawson and Miss Dunkley will be hosting an early reading event for parents of children in Reception class. If you are new to the school and have children in Year 1 or Year 2, or would like a refresher on this subject, you are more than welcome to come along - just let the school office know. Reading is so incredibly important and getting it right from the very start is crucial to supporting your child's learning journey. At this event we will look at reading 'The bigger picture' and reading 'From the start'. Looking forward to seeing you there!



### Ribblesdale Federation of Schools

Giggleswick Primary School, Hellifield Primary School, Long Preston Endowed VA Primary School

#### Administrator – Fixed Term One Year Contract

Start Date: 6<sup>th</sup> November 2023

Base: Long Preston Endowed VA Primary School

Hours: 15 hrs per week (Tuesday and Thursday, term time only)

Pay Scale: Grade C (Scp 2-4) - £20,441.00 Per Annum Pro Rata

We are looking to recruit a friendly, welcoming, professional to work within the busy environment of the school office. You will have excellent inter-personal skills, a high level of oral and written communication skills and a flexible approach in order to provide an exceptional quality of service in our busy school office and be the friendly face that first greets visitors to the school and Federation. The successful candidate will be expected to deal effectively with a wide range of enquiries from visitors, parents, pupils, staff etc. Competence and confidence across a range of ICT systems, including the Microsoft suite of programs, is a key requirement. Knowledge and experience of general office systems, word processing and maintenance of database records is essential and knowledge and experience of working in a school office and knowledge of school management systems is preferred.

#### Our Federation is looking for someone who:

- Is enthusiastic, hardworking and enjoys working as part of a team
- Has a polite and friendly personality
- Aims for excellence at all times
- Has a passion to make a difference to the lives of our children
- Can prioritise and use initiative
- Has excellent communication and organisational skills
- Has knowledge of maintaining a website
- Is able to work efficiently during demanding circumstances
- Want to share our federation vision and values for the highest standards in all aspects of school life

#### Our Federation will:

- Have happy and friendly children who are proud of their school;
- Offer a friendly, welcoming and supportive place to work
- Provide opportunities for continued professional development

Applicants are very welcome to visit the schools; please phone the school or email to make an appointment.

For more information about this post please contact Mrs Catherine Maddocks, Executive Headteacher via e-mail to [smiddleton@ribblesdalefed.n-yorks.sch.uk](mailto:smiddleton@ribblesdalefed.n-yorks.sch.uk)

If you think you have what it takes to make a difference and be a part of our team, please go to our federation website, [www.ribblesdalefed.n-yorks.sch.uk](http://www.ribblesdalefed.n-yorks.sch.uk), for the job description, person specification and application form. Completed application forms should be returned to Mrs Maddocks at [smiddleton@ribblesdalefed.n-yorks.sch.uk](mailto:smiddleton@ribblesdalefed.n-yorks.sch.uk)

Closing date: Friday 13<sup>th</sup> October 2023 - 12 noon

Interviews: Wednesday 25<sup>th</sup> October 2023

*The Ribblesdale Federation is committed to safeguarding and promoting the welfare of children and expects all staff to share this commitment. The post is subject to a successful DBS check and pre-employment checks will be undertaken before an appointment is confirmed.*



### Ribblesdale Federation of Schools

Giggleswick Primary School, Hellifield Primary School, Long Preston Endowed VA Primary School

#### 2 x General Teaching Assistants – Fixed Term One Year Contract

Start Date: November 2023

Base: Hellifield Primary School (Initially)

Hours: 28.75 hrs per week (term time only)

Pay Scale: Grade C (Scp 2-4) - £20,441.00 Per Annum Pro Rata

We hope to appoint two flexible and dedicated professionals with experience of supporting pupils within a mixed age classrooms environment in one of our Federation schools. You will be working alongside the class teachers, to provide a high standard of learning support.

As the base of this post could change and hours may be available at each of our three schools, own transport is essential.

#### Our Federation is looking for someone who:

- Will be committed to working as part of a team
- Have excellent communication and organisational skills
- Be flexible
- Have a cheerful disposition and a sense of humour
- Be able to inspire and motivate children's learning
- Want to share our federation vision and values for the highest standards in all aspects of school life

#### Our Federation will:

- Enable you to work with children who are polite, well-behaved and highly motivated
- Provide opportunities for continued professional development
- Offer a friendly, welcoming and supportive place to work

Applicants are very welcome to visit the schools; please phone the school or email to make an appointment.

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## Cross Country Running at South Craven—27th September 2023

It's been another successful cross country competition at South Craven on Wednesday 27th September. Despite the threat of a storm, all our young runners enjoyed the experience and gave their absolute best. This event is so much more than just showing skills and competitiveness, this is all about the strength of the character - and Team Sutton had it in abundance! We even had plenty of pupils qualifying to the next round, an amazing achievement.

Well done to everyone and massive thank you to all the parents for your continued support!

Mrs Howes

### A word from the children...

Jacob - I found it very tiring but so much fun!

Harry - It was amazing! I really enjoyed it.

Grayson - It was really fun.

Arrietty - It was a bit hard to run that far, but I really enjoyed it and I'm glad I did it.

Imogen - It was amazing! It was hard to keep up with others, but I tried my best.

Myla - It was amazing, perfect, very tiring, fun, exciting and very sweaty - I loved it!

Emily - It was good but after the race I had to pour water over myself as it was so tiring.

Charlie - It was a long run, I was excited to do it and I tried my best to get to the final.

Vinny - It was very fun, I liked it a lot and it was a great exercise for my legs.

Everley - I really liked running with my friends and it was also fun watching others race.







# Sutton CP School COMMUNITY NEWS

[www.wherelernersgrow.co.uk](http://www.wherelernersgrow.co.uk)

*Quinny Bakes*

 Like us on Facebook!

07455076708

*Delicious Personalised Cakes*  
made to order



**BRAMBLE & FLEUR**  
NEW & PRELOVED CHILDRENSWEAR

Our store is now open and ready for business

 Gargrave, High Street

 MON, WED, FRI  10 - 3 pm

 SAT  12 - 3 pm

We look forward to seeing you there. From Bramble & Fleur x

*The Balloon Shack*  
Happiness in Balloons

**Balloons**  
FOR EVERY OCCASSION

Birthday      Wedding      Printed Balloons  
Seasonal      Baby Shower      Engagement  
Corporate Marketing      Double Bubble

orders and sales enquiries  
Contact Julie on [balloonshack21@gmail.com](mailto:balloonshack21@gmail.com)

 [@the-balloon-shack](https://www.facebook.com/the-balloon-shack)

**Lothersdale Parent and Toddlers**

**Friday**      Age **0-5**

**9:30-11:30**

**Lothersdale Village Hall**



**Tea, Coffee and**  
**Snack for the kids**

**£4 per Family**



BRADFORD AND CRAVEN  
trailblazer **NHS**

### The Craven MHST supporting Sutton C.P. School

	<p>Hi, I am Sarah and I work with the <a href="#">Bradford and Craven Mental health Services Team</a> with Sutton CP school.</p> <ul style="list-style-type: none"> <li>We work in low intensity CBT (Cognitive Behavioural Therapy), in 1:1, group and whole class formats.</li> <li>We work with young people with mild to moderate mental health issues such as anxiety, low mood, phobias, and sleep problems.</li> <li>We also run staff and parent workshops, which you will be notified about by the school or if there are other events you may be interested in attending.</li> </ul>
<p><b>ADVICE, SIGNPOSTING and SUPPORT.</b></p>	<ul style="list-style-type: none"> <li>As well as working directly 1:1 with young people, parents/carers of young people, we offer consultations and signposting advice to those who need it. We work closely with school staff to offer support so, if you need anything, please let your school contact know and they can get in touch with me.</li> <li><a href="#">HOW DO YOU GET SUPPORT FOR YOUR CHILD?</a></li> <li>Speak to a member of school staff and ask about the MHST.</li> <li>Complete a referral form with a member of staff.</li> <li>The MHST and school staff will meet to make sure we are the right service, or if we can work with school to establish the most appropriate service.</li> <li>If we do work with you child, we will offer a short-term intervention relevant to their concerns.</li> </ul>
<p><b>Autumn Term 1, 2023</b></p>	<ul style="list-style-type: none"> <li>I have been working with the lovely Year 6 pupils and staff to deliver a 6 Week Emotional Resilience Programme.</li> <li>Highlights have been 'Baking Best Friend', positive affirmations and dealing with conflict in relationships.</li> <li>We have also practiced some calming breath techniques and mindfulness!</li> <li>Next, I look forward to working on a range of workshops across the year groups.</li> </ul>

### Acronym Buster

<p><b>MHST</b> Mental Health Support Team</p>	<p><b>SEMH</b> Social, emotional, mental health</p>	<p><b>EMHP</b> Education Mental Health Practitioners</p>	<p><b>SMHP</b> Senior Mental Health Practitioners</p>	<p><b>CBT</b> Cognitive Behavioural Therapy</p>
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