



NEWSLETTER

SOUTHWICK SCHOOL

THIS TERM'S CHRISTIAN VALUE - COMPASSION
FRIDAY 10TH FEBRUARY 2023 - NEWSLETTER 17

Message from Mr Cook

Dear Parents/Carers,

On Tuesday this week I had the pleasure of doing a Reception/KS1 collective worship, based around this term's value - **Compassion**. What struck me most was how good an understanding of compassion the children had. Our youngest children could talk confidently about times they had given and received compassion. It is wonderful to see such young children talking with such confidence and understanding.

Thank you for all your support this term, we look forward to seeing you in a week, ready for Term 4.

Mr Cook

Headlice

There have been cases of head lice in Reception class. Please check your child's hair and treat if necessary.

Trim Trail

Please remember that the trim trail is only to be used during the school day. Please can we ask that you do not allow your children to play on the trim trail before and after school. The trim trail has been installed with an understanding that it is only to be used when monitored by a member of staff.

Anxiety and Worry - Guidance

Below is a link to a booklet that gives parental advice on how to help a child who is worrying a lot or feeling anxious. It helps you differentiate the difference between worrying, feeling anxious and diagnosed anxiety disorders. We would recommend that all parents read this, even if it is not an issue you are facing at the moment:

https://www.moodcafe.co.uk/media/19579/cyp_parents_1_2_web.pdf

Lumi Nova is a game that has been designed to help support 7 - 12 year olds facing anxiety. It can help with: **phobias**, **social anxiety** and **separation anxiety**. There is a great deal of science behind it and it comes highly recommended.

It can be downloaded on smartphone or tablet and more information can be found

<https://luminova.app/parents>

Key Dates

10.02.23

Last day of Term 3

20.02.23

First day of Term 4

03.03.23

Pupil well-being day (with singing teacher)

17.03.23

Mother's Day sale (PTA)