



Reception Mrs. Smith

★ Pupil of the Week is Klay Bartlett for becoming more confident to write words without help.

Reception have really enjoyed Roman Day today, learning about Roman soldiers and making swords and shields. Next week we are reading 'Night monkey, day monkey' by Julia Donaldson.

Year 2 Miss Cameron

★ Pupil of the Week is for Max Tantom for using ambitious adjectives throughout his story about the magic door.

Tuesdays are our PE day, please make sure your child comes to school in PE kit that day.

Our next Forest Friday session will now take place on Friday 2nd December (weather permitted, please check dojo closer to the time).

Year 5 Miss Hird and Mrs. Brown

★ **Pupil of the Week**

Pupil of the Week is Andrew Teasdale for working with lots of effort during English lessons.

Nursery Miss King



Pupil of the Week is Jaxx Iddon for being the best litter picker when we were cleaning our school grounds to help protect the animals.

This week Nursery enjoyed a litter pick over the school grounds after learning about how plastic can harm the animals and our environment.

Year 1 Miss Crampton



Pupil of the Week is Skye for writing a fantastic story this week in English using adjectives.

Year 3 Miss Gregg



Pupil of the Week is Tianna Jones for always trying her best and never giving up.



Year 4 Miss Prosser

Pupil of the Week is Aaleyah for her excellent sewing this week. Keep up the good work!

Year 6 Miss Denham

★ **Pupil of the Week**

Pupil of the Week is Harleigh for her teamwork skills whilst playing netball. She scored seven goals during yesterday's competition.



Christmas Production

Costume Requirements

Year 1

Costume requirements - jeans and a checked shirt or plain black t-shirt

Year 2

Information regarding costume requirements will be sent out via Class Dojo.

Year 3

Y3 costume for Christmas performance - Children need to wear black trousers/leggings with a red, yellow or white top. Unless, the children get a main speaking part, in the performance, then their costume will be slightly different.

More information will follow once parts have been decided.

Year 4

Information regarding costume requirements will be sent out via Class Dojo.

Year 5

Information regarding costume requirements will be sent out via Class Dojo.

Year 6

Y6 costume for Christmas performance - Children need to wear black trousers/leggings with a red, green, yellow or blue t-shirt (any colour on the African flag). Unless, the children get a main speaking part, in the performance, then their costume will be slightly different. More information will follow once parts have been decided.

Sports Stars



Year 1:
Logan Smith

Fox Hindmarsh

Year 2:
Max Tantom
Taylor Scaife

Year 3:
Alex Taylor
Amelia Smith

Year 4:
Autumn Thompson
Aaleyah Clarke

Year 5:
Haydn Biggs
Dean Howe
Harley Clarke
Mason Ferguson
Ellis Stanley

Year 6:
Olivia King
Tarleea Kennedy
Aiden Forster

Elf Day

Dress up as an elf (if you want to of course) on Friday 2nd
December.



Christmas Jumper Day

Wear your Christmas jumper (if you want to of course)
on Wednesday 14th December.

Coughs and Colds

General guidance regarding respiratory infections, including Covid-19 for you to share with your school community.

The summary below is based on the current government guidance for [Living safely with respiratory infections, including Covid-19](#)

Respiratory infections including Covid-19, can spread easily and cause serious illness in some people.

By following the guidance everyone can help to reduce the spread of respiratory infections:

- Get vaccinated, a full course of Covid-19 vaccine provides protection against severe disease, and get a booster dose if you are offered one
- Ensure good ventilation to allow fresh air into spaces
- Wash your hands regularly
- Cover coughs and sneezes
- Clean your surroundings frequently

Those attending education or childcare settings will not normally be expected to wear a face covering. Face coverings for children under the age of 3 are not recommended for safety reasons.

Face coverings are suggested in some circumstances, for example in crowded public spaces when rates of Covid-19 are high.

Children and young people who are unwell and have a high temperature should stay at home and avoid contact with other people. They can go back to school, college or childcare when they no longer have a high temperature, and they are well enough to attend.

Children and young people with mild symptoms such as a runny nose, sore throat, or slight cough, who are otherwise well, can continue to attend their education setting.

Online Safety Group

Are you interested in developing your role as a parent at West Cornforth School? Is keeping children safe online something you're passionate about? Do you think you have what it takes to support WCPS to give an unbiased parent perspective on online safety?

We're looking for parents to join our online safety group to share ideas, discuss problems from a parental perspective, share what's working well in the community/what needs improving and looking at ways to engage others. Because online safety is huge, it is impossible for one person to manage all the strategic aspects as there is so much involved. That's where you can help. There is little doubt that establishing a group with wide membership is one of the most forward-thinking initiatives you can embark upon.

Being involved with the online safety group will require attendance to termly meetings with other parents, some pupils, the Head Teacher, the Safeguarding Lead, tech support, the online safety lead, some governors and the PCSO. If this is something that you are interested in, please let us know via the office or Class Dojo. Please note: this will be on a first come first served basis.

Thank you

Miss Denham

Put on your festive jumper and enjoy a Christmas dinner.

School Christmas Dinner Day

Wednesday 14th December



Please note, all Parent Pay accounts must be paid up to date in order for children to book a Christmas dinner.

School News

Dates for your diary:

- Break up for Christmas Tuesday 20th December 2022
- Return to school **Thursday** 5th January
- Break up for half term Friday 17th February 2023
- Return to school Monday 27th February 2023
- Break up for Easter Friday March 31st 2023
- Return to school 17th April 2023
- Break up for half term 26th May 2023
- Return to school **Tuesday** 6th June
- Break up for summer holiday Friday 21st July 2023

Christmas Dates:

- EYFS Christmas performance 10am 12th December 2022
- KS1 & 2 Christmas performance 10am and 2pm 13th December 2022
- EYFS Christmas party 14th December 2022
- KS1 Christmas party 15th December 2022
- KS2 Christmas party 19th December 2022

Statutory Test Dates

- Year 1 Phonic screening checks (including Year 2 resit checks) begin week commencing Monday 12 June 2023.
- Year 2 SATs will be administered during May 2023.
- Year 4 Multiplication Tests week beginning multiplication tables check within the 3-week period from Monday 5 June 2023.
- Year 6 SATs week beginning Monday 8 May to Thursday 11 May 2023.

Warm Spaces

Warm Spaces are somewhere you can go to get warm, stay warm and enjoy a little company. In some, you'll also be able to get refreshments.

With many people feeling the pressure because of increased energy costs and the rising cost of living, Warm Spaces network aims to support residents across County Durham this winter.

Warm Spaces are free and will let you stay for as long, or for as short a period as you wish (within their opening hours).

Please see link below for more information

[What Warm Spaces are, why we need them and how to find them - Durham County Council](#)

Special Educational Needs and Disabilities (SEND) Updates

Upcoming Events and Information

Most upcoming events are being advertised on social media [Durham SEND Information, Advice, Support Service | Facebook](#) This is the link to the page and there is also an Autism Hub group [Durham SENDIASS Autism Hub | Facebook](#) which promotes not just the Autism Hub events, but also other events going on across the county.

There is a mailing list for parents/carers to join. To become part of the mailing list, email: ann.connor@durham.gov.uk and ask to be added to the mailing list. You will then get any information emailed directly to you.

SEND Review Meetings

If you were unable to make the SEND reviewing meetings on Monday 21st November, please contact your child's class teacher on Class Dojo to arrange a suitable time to review your child's support.

SEND Information Event

The next SEND information event will be held on Wednesday 14th December from 4:45pm-6pm. More information to follow.

SEND Questionnaire Autumn Term 2022

The Special Educational Needs Coordinator (SENCO) would really appreciate your views on the provision for your child. Please complete the questionnaire below and let us know what you think. Please contact the SENCO directly if you have any further concerns.

Please complete this via the link below, or scan the QR code. We really appreciate your feedback.

<https://forms.office.com/r/UxX8uMKsfD>

SEND Questionnaire for Parents/Carers Autumn Term 2022



NHS – new parent and carer support line

Research shows that 50% of all adult mental health problems start before the age of 14 and 75% start before the age of 21. Improving the emotional wellbeing of our children is a key part of supporting the wellbeing of our entire population. Because of this we've developed a confidential parent and carer support line to provide a listening ear for those who feel they would like some help and guidance.

If you feel you'd like to speak to one of our qualified counsellors, call us on 0333 3583040

We're taking call from Monday – Friday between 10am – 2pm

You're also welcome to leave a message outside of these hours to request a call-back during our opening times.

It's important to note this service is not a crisis line, if you are in crisis, call 111 or 999.

Fun and Food

Christmas Fun and Food activities are now being loaded onto our Fun and Food landing page at www.durham.gov.uk/funandfood, we will be uploading more activities daily so keep visiting to see what's new.



This May Help

This May Help has been created to support parents and carers with concerns about their child's mental health.

The subjects covered on this website have been chosen by families and young people who have gone through their own mental health challenges. What helped them may also help you.

The films offer advice across six main subject areas, with ten additional films offering supporting information. The films can be viewed in any order at any time.

Each film has a dedicated page where you'll also find helpful advice and links to other resources.

www.thismayhelp.me

The Oliver McGowan Mandatory Training on Learning Disability and Autism

The training is named after Oliver McGowan. Oliver was a young man whose death shone a light on the need for health and social care staff to have better skills, knowledge and understanding of the needs for autistic people and people with a learning disability.

The training was developed as a result of Right to be Heard the Government's response to the consultation on mandatory training on learning disability and autism for health and social care staff.

The training is for:

- Health workforce
- Social care workforce
- Family, parent, sibling carers and personal assistants of people with a learning disability and autistic people
- Any person who requires a general awareness of people with a learning disability and autistic people

www.e-lfh.org.uk/programmes/the-oliver-mcgowan-mandatory-training-on-learning-disability-and-autism/

FAMILY HEALTH 0 - 25 SERVICE COUNTY DURHAM



QUARTER 3 NEWSLETTER – NOV 2022

Welcome

.....to the Autumn edition of the newsletter from the 0 - 25 Family Health Service. We hope these quarterly newsletters are proving your teams with useful information about our service and what we offer to families and our communities.

Your feedback would be much appreciated to ensure that we provide valuable information in the future.

If you have any questions or feedback about this newsletter or have ideas about what you would like to see in the next edition,

please email - kguest-humphries@nhs.net

In this issue:

- School Profiles
- Childhood Flu Vaccines
- Screening update including Map me
- Continence and ERIC Guidelines for Schools

Coming up in next issue:

- Update from our Emotional Health and resilience team
- Focus on the role of The Community Anchor

FAMILY HEALTH SERVICE UPDATES

Staffing

As a large workforce in County Durham we have regular turnover of staff, many to move onto the next steps in their career, and some to retire after many years caring for children, young people and families in County Durham . We provide universal contacts and targeted care through a whole team approach, and want to reassure our service users and partners across the system that even if the named Family Health Visitor or other professional in our team has moved on, another team member will provide the healthy child programme contacts, advice and more intensive support as needed.

[Learn More About Our Diverse Team](#)

The 0 -25 Family Health Service Team has many different roles that support children, young and families in County Durham to achieve the best outcomes. . The service has produced an informative Vlog outlining the various roles. This can be viewed here - [Growing Healthy Vlog](#)

INFANT FEEDING UPDATE



Our 0-25 Family Health Service had our Unicef Baby Friendly Standards reassessment on the 24th August 2022. These standards are designed to provide parents with the best possible care to build close and loving relationships with their baby and to feed their baby in ways which will support optimum health and development. There was recognition of the significant work our Service delivers to support families and carers with infant feeding and positive attachments and relationships. We are currently assessed as a Fully Accredited Service.

Prior to the Covid pandemic we did achieve the additional Gold Award in relation to Achieving Sustainability, this was an optional/ enhanced part of accreditation. As with many services, the Covid pandemic has impacted on our service delivery, however infant feeding support and maintaining the standards has been a priority throughout.

CONTINENCE AND TOILETING

The Family Health Service offer tier 1 support around continence and toileting issues such as delayed toileting, constipation and enuresis, for children of all ages and can refer onto the continence team if required.



The Children's Bowel and Bladder Charity, ERIC, have excellent evidence based resources for both parents, children and professionals around all continence and toileting issues. Click [HERE](#) to access the site.



Poo goes to pooland is also an excellent interactive app that parents/carers can use with children who are reluctant to use the toilet.



MANAGING CONTINENCE ISSUES IN EDUCATION SETTINGS

Bowel and bladder issues such as daytime bladder problems, bedwetting, constipation and soiling can have a devastating impact on a child's learning, development and well-being.

For many sufferers their continence problem will be 'chronic' - meaning it could persist for many years or keep recurring. It's an issue that will therefore commonly affect not just younger children, but also teenagers.

A lack of awareness amongst health and education professionals, along with the stigma that still surrounds wee and poo is affecting many children and teenagers' school experience. These children are at high risk of bullying and withdrawing from social situations.

ERIC have produced guidance for schools to help ensure that children and young people's needs are been met and do not impact on their educational experience.

ERIC information for schools can be accessed [HERE](#)

ERIC and The University of Bristol have produced a short film ([Film Link](#)) to raise awareness of the importance of allowing young people unrestricted access to the toilet. The video hears from some young people who are living with incontinence and the effect this can have on them at school.



NCMP SCREENING

Our family health assistants are currently in schools completing the National Childhood Measurement Programme. The family health team are actively contacting parents of children whose measurements highlight that they are very overweight to offer brief intervention and referral on to The Henry Programme or specialist services. The National Child Measurement Programme (NCMP), also known as the School Height and Weight Checks, is a mandated annual programme delivered by local authorities, which involves measuring the height and weight of all school children in reception and year 6. Over 99% (17,000) of eligible state-maintained schools across England, including academies, usually participate in the NCMP.



Delivering the NCMP provides vital information that enables local authorities and their partners to plan for and invest in key services to tackle obesity and its wider determinants. It also provides the opportunity to raise parents' awareness of overweight and obesity, its consequences and healthy lifestyle choices.

Although most children in reception and year 6 are a healthy weight, the NCMP data consistently shows that prevalence of obesity doubles between reception year and year 6 (from around 10% to around 20%).

MAPME RESEARCH PROGRAMME

In addition to the National Child Measurement Programme, County Durham are currently part of the MapMe research project run by Newcastle University. The project aims to support parental knowledge and awareness of child weight status, and look at how child weight status changes over time. Children were measured as usual in Reception and Year 6 during last school year and will be re measured this year, when they are in Year 1 and Year 7. These re measurements will take place from approximately April 2023 onwards. Children need to be re measured exactly 1 year from the initial measurement, with only a 2 week window either side of this date allowed. For secondary schools where children come from multiple primary provision it may require the team to visit the school on multiple dates to ensure that children are measured at the correct time. We appreciate it can be difficult for schools to accommodate however we will endeavour to contact schools early January to schedule dates and plan sessions. Parents have been provided with information of how to opt out of the research project.

HENRY PARENTS PROGRAMME AND WORKSHOPS

In the past we have found that parents are reluctant to attend ongoing programmes out of school hours as this is difficult while the children are at home. To support parents during the summer we decided to focus on one off workshops lasting approximately one and a half hours which would be easier to find the time for.

We decided to deliver Fussy Eating workshops as demand for this was demonstrated in feedback from NCMP Proactive telephone calls. We have had good attendance for these, and they have been well received.

Following the Fussy Eating workshop parents said:

“Following my recent attendance at the fussy eater workshop can I say how valuable I found the session, the pace of the session was well presented and the information received gave me a good insight into how I can better support my child”

Following the workshop parents informed a practitioner who was working with the family that it was *“really, really good”* and that they *“can see now why we haven’t been successful before getting him to eat”*

We have also increased the number of Starting Solids workshops, again in response to increased demand. These have run all summer every 2-3 weeks and this is continuing now as demand has been sustained.

Parents feedback from Starting Solids workshops included:

“I feel more confident, not as worried about choking”

“More confident about finger foods”

“Good to know that there’s no right or wrong way, it’s what’s right for you and your baby, and not to compare to other babies”

“I now know to try new tastes and textures, not just focus on tastes”

In view of issues around oral health and lack of dentist availability we introduced the Henry Healthy Teeth workshops, and paired them with the starting solids. We identified that this was an ideal time to provide parents with the information they needed to care for their child’s teeth. This workshop is delivered a week after the starting solids, with all attendees invited. Parents are encouraged to attend and are given information about the workshop and are sent the information and joining link for the workshop via email. This workshop is open to anyone who wants to attend, however is not as well attended as the other programmes.

Now that we are back into term time we are running a face to face Henry Healthy Families Right from the Start programme face to face in Bishop Auckland and an additional one online, together with a Henry Healthy Families Growing Up programme, aimed at primary school children, and this is also online. We have a further online Right from the start programme due to start in November. We have found that we are able to support more parents by offering more online programmes. Some parents are unable to travel to attend face to face programmes, especially with the problems everyone is experiencing with the cost of living increases. We are also aware that County Durham is a large county and referrals coming in to us may be from North, South and East of the county, with numbers too low to facilitate delivery of a face to face programme. Where we have an increased number of referrals for one area we are offering face to face programmes, such as the Healthy families programme currently being delivered in Bishop Auckland, and a starting solids workshop being delivered to a Breast Feeding support group in Willington.

We accept referrals to any of our workshops or programmes from professionals and parents themselves and we can be contacted for more information at

Hdft.henrypractitioners@nhs.net

[For more information see flyers below](#)



Healthy Families
Right from the Start



Starting Solids flyer
online continuous.p

SCHOOL HEALTH PROFILES

We have worked in partnership with Local Authority colleagues to improve and simplify our school health profile. The Family Health service in conjunction with educational settings will pilot

Staff Accessing Schools

Please find attached the most up to date DBS letter form HDFT for staff who access educational provisions.



HDFT DBS Letter for
Schools County Dur

and Resilience Team (Growing Healthy Team) and Education Staff to:

- gather evidence regarding the resources, need and priorities of the school-aged population
- identify inequalities in health which will impact on educational achievement
- prioritise groups of children in greatest need, and plan and deliver the most effective care through the nursing team and other agencies
- support children and young people and promote good health
- support embedding the Health and Wellbeing Framework as part of good practice
- explore all services available through the school, health providers, social care and the third sector, to make best use of local resources
- work collaboratively with the school and other professionals to provide services accessible to the school-aged population
- Identify gaps in service provision to inform commissioning
- measure impact on children and young people's health and educational outcomes
- influence local policy and priorities
- develop local partnerships

KEY NEWS

Referral into Family Health Service

We would like to remind partner agencies (as per email sent late September and inserted below) that as from 1st October 2022 all requests from partners for involvement from our service for follow up and assessment/ intervention will be via referral. Please see attached referral form. Partners do not need to refer for Universal Healthy Child Programme delivery.



Referral



Growing Healthy

Form_0-25_growing external agency letter

SCHOOL AGED IMMUNISATION TEAM



The team are currently delivering the childhood flu vaccine in schools and the local community. Please click [Here](#) to view a short animated film that children can watch about being a Flu Fighter!
Information of catch up clinics are below – appointments are not necessary.

Location	Date	Time
Newton Hall Community Centre	19/11/22	1000-1500
Seaham Library	10/12/22	1000-1200
West Pelton Primary School (open to all pupils regardless of school attended)	06/12/22	1530-1830

If you have any issues or cannot access one of these clinics you can contact the team on the details below:

Telephone: 03000 032554

Email: hdft.immunisationteam@nhs.net

KEY CONTACT DETAILS



0 – 6 FAMILY HEALTH TEAM SPOC/DUTY LINE –

TEL - 03000 263538 (PLEASE CHOOSE AREA EG: NORTH, SOUTH OR EAST OF COUNTY DURHAM)

6 – 25 FAMILY HEALTH TEAM SPOC/DUTY LINE –

TEL – 03000 269875

EMOTIONAL RESILIENCE TEAM SPOC/DUTY LINE –

Tel - 03000 263532

Email - hdft.0-25ehrt@nhs.net

CENTRAL ADMIN –

TEL – 03000 263538

DURHAM INFANT FEEDING TEAM

Email - hdft.durhaminfantfeedingteam@nhs.net

SCHOOL-AGED IMMUNISATIONS