

## Mail on Friday

### Redhill Primary Academy and Nursery Weekly Newsletter

Email us at: parentcontact@redhillprimary.co.uk

#### National Fitness Day

Wednesday 20th September is National Fitness Day.

To celebrate, we will be taking part in a live streamed dance fitness class with Dame Darcey Bussell and the DDMIX team, to kick off our National Fitness Day. Each class will then be deciding on a fitness activity they would like to take part in that day. Most importantly, we will be moving and having fun!

Please can all children come to school wearing their PE kit.

#### **Telford and Wrekin Primary Cross Country**

A date for your diary! Race 1 of the series is due to be held on Tuesday 10th October at Chetwynd Deer Park in the school day. This is an open invitation for any child in Y3 - Y6 who has an interest in running. Y3/4 run approximately 1.1km and Y5/6 run approximately 1.6km, including separate races for girls and boys in each year group, with the top four runners in each year group making up the scoring team for each school. Unfortunately, no spectators will be able to attend. In the next couple of weeks, we will be sending out letters if your child would like to take part in this event.

We look forward to an exciting cross country season.

#### **Medication Reminder**

If your child has a prescribed inhaler, auto injector pen, or medication for allergies etc, please can you ensure that these items are returned for your child to use whilst at school. We will not be able to take children on educational visits without them.

#### **School Dinner Themed Days**

Please follow the link to find the upcoming themed days listed on the website: https://redhill.ttsonline.net/page/school-meals

#### Official Blue Peter Book Club

Please find the link below to join the Blue Peter Book Club.

https://www.bbc.co.uk/cbbc/joinin/blue-peter-book-club

#### Keep Your Child Safe Workshops

In the autumn term, we are fortunate enough to have Vicki Ridgewell from West Mercia Police delivering two parent CSE workshops on Wednesday 20th September: one at 3:15-4:15pm and one at 4:45-5:45pm. The workshops will be held in the school hall.

Vicki is highly experienced in offering training in this area and when we have previously held these workshops, we have had excellent feedback from parents. She will inform parents and carers about key issues around online safety and exploitation.

This is an extremely valuable and informative session for parents.

If you would like to attend, please complete the Microsoft form below by Monday 18th September at 12pm: https://forms.office.com/e/DBhuP53Q3P

Thank you

#### A Valued Me

This year, we will continue to embed our 'A Valued Me' core values system which we know supports pupils in becoming happy, healthy, capable and upstanding citizens within society. Each half term, we will have a different focus for our programme where children will be given the opportunity to demonstrate their understanding of each of the values. Over the half term, there will be assemblies and work in class linked to our current value.

Our 'A Valued Me' core value for the autumn first half term is Respect.



#### What is Respect?

Showing admiration and appreciation towards others and yourself.

Being polite to others, showing them kindness and consideration, and treating others with courtesy.

Treating everyone the way you would like to be treated and treating everyone fairly.

Looking after people, animals, the environment and property.

#### Suggestions for parents to work with children at home:

Respect your children. Listen to their ideas, try their suggestions, include them in conversations, afford them the benefit of the doubt, give them choices, speak to them at their level, honour their efforts. If you have to tell them 'no', be sure you explain why.

Model respect for laws. Do not break a law or rule, and then expect your child to honour it.

Talk about people you respect. Point out character traits that you admire (for example, honesty, kindness, responsibility, etc.) in each person.

Help your children understand that respect for property is an extension of respect for the owner. Begin by respecting their property. Encourage them to treat other people's things with respect as well.

Take your child on a walk through the park. Notice the flowers, the grass, and the shrubbery.

Talk about ways that people and plants take care of each other. What can you do to take

better care of the earth?

Visit a zoo, farm or a pet store. Talk about ways that animals take care of us. For example, they love us and keep us company, they give us milk, and they give us wool, and so on. How do we take care of animals?

Be careful what you say. Many of us use slang expressions without even thinking about what they might mean and sometimes talk about other people in a derogatory way. Pay attention to what you say and to what your children say. Talk about how words can be disrespectful and hurtful to others.

Please let your child's teacher know if we can celebrate any work from home, here in school. Feedback on the values and what you do at home is really valuable to us and we appreciate all your support.

# Year 4 Cardingmill Valley

This half term, Year 4 are exploring rivers as part of their geography curriculum. This week, they went on a trip to Cardingmill Valley. The children had a brilliant time learning about the features of a river and seeing these in real life. They carried out a river survey and used a classification key to identify creatures that they discovered in the stream. Mrs Davies and Miss Dhillon were so proud of the impeccable behaviour of the children and the enthusiasm, even with a spot of rain!



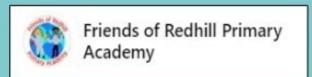
# A note from the Friends...



Hello everyone - we hope you have had a fantastic summer and are looking forward to the academic year ahead!

We have lots of Redhill Uniform available for sale - please contact us via our Facebook Page if you wish to purchase - we have stock of bigger sizes too!

www.facebook.com/redhillfriends/



We have lots of events planned for this quarter - please see the next page for some important dates for your diary!

First on the list, we have our PTA Social Meeting planned for next Thursday evening! 17

This is a great opportunity to learn more about the PTA, so if you're interested in helping out and want to make some new friends, we would love you to pop along! 6.30pm at The Lion, Priorslee.

With thanks, The Friends x



All timings and more information will be detailed in the Mail On Friday and on the Friends Facebook Page (search redhillfriends)

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<b>21</b> SEPT	PTA SOCIAL  All welcome - meet at 6.30pm at The Lion (111 Shifnal Rd, Telford TF2 9NN) to discuss upcoming events and new ideas!		
<b>02</b> OCT	BAGS 2 SCHOOL  Had a sort out over the summer holidays? We will be collecting old clothes, shoes etc from 8 till 9am!		
<b>11</b> OCT	PTA SOCIAL  All welcome - meet at 3.30pm at School to discuss upcoming events and new ideas!		
<b>20</b> OCT	WOLVERHAMPTON WANDERERS  Join Wolfie and the gang for a penalty shootout like no other!		
<b>25</b> OCT	HALLOWEEN DISCOS/EVENTS Timings to be confirmed but spooktacular fun guaranteed!		
HALF TERM - BREAK UP 27TH OCT, BACK TO SCHOOL 6TH NOV			
<b>09</b> NOV	ANNUAL AGM All welcome - meet at 6pm at School to elect new committee members and hear all about activities completed and funds raised		
<b>14</b> NOV	PTA SOCIAL  All welcome - meet at 6pm at School to discuss upcoming events and new ideas!		
<b>17</b> NOV	MUFTI DAY Children can bring a tombola item to school and wear their own clothes for the day!		
<b>20-24</b> NOV	CHRISTMAS CARDS/GIFTS  Cards and other gifts made with your childs artwork will be given out this week (children will make these in school w/c 2nd Oct)		
<b>25</b> NOV	WINTER WONDERLAND  Celebrate Winter & Christmas all rolled into one this year - expect Fireworks, stalls and lots of fun!		
<b>08</b> DEC	WREATH MAKING  A lovely evening of festive crafting to create your very own Christmas door wreath!		
<b>15</b> DEC	WONKA DAY  Join us in celebrating the release of the new Wonka film by purchasing Wonka Bars - will your child get the Golden Ticket?!		
<b>19</b>	PTA CHRISTMAS SOCIAL  All welcome - meet at 6.30pm at The Lion (111 Shifnal Rd,		

Telford TF2 9NN) to celebrate a successful year!



# Dual Diagnosis Calm Cafe

Are you dependent on a substance to relieve feelings of stress, sadness, anxiety, or other unwanted emotions? Are you feeling isolated? Do you self medicate?

Do you need support? Do you need someone to listen? Do you need a safe space? Are you over 18?

Telford Mind, TACT, ABT and Telford & Wrekin Council are delivering a Dual Diagnosis Calm Cafe to anyone in need. The Cafe will provide support to individuals and a safe space.

If you require support, would like more information or would like to book a place.

Please contact:

outreach@tacteam.org.uk

01952 899205













# Calm Cafe Join us at one of our drop in cafes!

Our Calm Cafés are delivered by Telford Mind and Telford & Wrekin Council. We provide support and safety to anyone in need by offering coping mechanisms and management techniques to help reduce the risk of crisis. As well as offering support, professionals can also refer and direct you to further services if required.

#### Who is the Calm Café for?

Calm Cafés are available for anyone 18 years old or over who are finding themselves in a crisis or need support with their mental health.

Monday	Tuesday	Wednesday	Thursday
5pm-8pm	5pm-8pm	5pm-8pm	5pm-8pm
Outpost Oakengates	Meeting Point House	Hub on the Hill	Meeting Point House
TF2 6EP	TF3 4HS	TF7 4HG	TF3 4HS





A space to bring the veteran community together and allow veterans, of all ages, to get the support they need.

Monday	Thursday			
2pm-4pm	5pm-7pm			
2nd & 4th Monday of the	3rd Thursday of the			
Month	Month			
Dawley House	Jubilee House			
22 Burton Street,	High Street			
Dawley	Madeley			
TF4 2ES	TF7 5AH			



