



ST CHAD'S NEWSLETTER

MARCH

A message from Mrs. Smith

I can't quite believe that yet another whole term has passed us by. It has been wonderful to welcome parents and families into school and church for a variety of events. It really does feel more like family again.

We have welcomed three new members of staff to our St Chad's family team...Miss Smith into YR2, Mr Jordan into Reception and Mrs Palmer into YR6. We hope that you will be really happy here at St Chad's.

Easter is a time of love and hope. Jesus came so that we may have life and life in abundance. I appreciate that currently it may not feel like that especially if you and your family are struggling with rising food, energy and mortgage/rent bills. Family and friendship are what helps to keep us going through the tough times. I pray that you all have a fun, family filled Easter holiday. Spring is almost here. Take care! Mrs Smith :0)

WHITEMOOR LAKES Y4

Y4 had a lovely 3 days at Whitemoor Lakes, they enjoyed a range of outdoor activities – Circus skills, archery and climbing to name just a few. A huge thank you to our St Chad's staff who accompanied the children throughout the visit.



School anxiety and refusal: How parents can help their child get through tough times



BBC Bitesize has produced support for parents around school phobia or school-related anxiety. This is also known as emotionally-based school avoidance (EBSA).

This can happen at any age, and it can be more common among children with additional or special educational needs (SEN). There can be many reasons why your child might experience school anxiety, but dealing with it can be stressful for you as a parent, as well as your child.

The BBC Parent's Toolkit provides advice on how to handle 'school refusal' and where to go for help.



ACTION FOR CHILDREN'S STAFFORDSHIRE EMOTIONAL HEALTH AND WELLBEING SERVICE

The service is planning their next Wellbeing Activity Day on Wednesday 12th April 10am-3pm at Chasewater Innovation Centre, Pool Road, Burntwood, WS8 7NL



In addition to the wealth of information you can find on our Staffordshire emotional health and wellbeing website, we are also pleased to share with you Action for Children's **Build Sound Minds** website, which has advice and activities to support children and parents with their mental health and emotional wellbeing. There is even a 'live' parenting service, where parents can talk on-line to a parenting practitioner!

Visit the Build Sound Minds website here: <https://parents.actionforchildren.org.uk/mental-health-wellbeing/>



If you do require any further information or would like to discuss a referral with the Staffordshire emotional health and wellbeing service, please do not hesitate to contact us:

01782 977 877

StaffordshireEWB@actionforchildren.org.uk

<https://www.staffordshire-ewb.actionforchildren.org.uk/>

Contact Us:

01543 226080



office@st-chads-lichfield.staffs.sch.uk

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