

Lower Park News 15th September 2023



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The winning house is Red House and they wear their own clothes to school on Monday.

Safeguarding reminder

For the safety of those children who are attending after school club or sports clubs, we will be locking the gate to the playground at 3:40pm from Monday 18th September. Please support us by leaving the playground after you have collected your children. If you are picking up after a club, the teacher/coach will bring the children to meet you at the gate.

We thank you for your support with this.

Uniform

The children all look very smart in their jumpers and cardigans. We also really appreciate that clothes are named so we have been able to return any lost items to their owners.

I am reaching out to see if I could get a small group of volunteers to help with our 'New to You' uniform. Lots of our families really benefit from this service and it has clear benefits for the environment. We have a large amount of unnamed uniform ready to be sorted, washed and labelled so it can be made available for families. If anyone would be able to help with this, please contact the office. Thank you.

Commendation Awards

*This is awarded by the class teacher to children who have been demonstrating the school values.
Congratulations go to:*

Matthew C

George H

Isabella J

Robin L-M

Jasmine A

Sienna S

Robyn S

Frankie T

Isabelle C

Reception

Our new reception children have made a wonderful start to Lower Park. We have enjoyed exploring the classroom, both indoors and outdoors. We have been very impressed with their gorgeous manners and great listening in class. Well done, everyone.







KS1

What a wonderful start we have had to a new school year in key stage one! The children have all settled well and made a fantastic start to their learning in each subject. In Maths, the children have started our new scheme, Power Maths. They have all adapted well and are showing confidence in using the different apparatus and pictorial representations we have used. In Science, the children have drawn and labelled their own bodies and have begun to think about the different ways we stay healthy. Please look out for a short, optional science task that we would like the children to do at home. The recording sheet has been put in your child's bag. In Geography, the children have been showing their knowledge of the school and its layout in tracking down the Naughty Bus that has been hiding in different locations around the school. They added points to a plan and decided on the route they needed to take. The children have also been enjoying their first PE, RE and Art lessons this week so as you can see, it has been an exciting start to the year.



Swimming was
the most popular
way to exercise
in our class.



To keep healthy we need to
exercise, eat a balanced
diet, drink water and get 10
hours sleep.



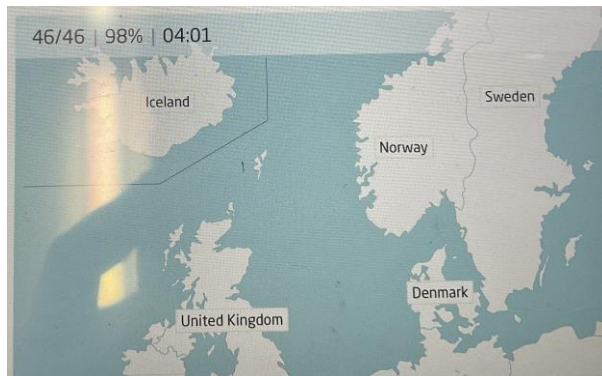
Riding on our
scooters was the
least popular.

PIC•COLLAGE



LKS2

We have been very impressed at how quickly the children in LKS2 have settled and have started this academic year! The children will be learning about what it takes to become an illustrator this term, we started by discussing colours and how they can be used in artwork to convey emotions and atmosphere. The children used water colours and wax crayons to explore how tone, gradient and texture can be used to represent how a character is feeling.







UKS2

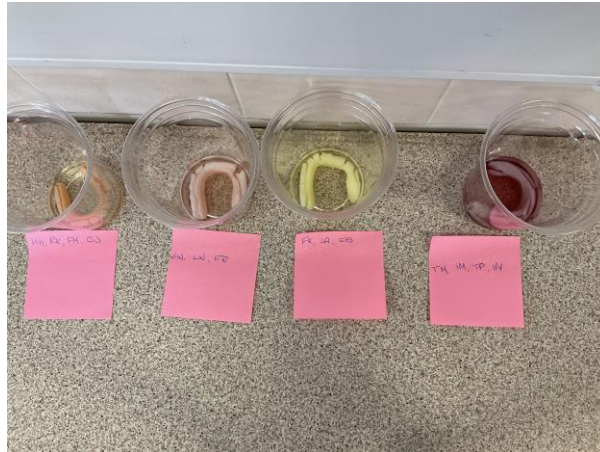
What a fantastic second week we have had in UKS2.

In science, we have investigated how nutrients are absorbed into the body by putting jelly snakes in water. We will record our observations next week and relate these to our learning.

In History, we have acted in role to answer the question: how did the Anglo-Saxons and Vikings change the face of Britain? On the school field, the children fought in battle, playing 'capture the flag', as the Picts, Anglo-Saxons, Romans and Britons. It was a sight to behold! They then wrote about their own experience of being in their tribe.







Mental health



13/09/2023

Dear Parent and Carers

I hope that you have a good summer, although admittedly quite wet and that you are refreshed and energised to support your family during this academic school term.

I have asked your child/children's school to kindly share with you details of our upcoming Mental Health and Wellbeing Parent Carer Workshops and our delivery schedule, for the period October to December 2023. These workshops are free to attend, and we welcome families in Cheshire East or families of children who attend a school in Cheshire East. Please have a read through the information and see if there are any workshops which may be of interest to you. Details of how to book onto the workshops can be found in the information attached. Should you be unable to attend a workshop of interest due to the date or timings, please do get in touch with us via the FamiliesandCommunitiesTeam@Visyon.org.uk.

Within our Service offer we do also provide Family Wellbeing support for parents and carers, which is tailored support and guidance for families, at an early stage, when they need it most. This support can be accessed via a Visyon Parent Open Access Appointment, details attached, which can be booked directly by yourselves by contacting Visyon's Initial Contact Team on 01260 290 000.

I thank you for taking the time to read my letter and information for I know as parents, we are always time short, and I wish you and your family a smooth half-term. If you require any further information or have any questions, please do not hesitate to contact me via email.

Many thanks.



Louise Marsh | Shelter
Wellbeing, Families and Communities Manager
 07498 619 481 | Working Days: Monday – Thursday



Supporting children, young people and families across Cheshire East with their mental health and emotional wellbeing.

Upcoming



Parent Carer Workshops

Workshops held at Visyon (Fellowship House, Congleton, CW12 1DP)

For further information/and or to book a place, please email the

FamiliesandCommunitiesTeam@Visyon.org.uk

(Please detail the Workshop name in the subject box of your email and provide a contact number).

Helping support a child's worries and anxieties, 7-week programme. All 7 weeks to be attended consecutively. 10:30 – 12:00 each week	<ul style="list-style-type: none"> 27/09/2023 – week 1 04/10/2023 – week 2 11/10/2023 – week 3 18/10/2023 – week 4 Break 25/10/2023 for half-term week 01/11/2023 – week 5 08/11/2023 – week 6 15/11/2023 – week 7
Supporting a child with their sleep workshop	• 10.10.2023 - 10:00 – 12:00
Connecting with and supporting a teenager workshop	• 16.10.2023 - 13:00 – 14:30
Supporting a child with their emotions workshop	• 30.10.2023 - 13:00 – 14:30
Supporting a child with additional needs	• 25.10.2023 - 10:30 – 12:00
Supporting a child with the world of social media workshop	• 07.11.2023 - 10:00 – 11:30
Understanding self-harm workshop	• 22.11.2023 - 10:30 – 12:00
Supporting a child with bullying workshop	• 27.11.2023 - 13:00 – 14:30
Supporting a child's development workshop	• 29.11.2023 - 10:30 – 12:00
Supporting a child with anxiety workshop	• 05.12.2023 - 10:00 – 11:30
Supporting a child with parental separation workshop	• 11.12.2023 - 13:00 – 14:30
Supporting a child with loss and bereavement workshop	• 13.12.2023 - 10:30 – 12:00

If you believe you would benefit from one of our Workshops, but the dates/timings are not convenient, please get in touch as above. **These workshops are free of charge.**

Visyon's



Families and Communities Team (Autumn Term)

We offer a wide selection of parent carer workshops to local families (with children aged 8+), which are detailed below. We schedule several workshops each month, which we advertise with the help of the local schools and via social media. Should you require any further information, please contact Visyon's Families and Communities Team.

FamiliesandCommunitiesTeam@Visyon.org.uk

These workshops are FREE OF CHARGE and open to all families in Cheshire East.



FAMILY OPEN ACCESS APPOINTMENTS

This 45-minute appointment can be either face to face, online or by telephone, with a Family Wellbeing Worker and is an opportunity for a parent(s) to talk, offload, get initial tips, guidance, coping strategies and to discuss pathways of support. **For an appointment contact the Initial Contact Team on 01260 290 000.**



PARENT CARER WORKSHOP PROGRAMME Helping support a child manage their worries and anxiety (7 x 90-minute weekly workshops)

This programme is evidence based and explores various parenting techniques which can be applied to support an anxious child. The learning is cumulative each week so requires commitment to all seven sessions. This programme is extremely popular so may have a waiting list.



PARENT CARER WORKSHOP PROGRAMME Sleep (1 x 90-minute Workshop & 1 tailored family session)

This programme is evidence based and will support you in understanding why your child may be struggling to sleep. We will explore the science of sleep and practical strategies to support sleep. **Available for families of children in reception and above.**



PARENT CARER WORKSHOP (90-minute Workshop)
Supporting a child with loss and bereavement

This workshop helps you to understand what death, grief and bereavement mean to a child and why they may struggle saying goodbye. We explore techniques to help support a child to cope with grief.



PARENT CARER WORKSHOP (90-minute Workshop)
Understanding self-harm

This workshop looks at the relationship between self-harm and suicide. We look at ways to support a person who is self-harming and break down some of the stigmas associated with self-harm and suicide. This workshop explains where to get further support for a person who is expressing thoughts of suicide.



PARENT CARER WORKSHOP (90-minute Workshop)
Supporting a child with anxiety

This workshop aims to help you to understand the various ways which anxiety presents itself in children and offers ideas on how to support your child to manage their anxiety.



PARENT CARER WORKSHOP (90-minute Workshop)
Supporting a child with the world of social media

This workshop looks at how to support your child with peer pressure and online bullying. Learn how to build their self-esteem and break through the negativity of the 24-hour online world. Look at how to support your child with a healthy relationship with the online world and get over that FOMO (Fear of Missing Out).



PARENT CARER WORKSHOP (90-minute Workshop)
Supporting a child with bullying

This workshop looks at what bullying is and how it impacts a young person. We look at the responsibilities of school regarding bullying and how parents, families and schools can support children with bullying.



PARENT CARER WORKSHOP (90-minute Workshop)
Connecting with and supporting a teenager

This workshop explores ways to communicate with your teenager and how to build the all-important connection, to maintain a positive and supportive relationship with your teenager. We will look at managing a challenging, argumentative and explosive teenager and explore strategies for managing a challenging family environment.



PARENT CARER WORKSHOP (90-minute Workshop)
Understanding and supporting a child with their emotions

This workshop looks at what drives behaviour in young people. It aims to help parents to understand some of the challenges that young people face when managing their emotions and offers practical ideas on how to support a young person with their emotions.



PARENT CARER WORKSHOP (90-minute Workshop)
Supporting a child with parental separation

This workshop explores the impact of parental separation upon the whole family and practical ways to work together to support your children whilst navigating a separation or divorce. We offer ideas of how to support your child and look after yourself too.




PARENT CARER WORKSHOP (90-minute Workshop)
Supporting a child with their development

This workshop explores what happens to a child during their development and how this may impact attachment styles. We look at what is happening to a child's brain and offer ideas of how to support your child as they develop.

Thursday 28th September - European Languages Day workshop

Thursday 28th September European Languages Day workshops - ALL CHILDREN TO WEAR RED, WHITE OR BLUE

Dates for the diary



PTA AGM on Thursday September 21st at 6:30pm

We would like to invite you to the PTA AGM on Thursday September 21st at 6:30pm at Lower Park School. For those new to the PTA and to our school, the annual general meeting of the PTA is to share how our association is run.

Once a year, all members are invited to find out what's been happening and review how things are done. The chair will highlight achievements and indicate plans for the year while the treasurer reports on where funds came from and how they've been spent. The AGM is also when members vote for a new committee and make any amendments to the constitution.

Our current chair, Charlotte Guy, and treasurer, Ellen Little, will be standing down after many years of support. We are hoping for volunteers with appropriate skills to take up these roles with our support.

The PTA is a critical part of our school not only for the fundraising but also for planning events that bring us together as a community and most importantly are fun for our children and families.

Diary dates for Autumn 2023

Thursday 21st September - 6:30 PTA AGM

Thursday 28th September - European Languages Day workshops - ALL CHILDREN TO WEAR RED, WHITE OR BLUE

Tuesday 3rd October - Wonderful world workshop for RE (y2)

Thursday 5th October - Poynton High School Open Evening

Thursday 5th October - EYFS new intake parent meeting 7pm

Tuesday 10th October and Wednesday 11th October - Parents evening

Friday 21st October - School closes for Half Term

Monday 30th October – INSET

Tuesday 31st October – Swimming pool at school for two weeks

Wednesday 1st November - Sibling and individual photos

Monday 6th November - RE workshop for KS2

13th - 17th November - Anti-bullying Week

21st and 23rd November - Great fire workshop KS1

Monday 11th December - KS1 dress rehearsal pm

Wednesday 13th December - KS1 Nativity afternoon

Thursday 14th December - KS1 Nativity evening

w/c 18th December – KS2 carol concert – tbc

Monday 18th December – KS2 panto at Buxton and KS1 travelling panto

Thursday 21st December - Christmas Parties, Christmas Dinner & Talent Show

Friday 22nd December School closes at 3.20 for Christmas holiday

Community noticeboard

Calling ALL Year 3-13
Singers, Brass, Woodwind & String Players

Mondays 5-7pm
© Poynton High School

PMA
Poynton Music Academy

SCAN ME

Please view our website for further information and to see if there is an ensemble to suit you...

<https://sites.google.com/phs.trueteaching.org.uk/www.poyntonmusicacademy-com/home>

 **Poynton High School**
and Performing Arts College

Main School Open Evening

Thursday 5th October 2023
5.30pm – 8.30pm
Head Teacher Presentations – 6.15pm to 6.45pm & 7.30pm to 8.00pm

Consistent high academic attainment at GCSE and A Level through an inclusive and supportive environment.



Yew Tree Lane, Poynton, Cheshire, SK12 1PU
Tel - 01625 871811
email: info@phs.cheshire.sch.uk
web: www.phs.cheshire.sch.uk

Mental Health First Aid for parents and carers

Mental Health First Aid

For parents and carers
of young people aged 11-18.

Saturday 16th and 23rd September,
9am - 5pm,
at Poynton Civic Hall.

For all enquiries or to book a place, email:
parenting@justdropin.co.uk



- The course will give an understanding of the issues that relate to a young people's mental health and teach practical skills including being able to spot the signs and symptoms of mental health issues.
- The sessions are led by a qualified MHFA trainer from Just Drop-In, over two Saturday sessions on the 16th and 23rd September, 9am – 5pm at Poynton Civic Hall.
- Attendees will need to attend both sessions and will receive a copy of the MHFA manual which is a great source of information.

Cllr Hayley Whitaker Poynton Town Council's Deputy Mayor, as part of fund raising for her Poynton Youth Mental Health Fund during her term as Mayor, is pleased to have worked with Just Drop-In and Poynton Town Council to provide this course.



FOLLOW US ON FACEBOOK/TWITTER OR VISIT OUR WEB SITE FOR MORE INFORMATION

WWW.WILMSLOW-LACROSSE.CO.UK



JUNIOR TRAINING

BOYS & GIRLS – ALL AGES WELCOME

6:00PM – 7:30PM
THURSDAY EVENING
HELD ON ASTRO

COME & ENJOY LACROSSE.
THE FASTEST GROWING
SPORT IN THE UK!
ALL EQUIPMENT SUPPLIED



FULLY QUALIFIED MALE & FEMALE COACHES



CONTACT BRIN KENYON ON 07920 293734 OR EMAIL
WILMSLOWLAX@GMAIL.CO.UK FOR MORE DETAILS

WILMSLOW LACROSSE CLUB – WILMSLOW PHOENIX SPORTS CLUB, STYAL ROAD, STYAL, SK9 4HP

MACCLESFIELD TOWN LADIES FC

JOIN US NEXT SEASON!

ABOUT US

MTLFC welcome players of all ages and all capabilities. We're proud to provide an inclusive grass-roots football club for all girls and women

TRAINING INFO

- Monday evening, 6 - 7.30
- Macclesfield Academy
- All abilities welcome



REGISTER NOW!

EMAIL MACCLADIES@GMAIL.COM