THE CRANLEIGH

CHRONICLE

INCLUSION & WELL-BEING

Nurturing Belief and Ensuring the Highest Standards of Learning for All

Friday 1st March 2024

Academisation

As of today, we are officially part of The Good Shepherd Trust.

We are very much looking forward to The Trust's continuing support to move our school towards excellence.

You won't notice any day-to-day changes and further information can be found on both their and our website.

THE INCLUSION TEAM'S WELCOME

This half-term sees the first step in introducing an exciting new initiative at Cranleigh Primary School.

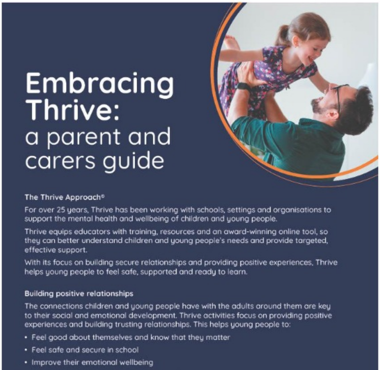
On our February inset day, staff received training from Thrive who have been working with schools, settings and organisations to support the mental health and well-being of children and young people for over 25 years. Thrive equips school staff with training, resources and an award-winning online tool, so they can better understand children and young people's needs and provide targeted, effective support. With its focus on building secure relationships and providing positive experiences, Thrive helps young people to feel safe, supported and ready to learn.

Find out more about the Thrive Approach from the Parent's and Carer's Guide below.

You might also like to try some of the activities from the Connections Kit - there's one for children up to age 7 and one for children up to age 11. There is also some information about how to use arts and creativity alongside your children and young people at home to help you find ways to safely express and manage emotions, create 'feel good' brain chemicals, help reduce stressful feelings and develop thinking skills.

If you have any questions regarding your child's well-being or additional needs, please do not hesitate to speak to one - or both - of us.

Mrs J Mills (SENDCo) and Miss K Meade (Assistant SENDCo)



Embracing Thrive:
a parent and carers guide

The Thrive Approach®

For over 25 years, Thrive has been working with schools, settings and organisations to support the mental health and wellbeing of children and young people.

Thrive equips educators with training, resources and an award-winning online tool, so they can better understand children and young people's needs and provide targeted, effective support.

With its focus on building secure relationships and providing positive experiences, Thrive helps young people to feel safe, supported and ready to learn.

Building positive relationships

The connections children and young people have with the adults around them are key to their social and emotional development. Thrive activities focus on providing positive experiences and building trusting relationships. This helps young people to:

- Feel good about themselves and know that they matter
- Feel safe and secure in school
- Improve their emotional wellbeing

- Improve their capacity to be creative and curious
- Build their self-esteem and confidence to learn
- Recognise and manage their feelings
- Think before behaving in a certain way...and much more!

thrive
Removing barriers to learning

How does it work?

Thrive equips educators with strategies and activities to help build young people's social and emotional skills, as well as develop their ability to manage stress and take on life's ups and downs.

The Approach is underpinned by neuroscience, attachment theory and child development research and is suitable for children and young people aged 0-25 years.

What difference does Thrive make?

Schools that have adopted the Thrive Approach have reported many benefits. These include calmer classrooms with fewer disruptions, improved attendance, reduced exclusions and higher achievements. To hear first-hand from settings already using Thrive, visit mythrive.uk/case_studies.

How will my child be involved in Thrive?

Your child will be profiled using Thrive-Online, an award-winning tool used to measure and monitor social and emotional development. Thrive-Online has behaviour and skills surveys that help staff to see where young people are in their development and identify any pupils who could benefit from additional support.

Thrive-Online profiling will be led by school practitioners who will:

- Assess classes, groups and individuals to see where they are in their social and emotional development
- Create targeted action plans to help pupils to manage their behaviour, build emotional resilience and become more open to learning
- Measure and report on progress over time

Find out more

There is lots more information on the Thrive website: thriveapproach.com.

> "Thrive has helped my son tremendously. It has given him more confidence and also it has helped him to calm down in difficult situations. I can see a huge difference in him. He looks forward to his Thrive time."
>
> Parent

thrive
Removing barriers to learning

A parent's guide to creative expression of emotion at home

Let's help every child thrive

Often, when a big feeling happens for children and young people, it pops up with no warning. These helpful tips on how to use arts and creativity alongside your children and young people at home will help you find ways to safely express and manage emotions, create 'feel good' brain chemicals, help reduce stressful feelings and develop thinking skills.

These activities are designed for you to do together. This is important as it helps build a strong, supportive relationship, enabling you to explore emotion and develop a shared language for communicating feelings.

Many favourite memories relate to one or more of our senses. For example, during a walk through the woods, the smell of a campfire might stimulate your brain to bring back a memory of a similar time, maybe a cub camp or toasting marshmallows on the fire, in turn this could make you smile or have a warm feeling. All of the activities below will engage different senses and help to develop expressive, emotional language during the activity.

Activities

Key phrases to try out during the activities are: "Show me", "I'm curious about...", "Let's try it together"

Sensory words to try:
bright, shiny, dim, sparkly, scary, crunchy, squelchy, hard, soft, cold, warm, slimy, mushy, rough, scaly, sour, sweet, bitter, spicy, fruity. Feel free to add your own words to this list.

Sensory exploration

From birth through childhood and beyond, sensory exploration helps to make sense of the world around us by using our senses of tasting, smelling, seeing, touching and hearing. Engaging our senses will help us to learn and retain information well, it is crucial for brain development.

Activities to try: Baking using store cupboard ingredients, kneading bread dough, making a calm bottle, creating a sensory garden/tub, for older children and young people they enjoy making slime, creating new culinary dishes or natural fruity facemasks to invigorate the senses.

Music and movement

Helps to increase body awareness, spatial awareness and co-ordination. This allows children freedom to communicate all sorts of emotions without judgment or expectation. Music can offer us the opportunity to experience loudness, quietness, energy, calm and everything in between.

Activities to try: Dance, percussion, creating playlists linked to a feeling, rough and tumble play, tai chi, yoga, silly walks, silly faces, follow my leader. Music is one of the most fundamental ways we can express emotion, older children and young people could be supported to compile playlists to reflect a range of feelings and emotions. Music has a fundamental impact on the reward pathways of the brain and can trigger "feel happy" chemicals which can help to calm and regulate.

Animals and nature

Nature exists as a free, magical and endless source of calming and soothing. Within nature and in our homes, animals offer an instant source of joy, unconditional love and increase our levels of oxytocin, the love hormone.

Activities to try: Spending time looking, listening, foraging, smelling and touching the things that nature offers us. Just remember to wash hands, remove your rubbish and forage safely. Try sand play, mud play, water play, mini beasts, hugging/stroking pets, cloud watching, star gazing, rain drop races, dancing in the rain, running along a beach, walking through the woods. For teenagers, they enjoy seeking out risk taking behaviour and trying new things. The outdoors is great way to enable teens to take calculated risks and push their boundaries to the limits. Fishing, hiking, rock climbing are some great ways to support them in this way.

Drawing and painting

Getting messy is a great way to engage the senses and helps children to create shapes and images for fun and to explore emotion.

Activities to try: Painting rocks, mandala colouring, painting an image to show a feeling, hand or foot painting, landscapes, self portraits.

Our adolescents too need to have a creative outlet to explore emotions. Journaling is an excellent way to allow them to express emotions through drawing, scribbling or even painting.

Story telling, writing and drama

Using a puppet to tell a story or act out an event that has happened will help with sequencing, order sorting and problem solving.

Activities to try: Puppet theatre, comfy corner for reading together, writing stories together, telling funny stories.

Make and model

Encouraging children to make something out of nothing will help them to explore sensation, switch on their imagination and feel pride in what they have created.

Activities to try: Junk modelling, play dough, clay, shaving foam shapes.

"It is in playing and only in playing that the individual child or adult is able to be creative and to use the whole personality, and it is only in being creative that the individual discovers the self."
Donald Woods Winnicott

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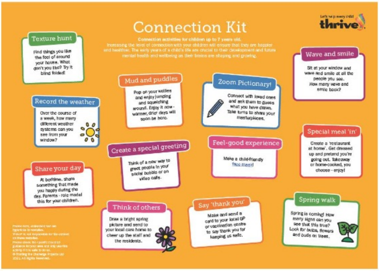

Let's help every child thrive

Connection Kit

Connection activities for children up to 7 years old.

Increasing the level of connection with your children will ensure that they are happier and healthier. The early years of a child's life are crucial to their development and future mental health and wellbeing as their brains are shaping and growing.

Texture hunt
Find things you like the feel of around your house. What don't you like? Try it blind folded!

Record the weather
Over the course of a week, how many different weather systems can you see from your window?

Mud and puddles
Pop on your wellies and enjoy jumping and squelching around. Enjoy it now - warmer, drier days will soon be here.

Zoom Pictionary!
Connect with loved ones and ask them to guess what you have drawn. Take turns to share your masterpieces.

Wave and smile
Sit at your window and wave and smile at all the people you see. How many wave and smile back?

Create a special greeting
Think of a new way to greet people in your social bubble or on video calls.

Feel-good experience
Make a child-friendly face mask!

Special meal 'in'
Create a 'restaurant at home'. Get dressed up and pretend you're going out. Takeaway or home-cooked, you choose - enjoy!

Share your day
At bedtime, share something that made you happy during the day. Parents - role model this for your children.

Think of others
Draw a bright spring picture and send to your local care home to cheer up the staff and the residents.

Say 'thank you'
Make and send a card to your local GP or vaccination centre to say thank you for keeping us safe.

Spring walk
Spring is coming! How many signs can you see that this true? Look for bulbs, flowers and buds on trees.

Please note, underlined text are hyperlinks to websites. Thrive® is not responsible for the content on these websites. Please check the specific Covid-19 guidance for your area and only use this activity if it is safe to do so.

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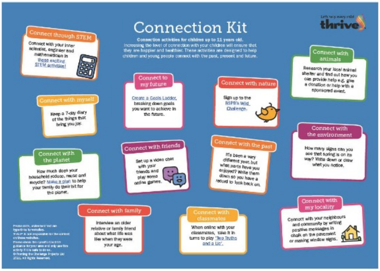

Let's help every child thrive

Connection Kit

Connection activities for children up to 11 years old.

Increasing the level of connection with your children will ensure that they are happier and healthier. These activities are designed to help children and young people connect with the past, present and future.

Connect through STEM
Connect with your inner scientist, engineer and mathematician in these exciting STEM activities!

Connect to my future
Create a Goals Ladder, breaking down goals you want to achieve in the future.

Connect with nature
Sign up to the RSPB's Wild Challenge.

Connect with animals
Research your local animal shelter and find out how you can provide help e.g. give a donation or help with a sponsored event.

Connect with myself
Keep a 7-day diary of the things that bring you joy.

Connect with the environment
How many signs can you see that spring is on its way? Write down or draw what you notice.

Connect with the planet
How much does your household reduce, reuse and recycle? Make a plan to help your family do their bit for the planet.

Connect with friends
Set up a video chat with your friends and play some online games.

Connect with the past
It's been a very different year, but what parts have you enjoyed? Write them down so you have a record to look back on.

Connect with family
Interview an older relative or family friend about what life was like when they were your age.

Connect with classmates
When online with your classmates, take it in turns to play 'Two Truths and a Lie'.

Connect with my locality
Connect with your neighbours and community by writing positive messages in chalk on the pavement or making window signs.

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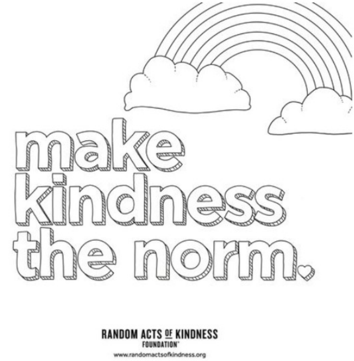
Our Wild Week!

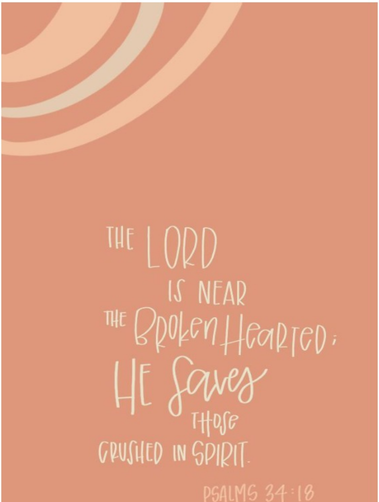
Our children - and staff! - have had an incredible week learning all about different animals and receiving exciting first-hand experiences.

We must send a **HUGE** thank you to parent Connie from Wild About Britain who has organised it all.

Thank you, Connie!

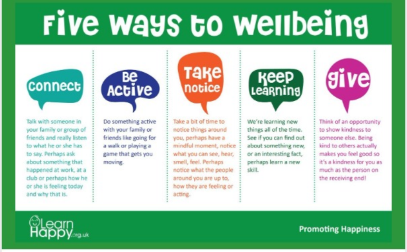
Predator or prey?


make kindness the norm.
RANDOM ACTS OF KINDNESS FOUNDATION
www.randomactsofkindness.org


THE LORD IS NEAR THE BrokenHearted; HE Saves THOSE CRUSHED IN SPIRIT.
PSALMS 34:18

5 Steps to Mental Well-Being

Do check out the NHS website for tips on how to support your mental health.



Five ways to wellbeing

Connect

Talk with someone in your family or group of friends and really listen to what he or she has to say. Perhaps ask about something that happened at work, at a club or perhaps how he or she is feeling today and why that is.

Be Active

Do something active with your family or friends like going for a walk or playing a game that gets you moving.

Take notice

Take a bit of time to notice things around you, perhaps have a mindful moment, notice what you can see, hear, smell, feel. Perhaps notice what the people around you are up to, how they are feeling or acting.

Keep Learning

We're learning new things all of the time. See if you can find out about something new, or an interesting fact, perhaps learn a new skill.

give

Think of an opportunity to show kindness to someone else. Being kind to others actually makes you feel good so it's a kindness for you as much as the person on the receiving end!

LearnHappy.org.uk

Promoting Happiness

Year 3 Educational Visit to RHS Garden Wisley

Our Year 3 children had a wonderful time last Friday 'connecting' with nature, 'noticing' the plants and flowers around them and 'learning' lots about different species of plants.

SEND Advice for Parents

SEND Advice SURREY
Special Educational Needs and Disabilities information, advice and support

SEND Advice Surrey

SEND Advice Surrey is Surrey's Special Educational Needs and/or Disabilities information, advice and support (SENDIAS) service.

They provide information, advice and support to parents, carers and young people with special educational needs and/or disabilities (SEND) aged 0 to 25 years.

Contact them HERE.

IPSEA

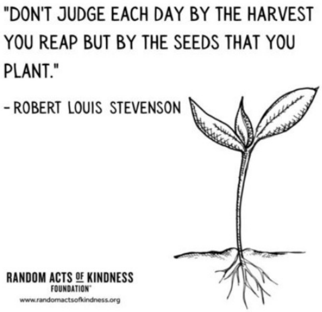
IPSEA are the leading charity in the field of SEND law in England, and provide free and independent legal advice and support to families of children and young people with SEND.

Do check out their website for more information.

Garry Freeman Interview

Garry is an independent SEND expert and teacher of 40+ years. He delivers sold-out sessions on SEND Funding and the Law.

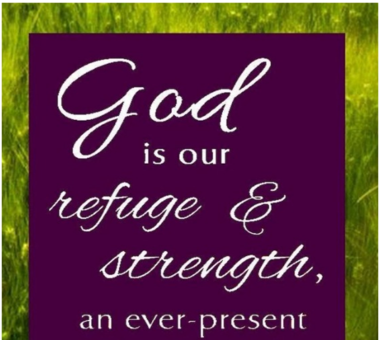
If you have any questions regarding the legalities of anything to do with SEND, including applying for an EHCP, please do watch this video.



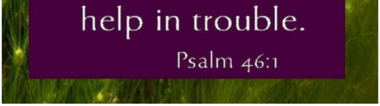
"DON'T JUDGE EACH DAY BY THE HARVEST YOU REAP BUT BY THE SEEDS THAT YOU PLANT."

- ROBERT LOUIS STEVENSON

RANDOM ACTS OF KINDNESS FOUNDATION™
www.randomactsofkindness.org



God is our refuge & strength, an ever-present


help in trouble.

Psalm 46:1

Purple Ella

Purple Ella, a mother with autism, writes and shares videos about her family's diagnoses and lifestyle in this practical, yet relatable blog about autism.

Readers can learn more about topics such as what it's like to be an autistic college student, how to manage autism with chronic illness, handling bullying, and more.

For those parents on the Autism Spectrum, and for those parents who aren't, do check out these **blogs**.

SAFEGUARDING

If you have any concerns regarding a child, please ask to speak to one of our safeguarding team below straight away by telephoning the school on 01483 273286:

Mrs S Salter: Deputy Headteacher / Designated Safeguarding Lead

Mrs K Pelazza: Headteacher / Deputy Designated Safeguarding Lead

Mrs T Church: ELSA / Deputy Designated Safeguarding Lead

All the above members of staff will now be wearing a black lanyard with the initials 'DSL' in yellow, so we're easy to spot!

You can also contact one of the following:

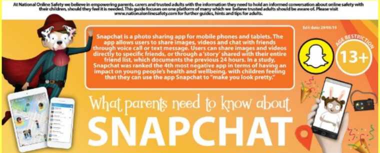
C-Spa (Surrey Children's Services):

- **Phone:** 0300 470 9100
- **Email:** cspa@surreycc.gov.uk

NSPCC: 0808 800 5000

Police: 999 (where you believe a child is at immediate risk of harm)

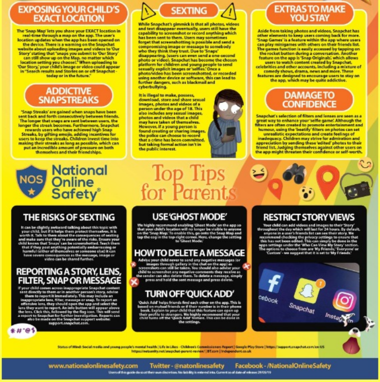
ONLINE SAFETY


At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

Edit date: 29/05/19

Snapchat is a photo sharing app for mobile phones and tablets. The app allows users to share images, videos and chat with friends through voice call or text message. Users can share images and videos directly to specific friends, or through a 'story' shared with their entire friend list, which documents the previous 24 hours. In a study, Snapchat was ranked the 4th most negative app in terms of having an impact on young people's health and wellbeing, with children feeling that they can use the app Snapchat to "make you look pretty."

AGE RESTRICTION
13+
What parents need to know about
SNAPCHAT



EXPOSING YOUR CHILD'S EXACT LOCATION

The 'Snap Map' lets you share your EXACT location in real-time through a map on the app. The user's location updates when the app has been opened on the device. There is a warning on the Snapchat website about uploading images and videos to 'Our Story' stating that "snaps you submit to 'Our Story' can still show up on the Map, no matter which location setting you choose!." When uploading to 'Our Story,' your child's image or video could appear in "Search results and Stories on or off Snapchat - today or in the future."

ADDICTIVE SNAPSTREAKS

'Snap Streaks' are gained when snaps have been sent back and forth consecutively between friends. The longer that snaps are sent between users, the longer the streak becomes. Furthermore, Snapchat rewards users who have achieved high Snap Streaks, by gifting emojis, adding incentives for users to keep the streaks. Children invest time into making their streaks as long as possible, which can put an incredible amount of pressure on both themselves and their friendships.

SEXTING

While Snapchat's gimmick is that all photos, videos and text disappear eventually, users still have the capability to screenshot or record anything which has been sent to them. Users may sometimes forget that screenshotting is possible and send a compromising image or message to somebody who they think they trust. Due to 'Snaps' disappearing, (users can even send a one-second photo or video), Snapchat has become the chosen platform for children and young people to send sexually explicit images or 'selfies.' Once a photo/video has been screenshotted, or recorded using another device or software, this can lead to further dangers, such as blackmail and cyberbullying.

It is illegal to make, possess, download, store and share sexual images, photos and videos of a person under the age of 18. This also includes any sexual images, photos and videos that a child may have taken of themselves. However, if a young person is found creating or sharing images, the police can choose to record that a crime has been committed, but taking formal action isn't in the public interest.

EXTRAS TO MAKE YOU STAY

Aside from taking photos and videos, Snapchat has other elements to keep users coming back for more. 'Snap Games' is a feature within the app where users can play minigames with others on their friends list. The games function is easily accessed by tapping on the rocket button during a conversation. Another feature on the app is 'Snap Originals', which allows users to watch content created by Snapchat, celebrities and other accounts, including a mixture of comedy shows, drama, news and more. These features are designed to encourage users to stay on the app, which may be quite addictive.

DAMAGE TO CONFIDENCE

Snapchat's selection of filters and lenses are seen as a great way to enhance your 'selfie game'. Although the filters are often created to promote entertainment and humour, using the 'beatify' filters on photos can set unrealistic expectations and create feelings of inadequacy. Children may strive for admiration and appreciation by sending these 'edited' photos to their friend list. Judging themselves against other users on the app might threaten their confidence or self-worth.

National Online Safety®

Top Tips for Parents

THE RISKS OF SEXTING

It can be slightly awkward talking about this topic with your child, but if it helps them protect themselves, it is worth it. Talk to them about the consequences of sexting and make sure that they're aware of the risks. Ensure your child knows that 'Snaps' can be screenshotted. Teach them that if they post anything potentially embarrassing or harmful (either of themselves or someone else) it can have severe consequences as the message, image or video can be shared further.

REPORTING A STORY, LENS, FILTER, SNAP OR MESSAGE

If your child comes across inappropriate Snapchat content sent directly to them or in another person's story, advise them to report it immediately. This may include an inappropriate lens, filter, message or snap. To report an offensive lens, they should open the app and select the lens they want to report. An info button will appear above the lens. Click this, followed by the flag icon. This will send a report to Snapchat for further investigation. Reports can also be made on the Snapchat support website: support.snapchat.com.

USE 'GHOST MODE'

We highly recommend enabling 'Ghost Mode' on the app so that your child's location will no longer be visible to anyone on the 'Snap Map.' To enable this, go onto the Snap Map and tap the cog in the top-right corner. Here, change the setting to 'Ghost Mode.'

HOW TO DELETE A MESSAGE

Advise your child never to send any negative messages (or images through gallery in the chat on the app) as screenshots can still be taken. You should also advise your child to screenshot any negative comments they receive as the sender can also delete them. To delete a message, simply press and hold the sent message and press delete.

TURN OFF 'QUICK ADD'

'Quick Add' helps friends find each other on the app. This is based on mutual friends or if their number is in their phone book. Explain to your child that this feature can open up their profile to strangers. We highly recommend that your child turns off the 'Quick Add' feature. This can be done in the settings.

RESTRICT STORY VIEWS

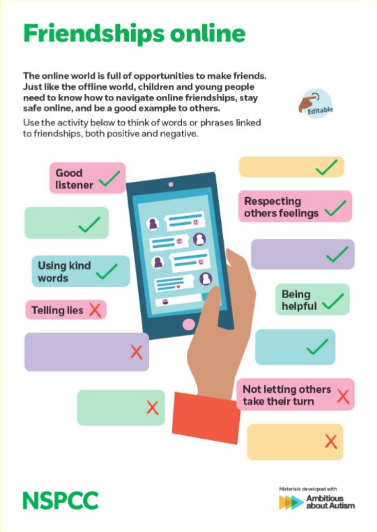
Your child can add videos and images to their 'Story' throughout the day which will last for 24 hours. By default, anyone in a user's friends list can see their story. We recommend checking the privacy settings to ensure that this has not been edited. This can simply be done in the apps settings under the 'Who Can View My Story' section. The options to choose from are 'My Friends,' 'Everyone' or 'Custom' - we suggest that it is set to 'My Friends.'

Status of Mind: Social media and young people's mental health | Life in Likes - Children's Commissioners Report | Google Play Store | https://support.snapchat.com/en-US
https://netsanity.net/snapchat-parent-review/ | BT.com | Independent.co.uk

www.nationalonlinesafety.com Twitter - @natonlinesafety Facebook - /NationalOnlineSafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of date of release: 29/05/19

ONLINE SAFETY HELP FOR CHILDREN WITH SEND



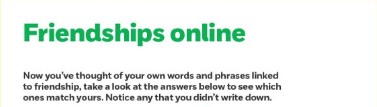
Friendships online

The online world is full of opportunities to make friends. Just like the offline world, children and young people need to know how to navigate online friendships, stay safe online, and be a good example to others.

Use the activity below to think of words or phrases linked to friendships, both positive and negative.

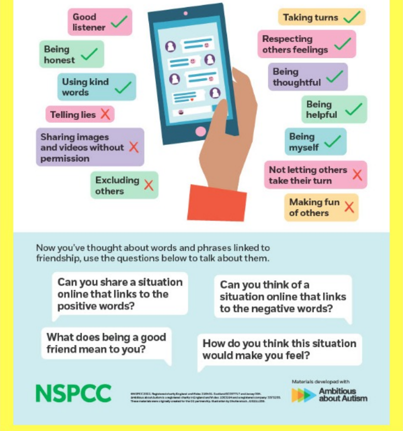
NSPCC

Materials developed with Ambitious about Autism



Friendships online

Now you've thought of your own words and phrases linked to friendship, take a look at the answers below to see which ones match yours. Notice any that you didn't write down.



- Good listener ✓
- Being honest ✓
- Using kind words ✓
- Telling lies ✗
- Sharing images and videos without permission ✗
- Excluding others ✗
- Taking turns ✓
- Respecting others feelings ✓
- Being thoughtful ✓
- Being helpful ✓
- Being myself ✓
- Not letting others take their turn ✗
- Making fun of others ✗

Now you've thought about words and phrases linked to friendship, use the questions below to talk about them.

Can you share a situation online that links to the positive words?

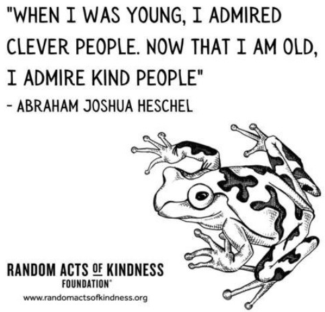
Can you think of a situation online that links to the negative words?

What does being a good friend mean to you?

How do you think this situation would make you feel?

NSPCC

Materials developed with Ambitious about Autism



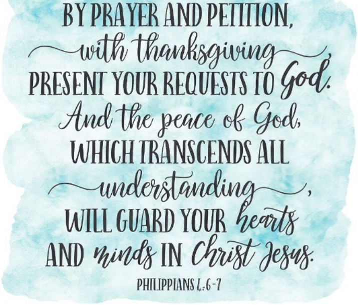
"WHEN I WAS YOUNG, I ADMIRED CLEVER PEOPLE. NOW THAT I AM OLD, I ADMIRE KIND PEOPLE"

- ABRAHAM JOSHUA HESCHEL

RANDOM ACTS OF KINDNESS FOUNDATION®

www.randomactsofkindness.org

Do not be anxious
ABOUT ANYTHING,
but in every situation,



BY PRAYER AND PETITION,
with thanksgiving,
PRESENT YOUR REQUESTS TO God.
And the peace of God,
WHICH TRANSCENDS ALL
understanding,
WILL GUARD YOUR hearts
AND minds IN Christ Jesus.
PHILIPPIANS 4:6-7

NSPCC
Make a glitter jar
What's in the box?
Let's calm down together...
Get colouring in!
Mindfulness for busy days

NSPCC Mindfulness Guide

For £6.99, the NSPCC are offering a mindfulness guide for parents to support their children (try code 'NEW10' for a 10% discount!)

Each pack includes a 10-page booklet for adults full of tips on how to be a mindful parent, an A3 poster for children with tips on how to calm down before bedtime, and 6 fun-filled activities.

SensorySmart
GETTING DRESSED WITHOUT THE STRESS

Inclusive Children's Clothing

Well done to M&S for their 'easy dressing' range aimed at children with needs.

Check out some more sensory-friendly fashion brands HERE including Hampshire's Sensory Smart.

Let's Celebrate!

HOUSE POINTS

Check out our total to date on the website's Home Page, too!

HOUSE	Weekly TOTAL	TOTAL To Date
Otters	**871**	**1,507**
Porpoises	812	1,312
Dolphins	644	1,128
Whales	699	1,118

House Point Winner	Class
Renee, Matilda, Shay	Reception
Phoebe, Hebron, Michael	Year 1
Lukian, Tawana, Lincoln, Amelia	Year 2
Xavier, Noah, Evelyn, Scarlett, Callum, Towa, Vinnie	Year 3
Davut, Emily, Amy	Year 4
Dexter, Radek, Alex, Ollie	Year 5
Daryna, Sonny, Ethan, Hannah, Esther, Jimmy	Year 6

OUR WEEKLY WINNERS!

READY, RESPECTFUL, SAFE	SPOTLIGHT AWARD	Class
Rehan	Willow	Reception
John	Isabelle	Year 1
Amelia E	Danil F	Year 2
Towa	Scarlett	Year 3 OJ
Layla	Tracy	Year 3 JT
Chloe	Thalia	Year 4
Paddy	Simon	Year 5
Lira	Hannah	Year 6 AM
Lara	Jemima	Year 6 MM

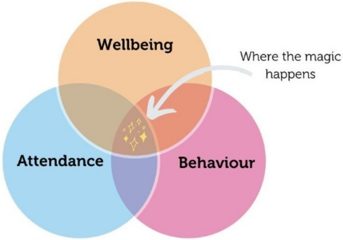
ATTENDANCE CHAMPIONS

CLASS	WEEKLY ATTENDANCE %	ATTENDANCE TO DATE
Reception	87%	87%
Year 1	77%	88%
Year 2	89%	87%
Year 3	95%	92%
Year 4	91%	90%
Year 5	83%	89%
Year 6	95%	91%

Well done to Year 3 and Year 6 for having the highest attendance this week! We're so proud of you all!

Well done to Year 3 for having the highest attendance to date this academic year. Keep up the great effort!

And please remember, well-being and attendance are inextricably linked. So...



...let's keep our children attending school regularly.

If you would like any support in getting your child to school regularly and on time, please make an appointment to speak with Attendance Lead, Miss Newman.

CHECK OUT OUR SOCIAL MEDIA ACCOUNTS!
FACEBOOK
X (FORMERLY TWITTER)

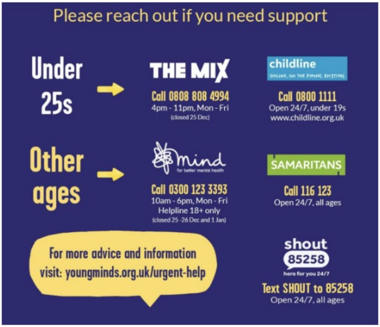
Do check out our social media accounts to stay up-to-date with all the latest information:

Facebook

X (Formerly Twitter)

Mental Health Support

It's ok not to be ok...



Please reach out if you need support

Under 25s →

THE MIX
Call 0808 808 4994
4pm - 11pm, Mon - Fri
(closed 25 Dec)

childline
ONLINE, ON THE PHONE, ANYTIME
Call 0800 1111
Open 24/7, under 19s
www.childline.org.uk

Other ages →

mind
for better mental health
Call 0300 123 3393
10am - 6pm, Mon - Fri
Helpline 18+ only
(closed 25 -26 Dec and 1 Jan)

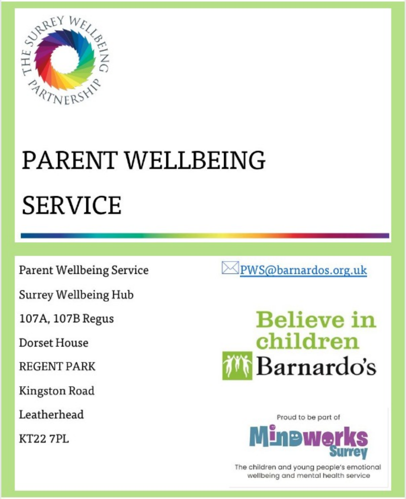
SAMARITANS
Call 116 123
Open 24/7, all ages

For more advice and information visit: youngminds.org.uk/urgent-help

shout 85258
here for you 24/7
Text SHOUT to 85258
Open 24/7, all ages

COMMUNITY NOTICES

CRANLEIGH • EWHURST • SURREY



THE SURREY WELLBEING PARTNERSHIP

PARENT WELLBEING SERVICE

Parent Wellbeing Service
Surrey Wellbeing Hub
107A, 107B Regus
Dorset House
REGENT PARK
Kingston Road
Leatherhead
KT22 7PL

PWS@barnardos.org.uk

Believe in children
Barnardo's

Proud to be part of
Mindworks Surrey
The children and young people's emotional wellbeing and mental health service

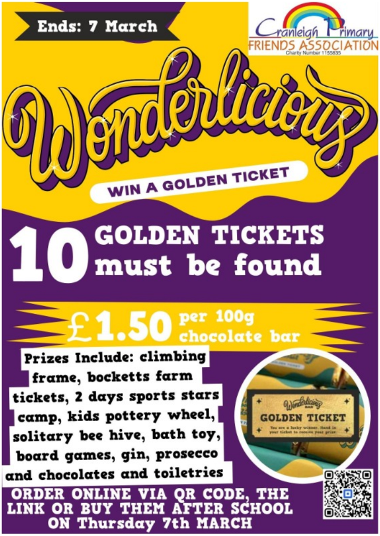
We're raising money for Red Nose Day 2024!

Please click the **link** or scan the QR code below.

We appreciate money is tight for many. If you're unable to donate, we understand; perhaps you could share our pages on social media instead.

Cranleigh C of E Primary School

We're fundraising for
Red Nose Day 2024!


Cranleigh Primary FRIENDS ASSOCIATION
Charity Number 1155835
Wonderlicious BAR
GOLDEN TICKET
You are a lucky winner. Hand in your ticket to receive your prize.

Ends: 7 March

Wonderlicious

WIN A GOLDEN TICKET

10 GOLDEN TICKETS must be found

£1.50 per 100g chocolate bar

Prizes Include: climbing frame, bocketts farm tickets, 2 days sports stars camp, kids pottery wheel, solitary bee hive, bath toy, board games, gin, prosecco and chocolates and toiletries

ORDER ONLINE VIA QR CODE, THE LINK OR BUY THEM AFTER SCHOOL ON Thursday 7th MARCH

Have a wild learning
ADVENTURE
We accept payment by
Tax-free Childcare

Activities may include:

- **Rope bridges** ● **Tracking & trailing** ● **Wide games** ● **Storytelling**
- **Wild art** ● **Killer frisbee** ● **Craft skills** ● **Fire lighting**

Forest school holiday club at Winkworth Arboretum

Easter holidays: 10.30-4.30. Years 1-6. £49/day

Hascombe Rd, Godalming, GU8 4AD

For more details or to book a place visit
www.wild-learning.net

Click here to Book

National Trust

wild learning
tired, dirty, happy children

Den Building Kit

Take the adventure home with our new den building kit. Everything you need to build your woodland den in a sturdy rucksack.
Includes: two waterproof tarpaulins, rot-proof cordage, a shatterproof waterbottle, a whistle with compass and thermometer and a head torch – all in a sturdy knapsack. For the adventurous kid in your life. Ages 4+.
www.wild-learning.net/adventure-kits/

Fire Lighting Kit

FIRE LIGHTING

Learn how to start a fire – anywhere, without matches – with our Fire Lighting kit, in a tin! Practice spark striking onto a fireproof ceramic tile using specially-sourced natural kapok tinder and a Swedish Light My Fire fire striker. When you're ready, use the fatwood kindling stick to make natural firelight shavings to extend your flame and get your campfire going. Adult supervision required.
www.wild-learning.net/adventure-kits/

Outdoor learning for your class

Wild Learning activity days link with your classroom projects to create a new dimension for your pupils' experience. Learn about ecosystems, understand how the landscape evolves or try out the skills our ancestors would have had to have. Explore boundaries, learn about risk and responsibility, and develop team skills. Our natural spaces are perfect to launch, complement or culminate classroom projects.

"We just wanted to say a HUGE thank you to you and your lovely leaders for a WONDERFUL four weeks of forest school at the common. All your staff were brilliant and made our mornings fun and exciting. I can't express what a brilliant experience it was! We all learnt so much!"

For more details about our schools programmes, or to book a visit, mail **schools@wild-learning.net** or see
www.wild-learning.net

wild learning
tired, dirty, happy children

ULTIMATE ACTIVITY CAMPS
GET SET FOR ULTIMATE SCHOOL HOLIDAY FUN!
PAY BY CHILDCARE VOUCHERS
OFSTED REGISTERED
Exceptional activity camps for children aged 4 to 14 at
PRIOR'S FIELD SCHOOL
IN GODALMING
Monday - Friday
8 am to 6 pm
this Easter & summer.
FRESH AIR FUN
INSPIRING CHILDREN EVERYDAY
FLEXIBLE BOOKINGS
ULTIMATEACTIVITY.CO.UK
EARLY BOOKING OFFER NOW ON!

OUR SCHOOL CALENDAR

Full calendar dates can be found on our website.

Chicks Arriving in Reception! ALL DAY	04 March
Lunchtime concert (Arts Centre) 12:30PM – 2:00PM	05 March
Science Week ALL DAY From 11 Mar until 15 Mar	11 March
Music Works Spring Performance for Parents 9:00AM – 10:00AM	13 March
Science Farm Live: A day in the life of a farmer (KS1) 11:00AM – 12:00PM	13 March
Science Farm Live: A day in the life of a farm vet (Lower KS2) 11:00AM – 12:00PM	14 March
Science Farm Live: A day in the life of a farm vet (Upper KS2) 2:00PM – 3:00PM	14 March
Year 6 SATs Parents' Meeting 3:30PM – 4:30PM	14 March
Poster for Peace Competition Deadline (Cranleigh Lions) ALL DAY	15 March
Red Nose Day - Children to wear red! ALL DAY	15 March
Book Week ALL DAY From 18 Mar until 22 Mar	18 March

Parents' Meetings 3:30PM – 6:00PM	19 March
Parents' Meetings 3:30PM – 6:00PM	21 March
World Book Day Dress Up ALL DAY	22 March
No after school clubs today ALL DAY	25 March

Happy
Weekend