



# Gwladys Street CP & Nursery School



News Letter 19th July 2024 - Boletín informativo 12 de Julio de 2024



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@GwladysStPrim



www.gwladysstreet.or

## MESSAGE FROM THE HEAD TEACHER

Dear parents and carers,

We have reached the end of another academic year and it has been a brilliant, final week.

The Y6 Leaver's Assembly was fantastic and they presented their own version of Eurovision. The singing, dancing and presenting was phenomenal. They also thoroughly enjoyed their prom, making full use of the photo booth and dancing the night away.

A big thank you to all who supported our summer fayre yesterday. The rain managed to hold off and we raised lots of money for school fund. By far the most profitable stall was 'soak the teacher' so a big thank you to the staff who volunteered to be soaked! When we have counted all of the money from the fayre, we will let you know how much we raised. All proceeds from the fayre will be used to fund educational visits out of school and visitors into school.

If you are feeling low and need support during the holiday, please go to our website as we have signposted a number of agencies and services that can help.

Finally, have a wonderful summer and enjoy the time with your fantastic children. We look forward to seeing you all on Tuesday 3rd September 2024.

Best wishes, Ms Booth and Team.



Diary Dates

**Children Return To School**  
**Tuesday 3rd September**



# RAFFLE WINNERS ANNOUNCED!

Chester Zoo Family Ticket—Ivy-Rose A—Class Germany

Guillivers World Ticket—Milosz S—China

Breakout Liverpool—Jeanette—School Cleaner

Eureka Ticket—Emily S—Ladybirds

Acorn Farm Family Pass—Sophie P—Caterpillars

Bubbles Ticket—Isabelle D—Ladybirds

Bubbles Ticket—Ryan L—Australia

Bubbles Ticket—Lainey Jo L—China

Williamson Tunnels Tour—Freddie B—Kenya

Brimstage Maze—Cherry Blossom R

1st Kick Football 1 day—Ryan H—Japan

Toaster—Benjamin SH—Chile

Food Hamper—Tommy G—Chile

Sweet Hamper —Bailey C—Japan

Sweet Hamper—Cain D—Japan

Relax Hamper—Thea C—France

Relax Hamper—Sky Y—Morocco

Wine & Chocolate Hamper—Scarlett K—India



# School Penalty Notice Fines for Attendance are Changing from August

With the introduction of the new National Framework for Penalty notices, the following changes will come into effect for all Fines issued after August 19th 2024

## Per Parent, Per Child

Penalty Notice Fines will now be issued to each parent, for each absent child.

**For Example:** 3 siblings absent for leave during term time would result in each parent receiving 3 separate fines.

## First Offence

The first time a penalty Notice is issued for Term Time leave or irregular attendance the amount will be:  
£160 per parent, per child when paid within 28 days.  
Reduced to £80 per parent per child if paid within 21 days.

## Second Offence

(within 3 years)

The second time a Penalty Notice is issued for Term Time Leave the amount will be £160 per parent, paid within 28 days

## 5 Consecutive Days of Term Time Leave

Penalty Notice Fines will be issued for term time leave of 5 or more consecutive days. Inset Days are school days and can be included in the 5 or more consecutive days where there was intent to be absent for term time

## 10 Sessions of unauthorised absence in a 10-Week period

Penalty Notice Fines will be considered when there has been 10 sessions of unauthorised absence in a 10 week period

## Third Offence (and any further offences within 3 years)

The Third time a Penalty Notice is issued for Term Time Leave the case will be presented straight to the Magistrates court. Where fines of up to £2500 per parent, per child can be issued.

**Note:** Cases found guilty in Magistrates Court can show on Parents future DBS certificates as a 'Failure to safeguard a child's education'.

MoneySavingCentral



Please click [here](#) to view term dates for the next school year.

**Dinner money, Breakfast club and Extra Nursery Session payments should be made at the weekend in advance for the following week. Payment can be made online through Parent Pay. Thank you.**

**Free School Meals**  
  
**Are you entitled?**

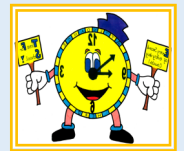
**You might be eligible for Free School Meals**  
**[Apply Here](#)**  
**and receive an immediate answer.**



ParentPay



# Attendance Matters



Whole School Target: 97% -

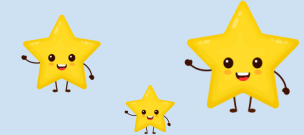
This week's Whole school attendance: 91.1%

**Absence**—if your child is absent from school you **MUST** contact the school before 9:00am each day of your child's absence. Failure to make any contact with the school will result in a home visit from staff and Head teacher.

**Appointments**—should be arranged outside of the school day and if this is not possible,

<u>Class</u>	<u>Attendance %</u>	<u>Position</u>
Costa Rica	95.6%	1st
Russia	95.3%	2nd
China	94.8%	3rd
Australia	94.5%	4th
India	92.6%	5th
Butterflies	92.4%	6th
Germany	92.3%	7th
Morocco	92%	8th
Japan	91.7%	9th
New Zealand	91%	10th
Kenya	91%	10th
Chile	89%	12th
Caterpillars	87%	13th
Ladybirds	86.9%	14th
France	82.9%	15th

**Perfect Attendance!**



- |               |                 |
|---------------|-----------------|
| Amal A        | Kganya N        |
| Qasim A       | Harper N        |
| Abdullah B    | Olivia C        |
| Ross B        | Israel O        |
| Caitlin C     | Oluwademilade O |
| King David C  | Michell O       |
| ST Declan C   | Olivia O        |
| Amelia D      | Layad R         |
| Isabelle D    | Esmal R         |
| Amelia E      | Zoe R           |
| Bethel E      | Ibrahim S       |
| Chukwukaima E | Sarjo Yusuph S  |
| Natalia G     | Tia Scott       |
| Eva G         | Aderonke S      |
| Harrison H    | Rim S           |
| Robyn H       | Benjamin S      |
| Rosie Mc      | Johanna S       |
| Heidi M       | Hajarah T       |
| Olivia M      | Fariha U        |
| Giuliana VH   | Ben Williams    |
| Isabelle W    |                 |

**Congratulations!**

To Rosie McNamara in Year 6 who has achieved 99% attendance at Gwladys Street CP & N School since starting in Nursery.

**Congratulations!**

Classes **AUSTRALIA** and **RUSSIA** who are our Attendance winners for the year.

**Congratulations!**





# SCHOOL UNIFORM



Full school uniform must be worn every day.

Please make sure it has your CHILD'S NAME in.

Exceptions can only be made if you have contacted school in advance.

## Nursery (F1)

pupil's uniform will be:

- Royal blue jogging suit consisting of round neck jumper and royal blue jogging bottoms.
- White polo shirt.
- Velcro black shoes with black soles.



## Reception (F2)

pupil's uniform will be:

- Royal blue jogging suit consisting of round neck jumper and royal blue jogging bottoms.
- White polo shirt.
- Velcro black shoes with black soles.
- Grey socks or tights.



## Year 1 and Year 2

pupil's uniform will be:

- Royal blue round neck jumper or cardigan.
- Grey skirt/pinafore or trousers.
- White polo shirt.
- Grey socks or tights.



## Years 3/4/5/6

pupil's uniform will be:

- Royal blue V neck jumper or cardigan.
- Grey skirt/pinafore or trousers.
- White shirt.
- School tie.
- Grey socks or tights.



All children from Reception through to year 6 also require a PE kit.

This consists of:

- A white round neck t-shirt.
- Royal blue shorts.
- Royal blue jogging bottoms and Sweatshirt can also be worn.
- Black pumps or black trainers only.



ORDER ONLINE: 1. [www.gwladysstreet.org](http://www.gwladysstreet.org) 2. About Us 3. Parent Pay Shop



# HAPPY BIRTHDAY TO

Ellissa-Rose C  
Clayton F  
Kady-Rae H  
Ifrah A  
Ruby M  
Kasimma U  
Ruby M  
Luca O  
Michael M  
Heidi M  
Hannah M  
Maddison-mae J  
Tehila A  
Ruby-Rae C  
Avanthika A  
Louie J  
Anthony M  
Sean-Junior O  
Reagan-John C  
Sophia C  
Jasmine M  
Antonia M  
Teddy B  
Adeoluwa S  
Oscar C  
Willow-Isabella

Sylvia D  
Ahmet I  
Lilly-Rose J  
Freya G  
Matilda B  
Logan S  
Michael S  
Lucie C  
Mason J  
Ajay R  
James M  
Daniel M  
Brodie S  
Kristyna G  
Nyashadzashe M  
Elyan A  
Alexandre G  
Lola J  
Luca C  
Lula M  
Shindy A  
Daisy G  
Vihaan M  
Elliot O  
Jack L  
Oscar P

## For Mental Health and Wellbeing

### Crisis Care line

\*Families/Professionals can call: 0151 293 3577 or 0151 282 4724 or freephone 0808 196 3550.

\*Email: [CrisisCare@alderhey.nhs.uk](mailto:CrisisCare@alderhey.nhs.uk)

\*General enquiries: 0151 293 3662

<https://www.liverpoolcamhs.com/children-young-people/covid-19-liverpool-camhs-support/>

### SHOUT (Alder Hey)

A free, confidential, 24/7 text message support service for any CYP who is feeling overwhelmed or struggling to cope.

To start a conversation text the word GREEN to 85258

More info here:

<https://www.liverpoolcamhs.com/reach-out/>

**FamilyLine** is a free service available to support adult family members on all aspects of family life issues via telephone, text message and email.

Whether it's emotional support or practical advice on any aspect of parenting or broader family issues.

We are open Monday to Friday: 9am –9pm.

The helpline will be covered by SHOUT text crisis line outside these hours, including weekends and bank holidays.



**2 go!**  
Raring2go!  
LIVERPOOL

SUMMER ACTIVITIES P6-7  
WATERPARKS P10-11  
FESTIVALS P31

MAGAZINE & WEBSITE THE GO-TO GUIDE FOR YOU AND YOUR CHILD  
[raring2go.co.uk](http://raring2go.co.uk) SUMMER 2024

Trans Pennine Trail  
35 years  
Anniversary  
1989 - 2024

Summer Edition  
**Kids Activity Pack**  
.....

Full of family friendly fun activities and challenges for everyone!

Trans Pennine Trail  
[www.transpenninetrail.org.uk](http://www.transpenninetrail.org.uk)

The Liverpool Lighthouse  
Summer Holiday Club is back! 🎒



Email Kelsey to secure places!

We are excited to announce that this month, we are opening our doors for the Liverpool Lighthouse Summer Holiday Club!

**Please do share the information with the families and parents at your school and let them know that places are still available!**

Young people aged 5-14 are invited to dive into a world of creativity with drama, music, arts and crafts, and more! Plus, a hot lunch and healthy snacks every day 🍷 **All entirely FREE!**

**When:** 📅 Every Tuesday to Friday between 23rd July-16th August

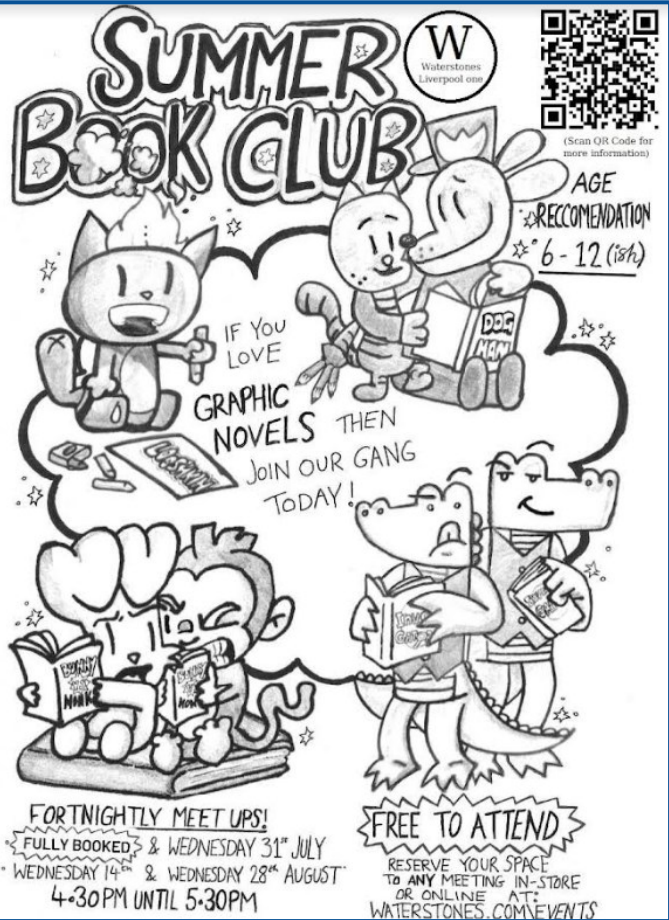
**Who for:** 🕒 9AM-1PM (5-11 year olds)  
12PM-5PM (11-14 year olds)

**Where:** 📍 Liverpool Lighthouse, Oakfield Road, Liverpool, L4 0UF

**How to Sign Up:** ✨ Simply email [kelsey.cullen@liverpoolighthouse.com](mailto:kelsey.cullen@liverpoolighthouse.com) to secure your place! 📅 Book for one week or for every session!

Our program is designed to foster creativity through activities like dance, drama, and crafts. Each week includes a session on healthy eating and nutrition. More than just fun, our program focuses on skills for wellbeing, helping children develop confidence, self-esteem, and communication skills while enjoying enriching creative and cultural activities

**Important Notes:** 🗑️ Young people with SEN and disabilities are welcome, although places may be limited, please contact us to any additional needs before booking your place.



Along with our regular Story Time sessions we're launching a 'Children's Summer Book Club' with free meetings across July and August. We're meeting fortnightly to celebrate our favorite Graphic Novels and share in a 'Make your Own Comic' workshop. The recommended age group is around six to twelve. I've attached an image and document with details.

More information available on our website, let me know if you have any questions.

## EVERTON IN THE COMMUNITY

Everton Summer HAF



Mentored by **EVERTON IN THE COMMUNITY**  
To help to change lives for the better.

Organisation links



📍 Liverpool, L4 4DF

👤 Ages: 5-16

🎟️ FREE HAF Child Ticket Free

📅 Next date: Tuesday 30th Jul, 10:00 - 14:00

🏠 Funded by Liverpool City Council in partnership with MPAC

👥 Universal holiday club with SEND support



## LOCAL FOOD PANTRY @ The Blue Base



**95%**

of people said that being a member of a Local Pantry has improved their household finances.

Everton In the Community, in partnership with Fans Supporting Foodbanks, is welcoming individuals and families to its new member-run food pantry, available for everybody to access in the local community.

Our members will pay £3.50 per visit and in return will receive approximately £20 worth of goods.

Available products include:



Fresh meat.



Fruit and vegetables.



Cereals and tinned items.



Essential hygiene and personal care products.

There is **NO SIGN-UP FEE** for the local pantry, but you must live within the Blue Base boundary, have a child that attends a school in the boundary, or be a current EITC participant to be eligible. Other local pantries are available in other areas.

There are three ways to register your interest and to sign up:

Call: 0151 319 4018

In person: Attend the pantry on any Thursday morning between 10am - 12noon and sign up on the day.

Email: [bluefamilyprogramme@evertonfc.com](mailto:bluefamilyprogramme@evertonfc.com)

We encourage you to register in advance to avoid disappointment!



VIEW ALL AVAILABLE DATES



# What Parents & Educators Need to Know about **WORRY AND ANXIETY**

Worry and anxiety are common emotions experienced by children, often triggered by uncertainty or fear. While worry involves concern about future events, anxiety is a persistent feeling of dread or apprehension. Current statistics indicate a rising prevalence of anxiety disorders among children, and this guide has some expert advice on understanding and addressing these concerns.

## UNDERSTANDING WORRY AND ANXIETY

Worry and anxiety are emotional responses to stress or uncertainty. Worry is typically associated with potential misfortune, while anxiety is characterised by feelings of fear, apprehension or unease. Both can manifest physically through symptoms such as restlessness, fatigue or muscle tension. Understanding the distinction between worry and anxiety is crucial for effectively addressing these concerns in children.

## WHAT ARE THE RISKS?

### LONG-TERM CONSEQUENCES

Untreated worry and anxiety in childhood can have potentially lifelong impacts on a person's mental health and wellbeing. Chronic anxiety may increase the risk of developing anxiety disorders, depression or other mental health conditions later in life. Additionally, unresolved worry and anxiety can negatively impact self-esteem, confidence and overall resilience. It's essential to address these concerns proactively and provide appropriate support and intervention.

### THE IMPACT ON CHILDREN

Excessive worry and anxiety can have profound effects on children's mental and emotional health. It may interfere with their ability to concentrate, sleep or participate in daily activities. Chronic worry and anxiety can also lead to physical symptoms such as headaches, stomach aches or difficulty breathing. Left unchecked, these concerns can escalate and potentially contribute to the development of anxiety disorders later in life.

## DIFFERENTIATING WORRY FROM ANXIETY

While worry and anxiety share similarities – in that they both involve concerns about possible trouble – anxiety tends to be more constant and overwhelming. Worry may come and go depending on circumstances, whereas anxiety can linger regardless of the situation. It's essential to recognise when the former crosses into the latter, as anxiety can significantly impact a child's daily functioning and wellbeing.

### THE EMOTIONAL TOLL

The emotional impact of worry and anxiety on children can be significant, affecting their overall quality of life and wellbeing. Children experiencing chronic worry or anxiety may feel overwhelmed, irritable or helpless. They may also withdraw from social activities or avoid situations that trigger their anxiety, leading to feelings of isolation or loneliness. Addressing these concerns early can help prevent long-term emotional distress and promote healthy coping strategies.

### ACADEMIC & SOCIAL IMPACTS

Impacts on the academic performance and social interactions of children and young people are very possible. Frequent worry or anxiety may impair concentration, memory and problem-solving skills, making it difficult for children to succeed in education. Anxiety can also hinder social development by causing children and young people to avoid social situations or to struggle with communication and interpersonal relationships, potentially leading to feelings of isolation or exclusion.

## Advice for Parents & Educators

### ENCOURAGE OPEN COMMUNICATION

Parents and educators can foster a supportive environment by encouraging children to express their worries and anxieties openly. Actively listening and acknowledging young people's emotions can help them feel understood and supported, reducing the situation's intensity. Creating opportunities for regular check-ins and discussions about one's feelings can promote healthy coping strategies and strengthen communication bonds.

### TEACH COPING STRATEGIES

Empowering children with effective coping strategies is essential for managing worry and anxiety. Encourage the use of relaxation techniques such as deep breathing, mindfulness or progressive muscle relaxation to calm anxious thoughts and promote a sense of composure. Additionally, teaching positive self-talk and problem-solving skills can help children develop resilience and confidence in managing challenging situations.

### CREATE A SUPPORTIVE ENVIRONMENT

Parents and educators play a crucial role in creating a supportive environment that promotes emotional wellbeing. Establishing routines, providing predictability and offering reassurance can help reduce anxiety and create a sense of security for children. Foster a culture of empathy and understanding, where children feel safe enough to express their emotions and seek support when needed.

### SEEK PROFESSIONAL HELP

Recognising when to seek professional help is vital for addressing significant or persistent worry and anxiety in children. If worry or anxiety significantly impacts a child's daily functioning, interferes with their relationships or academic performance, or causes significant distress, it may be necessary to consult with a mental health professional. Early intervention can prevent long-term consequences and promote positive outcomes for children's psychological wellbeing.

## Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which collaborates with schools on improving their mental health provisions.



#WakeUpWednesday

The National College

...DEAR...  
**PARENTS**  
**TAG... YOU'RE IT!!!**  
**LOVE,**   
...  
**TEACHERS**

School's  
ut!