



# Sutton CP School 23-24

Fortnightly newsletter— Friday 19th July

[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.**

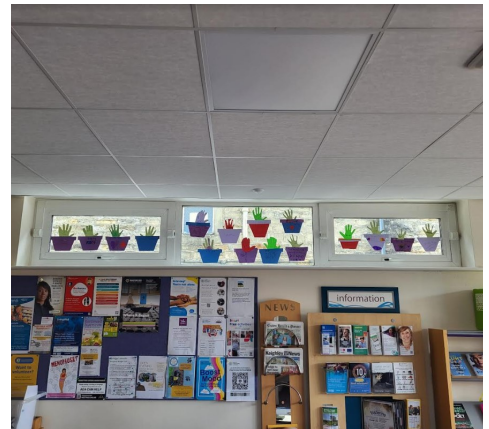
**Our children become responsible, determined and independent citizens.**

Good Afternoon Everyone,

Well here it is, the final newsletter of this academic year and what a busy year it has been. I would like to extend my gratitude to you all for your continued support and working with us for the benefit of our children. It has been another very busy year which included our most recent OFSTED acknowledging that we remain a Good school. The staff team here at Sutton CP School work tirelessly to move our school forward and are always ready to go above and beyond, I know you will join me in thanking each and every one of them at the end of this term and wish them a restful and happy time with their own families over the summer holiday.

## Year 2 Visit to Crosshills Library

On Friday 5th July, Year 2 visited Crosshills Library. We were greeted by the wonderful library staff who shared all the amazing things we can find in our local library. Year 2 were then able to spend some time choosing 2 books to borrow from the library and any children who didn't already have a library card were signed up. We also got the opportunity to do some arts and crafts which are currently displayed on the library windows. Go down and take a look! Year 2 loved their library visit and were blown away at what the library has to offer... all for free!



## Pinnacle Walk

On Monday 15th July our Key Stage 2 children and staff had a lovely day walking to the Pinnacles in Cowling. A huge thank you to all of the volunteers that accompanied the children on the walk.





## Goodbyes

This year sees many goodbyes. We say goodbye to Mrs Wright who will be moving on to work in Special Education closer to home. We wish her every success in her new role and we know that she will continue to make such a huge difference to many children. We also say goodbye to Mr Allack in his role as general teaching assistant, he has worked at Sutton CP School for 10 years and will be hugely missed by the staff and children alike. Fortunately (for me), he will continue to support us with our IT for another academic year - phew! We also say a part goodbye to Miss Elsegood who leaves us as a general teaching assistant, but returns in September providing some Dance CPD and a Dance Club after school - don't forget to sign up!



This week we had our Year 6 Leavers assembly which was a real celebration of these wonderful young children who are now moving on to their next stage of education. We wish them every success wherever they are going and know that they will continue to make themselves







## Miss Baldwin's SENCO Page

UNDERSTANDING YOUR CHILD  
SOLIHULL APPROACH

### School's Out Take an emotional health check

Head into the summer with a better understanding of your child's brain development and their **emotional wellbeing** as you support them into their next new phase.

**FACT**

Our brains develop most rapidly in childhood shaping our emotional health and wellbeing for the rest of our lives.

**HERE FOR YOU**

Online courses developed by clinical psychologists can help you to understand your child, read their behaviour and help them look after their emotional health.

[inourplace.co.uk](http://inourplace.co.uk)

Understanding your child online course has been paid for by North Yorkshire County Council, so you can access it **completely free** using the code **NYFAMILIES**

Short courses on Understanding the impact of the pandemic on your child or teenager also included.

healthy minds

Bradford District Care  
NHS Foundation Trust

### 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 20th August 2024**  
**Topic: "Supporting your child: Transition and the return to school".**

BRADFORD AND CRAVEN  
trailblazer NHS

### Parent/Carer Support Group

Supporting Emotional and Mental Health

Tuesday  
20th August

10:30am or  
7:30pm

Held on Zoom  
Please email the address below

**THIS MONTHS TOPIC:**  
**SUPPORTING YOUR CHILD:**  
**TRANSITION AND THE RETURN TO SCHOOL**

In this months Parent Support Group, we will be reflecting on the upcoming return to school in September and how children and young people may be feeling. During the group we will discuss strategies around the potential anxiety and how to manage this.

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

Jump Back Up July 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Take a small step to help overcome a problem or worry	2 Adopt a growth mindset. Change "I can't" into "I can't...yet"	3 Be willing to ask for help when you need it	4 Find something to look forward to today	5 Get the basics right: eat well, exercise and go to bed on time	6 Pause, breathe and feel your feet firmly on the ground	7 Shift your mood by doing something you really enjoy
8 Avoid saying "must" or "should" to yourself today	9 Put a problem in perspective by seeing the bigger picture	10 Reach out to someone you trust and share your feelings with them	11 Look for something positive in a difficult situation	12 Write your worries down and save them for a specific 'worry time'	13 Challenge negative thoughts. Find an alternative interpretation	14 Get outside and move to help clear your head
15 Set yourself an achievable goal and take the first step	16 Find fun ways to distract yourself from unhelpful thoughts	17 Use one of your strengths to overcome a challenge today	18 Let go of the small stuff and focus on the things that matter	19 If you can't change it, change the way you think about it	20 When things go wrong, pause and be kind to yourself	21 Identify what helped you get through a tough time in your life
22 Find 3 things you feel hopeful about and write them down	23 Remember that all feelings and situations pass in time	24 Choose to see something good about what has gone wrong	25 Notice when you are feeling judgmental and be kind instead	26 Catch yourself over-reacting and take a deep breath	27 Write down 3 things you're grateful for (even if today was hard)	28 Think about what you can learn from a recent problem
29 Be a realistic optimist. Focus on what could go right	30 Reach out to a friend, family member or colleague for support	31 Remember we all struggle at times - it's part of being human				

ACTION FOR HAPPINESS

Happier · Kinder · Together



## Safeguarding Page

### Key staff in school

#### Worried about a child?

If parents, staff, or visitors have any concerns regarding the safety or well-being of child(ren), please speak to one of our safeguarding team.

#### Safeguarding Team:

		
Anna Riley DSL	Mike Clayton Deputy DSL	Christa Baldwin Deputy DSL

**Mr Stuart Barrick**—Governor responsible for safeguarding.



If the concern is outside of the school hours, then you should report the concerns to the North Yorkshire Multi Agency Safeguarding Screening Team, on 0300 131 213 or You can contact the NSPCC Helpline on 0808 800 5000 or email [help@NSPCC.org.uk](mailto:help@NSPCC.org.uk) [NSPCC Helpline | NSPCC](https://www.nspcc.org.uk)