



**THE ROOKERIES
CARLETON**

JUNIOR, INFANT
& NURSERY SCHOOL

Friday 5th March 2021

Dear Parents and Carers

We are so very excited to be welcoming back ALL pupils next Monday. We are all genuinely excited and thrilled to be welcoming everyone back. I am sure the children are looking forward to seeing their friends and teachers again. There are some important updates contained in this newsletter, so please make sure that you read all of the information below carefully to ensure you are prepared for next week. Should you require any further clarification on any of these arrangements, please contact us via the usual methods and we will be happy to advise you.

I wish you all a relaxing weekend and I am looking forward to seeing everyone on Monday morning!

Kind regards
Richard Grogan
Headteacher

Reminder:

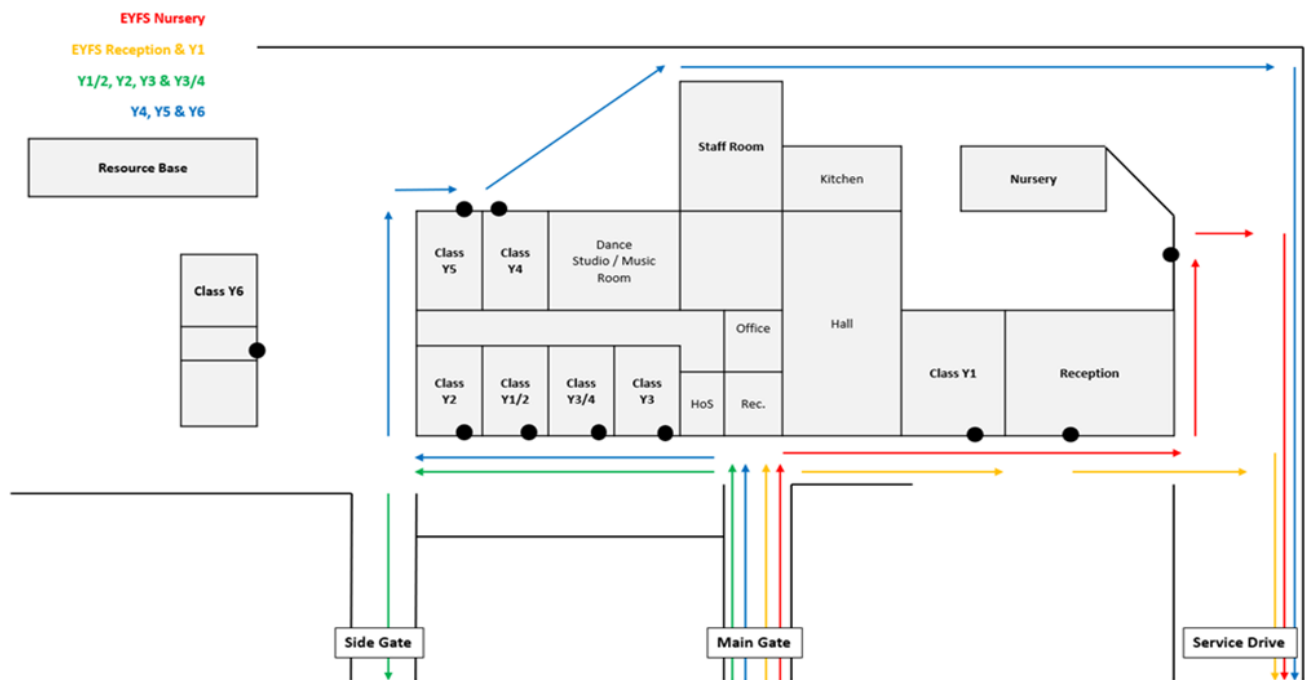
Please remember to return all borrowed devices/laptops/tablets on Monday, or as soon as possible to the main office.

Where possible please also ensure your child brings to class on Monday the pack containing their stationery equipment.

Below are some key pieces of information regarding school reopening on Monday 8 March. Much of this information was included in the recent letter and 'return to school handbook' that you were sent via email. If, for some reason, you believe that you were not sent a copy, please email or ring the school in order to request a copy to be sent out to you.

Year Group	Start Time	Finish Time
EYFS (Nursery)	8.45am	11.45am
EYFS (Reception)	8.45am	2.55pm
Years 1 and 2	8.45am	3.00pm
Years 3 and 4	9.00am	3.15pm
Years 5 and 6	9.15am	3.30pm

As in Autumn term, school will be operating a one-way system in order to ensure social distancing. This has not changed since Autumn term and the map below will serve as a reminder about arrangements. Please be reassured that there will be members of staff on hand each day to direct you.



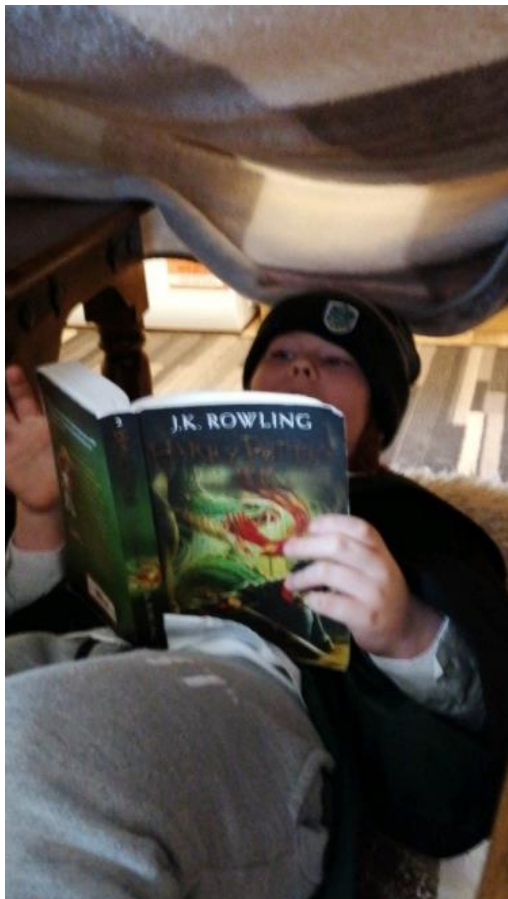
Star of the Week Certificates



Class	Star of the Week
Reception	Alyssia
Year 1	Liberty
Year 2	Stanley
Year 3	Autumn-Lilly
Year 4	Ethan
Year 5	Lillian
Year 6	Lilly

World Book Day – Thursday 4th March

On Thursday our children and staff celebrated World Book Day. Here is a selection of photos from the day of the children both at school and at home. Everyone looked fabulous and a great day was had by all!







Five ways to positive mental wellbeing

One in four adults experience at least one mental health problem in any one year. Mental health problems can lead to many problems, including low mood and depression, anger and anxiety. Luckily, there are steps we can all take to help improve and protect our mental wellbeing.

However, if you, or a loved one, are experience mental health problems, getting help and support is essential. There are several organisations that can help you –see below on getting help with a mental health issue.

By taking a few simple steps we can all improve our mental wellbeing. If you give them a try, you may feel happier, more positive and able to get the most from life.

The five ways to wellbeing are:

Connect – spending time developing relationships with your family, friends, colleagues and neighbours will help boost your mental wellbeing.

Take notice – being aware of the present moment, including your thoughts and feelings, your body, your family and friends, and the world around you will help boost your mental wellbeing.

Be active – finding an activity that you enjoy and making it a part of your life will help boost your mental wellbeing.

Give – even the smallest act, whether it’s a smile, a thank you or a kind word, or a larger act such as volunteering will help boost your mental wellbeing.

Keep learning – whether it’s learning how to cook, about your family history, or a new language, learning new skills can give you a sense of achievement and a new confidence, and will help boost your mental wellbeing.

Making a few positive changes will help reduce your risk of development a mental health problem, such as stress, anxiety and depression. This can have a significant impact on your quality of life. If you need any more support with mental health please contact one of the following services:

Local support services

Intervention	State of mind	Support services
Crisis / Emergency	Going to immediately harm self or others	Emergency services: 999
	You are concerned about the safety or well-being of an adult at risk or older person (e.g. visible signs of injury, malnourished)	Social Care Direct: 0345 8 503 503
Specialist Services	Suicidal thoughts Hearing voices/seeing things Mentions they have a Psychiatrist/Nurse	Ring your GP Practice Ring NHS 111 for advice Encourage them to re-engage with mental health services if already engaged

	<p>Mentions they have bipolar/personality disorder Serious hoarding behaviour Unable to leave the house Not making sense at all when talking Displaying distressing behaviours</p>	<p>Advise them to call the Samaritans on 116123</p>
<p>Support from Services</p>	<p>Problems with low mood/tearfulness Feeling down/anxious Feeling irritable/stressed Poor sleep Not been up to much Poor concentration House very untidy Poor self-care (not getting dressed etc.)</p>	<p>Self-refer to talking.turning-point.co.uk 01924 234860</p>
<p>Self-Care Support</p>	<p>Not feeling right, stressed Not feeling quite themselves Don't see many people Isolated Not sleeping</p>	<p>Self-refer to talking.turning-point.co.uk 01924 234860 Ask them to look at: https://www.wakefield.gov.uk/health-care-and-advice/public-health/mental-health-wellbeing/five-ways-to-positive-mental-wellbeing</p>



Useful Contacts

Useful well-being and mental health information:

For children and young people:

WF- I-CAN

<https://wf-i-can.co.uk/>

Young Minds

<https://youngminds.org.uk/>

CAMHS Single point of access

01977 735865

<https://www.southwestyorkshire.nhs.uk/services/camhs-wakefield>

For Adults:

<https://www.wakefield.gov.uk/health-care-and-advice/public-health/mental-health-wellbeing/mental-health-support>

Mind

<https://www.mind.org.uk/>

Turning Point Talking Therapies

01924 234860

<https://www.wakefield.gov.uk/health-care-and-advice/public-health/mental-health-wellbeing/mental-health-support>

School Uniform Stockists

Our School Uniform stockists are both still operating and orders can be made for school wear, book bags and PE kits.

Signature Retail, Ropergate, Pontefract

Signature Retail are operating a click and collect system as well as accepting orders online through their website www.signatureretail.co.uk

If you would like to make a purchase via phone, please telephone 01977 600324. Payments can be made over the phone and items can be collected at certain times.

Better and Bright Schoolwear

Better and Bright Schoolwear are currently taking orders through their website:

www.betterandbrightschoolwear.co.uk

Alternatively, you may purchase items by calling 07486 140776 or 07837 078981

Thank you for your continued cooperation and support