



HEADTEACHER'S BLOG

It has been great to complete our first full week, getting used to the new routines at school where our children and staff are enjoying being together. Today's Friday Fest (achievement assembly) has really highlighted the excellent start to the year. Our new reception children have been wonderful completing their full days all week and whilst some are looking a little weary, they have smiles on their faces and have settled in really well.

We are re-starting our Wellbeing Wednesday focus using the resource My Happy Mind, which got brilliant feedback last year. I would like to remind families and introduce to our new families that there is a free app, available on Google Play or the Apple store, that you can download to support too. The programme is based around children learning how their brains work and supports them in developing positive skills and habits to be their very best! The app allows the children to practise some of the habits they have developed at school such as happy breathing, and you can find out more too. Technical support for families is available by contacting hello@myHappyMind.org

Finally, we wished Mrs Dobson a lovely maternity leave as she completed her last day on Wednesday.

Have a lovely weekend.

Best wishes,
Mrs Gill

DINNER MENU—W/C 13.09.2021 ** Week 3 **

The menu can be viewed [here](#) on our school website.

LUNCH REMINDER

School dinners cost £2.35 per day. Lunches **must** be paid for in advance. Where payment is not received, you may be asked to provide a packed lunch until payment is received.

YEAR 4 & OWLERY SWIMMING

Swimming starts on Tuesday for Year 4 and Owlery children. Please can payment be made via Arbor for the coach.

Don't forget to send swimming kits!



NURSERY NEWS

This week the Nursery children have looked at the stories 'Happy to be Me' and 'My mum and dad make me laugh'. We have talked about our families and drawn pictures about what makes members of our family smile. We have heard the fire bell and have learnt what we need to do when we hear it in school. Everyone did so well that we went on to the pirate ship as a special reward. On Monday, we had our first PE lesson with Mrs Nesbit on the large field. There was lots to explore. We have taken advantage of the lovely weather to get outside as much as possible.

As our theme is based around ourselves and our families for this half term, it would be helpful if you could send in a picture of your child's family to help with our chats in class. This can be e-mailed in to nursery if you prefer using the email address: nursery@ivybank.cheshire.sch.uk

We are returning to our normal sessions next week. Please could we ask that *everything* has a name on. Particularly, cardigans, jumpers, lunch boxes and water bottles.

Have a lovely weekend
The Nursery Team



PARENT WORKSHOPS

[Just Drop In](#) are offering FREE parent workshops. More information can be found by following the links below:

[Sleep Workshop](#) (Sleep issues)

[Timid to Tiger](#) (Anxiety)

[Mental Health Aware](#)



If you are interested in any of these courses please contact Tori Allen on parenting@justdropin.co.uk

[Visyon](#) are also offering workshops in "Helping children manage worries and anxieties". Please see the image below for more information.

FAMILIES AND COMMUNITY TEAM

PARENT WORKSHOPS

Helping children manage worries and anxiety.

Visyon's Family and Community Wellbeing Team are pleased to offer an 8-week Parent Workshop Programme which will provide information, advice and strategies to empower parents to effectively support their children, with their worries and anxieties.

The Programme is available for Families in Cheshire East and will be held at Visyon in Congleton. If you would like to book a place on the Programme, please contact lynnne.fitton@visyon.org.uk, who will contact you with further details. Places are limited and will be allocated on a first come basis.



Parent Workshops - Helping children manage anxiety.

- 22/09/2021 Parenting problems and difficult behaviors.
- 29/09/2021 Seouring the parent/child bond.
- 06/10/2021 Understanding your child's anxiety.
- 13/10/2021 Using praise and rewards to build confidence.
- 20/10/2021 Setting limits on anxious children's behavior.
- 03/11/2021 Managing children's worry.
- 10/11/2021 Managing difficult behavior.
- 17/11/2021 Review and celebration.

Each session will start at 5 pm and finish at 6.15 pm.