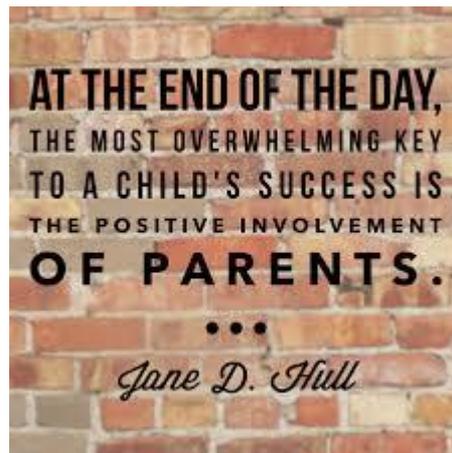




Our High Meadow Community 'Thought for the Week'



Thank you to everyone for coming along to the parent consultations this week. As the quote above says, 'positive involvement of parents' is key to a child's success and it was lovely to see so many families engaging in such a positive and supportive way with staff.

The online booking of appointments also seemed to work really well, thank you for embracing this new way of booking consultations and it was great to hear the positive feedback of running the meetings later.

Lovely activities at our local church

A message from Nick the Vic...

Thursday 31st October 4pm to 6pm – our 'Light Night' with traditional Halloween games and activities (pumpkin carving, apple-bobbing, fancy dress) with a baked potato supper – in a positive and safe environment.

Sunday 3rd November 10.30am – Open The Book celebrating 10 years – an all age service for All Saints with lively songs and engaging and interactive Bible story performed in the inimitable OTB way!





Real PE Showcase at High Meadow!

We were thrilled to invite teachers from around Warwickshire to come and view our showcase of fantastic PE. They observed children being taught PE in Years 1 and 3 and were blown away by their abilities, behaviour and resilience! Well done children! Here are our photos from Twitter showcasing the event.



Mrs Kumada @Kumada_HMCS · 1h

Fantastic morning at our Real PE Showcase! Year 3 and Year 1 really enjoyed taking part in Real PE and Real Gym lesson demonstrations. @Create_Dev @BallistonNeil @creatorcarolyn @Garbett_HMCS #RealPE #RealGym #MultiAbilities #FundamentalMovementSkills



Attendance – ‘Every Child Attending Every Day’

Good attendance (97%+) is key to academic success and missing just one or two days each half term can have a detrimental impact on a child’s learning and progress. The LA may send out fines to families who are deemed to be ‘persistently absent’. Our Attendance Policy can be found on our school website if you need further clarification.





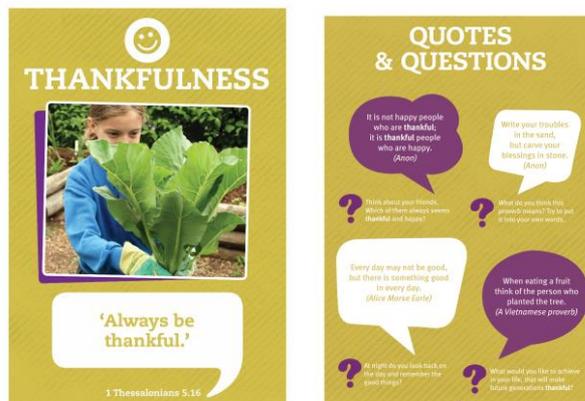
Our target for this year is 97%. This week we our target and achieved 97.9%, well done everyone!! Please remember ANY requests for holiday leave during term time will not be granted.

Position	% attendance	Class
FIRST PLACE	98.4%	Y3 Rabbits
SECOND PLACE	98.0%	Y2 Barn Owls
JOINT THIRD PLACE	97.6%	Y1 Blackbirds
JOINT THIRD PLACE	97.6%	YR Robins

Our 'Golden Rule' for this half term is

'We are kind and helpful, we don't hurt anybody's feelings

Our Value for this half term is 'Thankfulness'



Our Personal, Social and Emotional 'Jigsaw' theme for this half term is

'Being Me in My World'

We are learning to...

- Help others to feel welcome
- Help make our school community a better place
 - Think about everyone's right to learn
 - Care about other people's feelings
 - Work well with others





- Choose to follow the Golden Rules

Keeping our whole school community safe

Every week in this newsletter, we will be signposting you to resources that can help keep our school community safe and healthy. For the next few weeks we will be sharing information about ACEs (Adverse Childhood Experiences). As a staff, we have been learning about ACE's and how we can further support both children and families in developing a better understanding of the cause and impact of ACE's.

We are however, teachers and do not have the skills and training to help 'heal' trauma as a result of ACE's, only medical professionals can do this. But we do believe that through our own training and sharing information with you, together we can better support our school community and 'signpost' families to the appropriate help. With that in mind, let's do some sharing....

Overview of ACEs

Adverse Childhood Experiences (ACEs) are stressful events occurring in childhood including

- domestic violence
- parental abandonment through separation or divorce
- a parent with a mental health condition
- being the victim of abuse (physical, sexual and/or emotional)
- being the victim of neglect (physical and emotional)
- a member of the household being in prison
- growing up in a household in which there are adults experiencing alcohol and drug use problems.

ACEs and health inequalities

Preventing ACEs should be seen within the wider context of tackling societal inequalities.

ACEs have been found to have lifelong impacts on health and behaviour and they are relevant to all sectors and involve all of us in society. **We all have a part to play in preventing adversity and raising awareness of ACEs.** Resilient communities have an important role in action on ACEs. An ACE survey with adults in Wales found that compared to people with no ACEs, those with 4 or more ACEs are more likely to

- have been in prison



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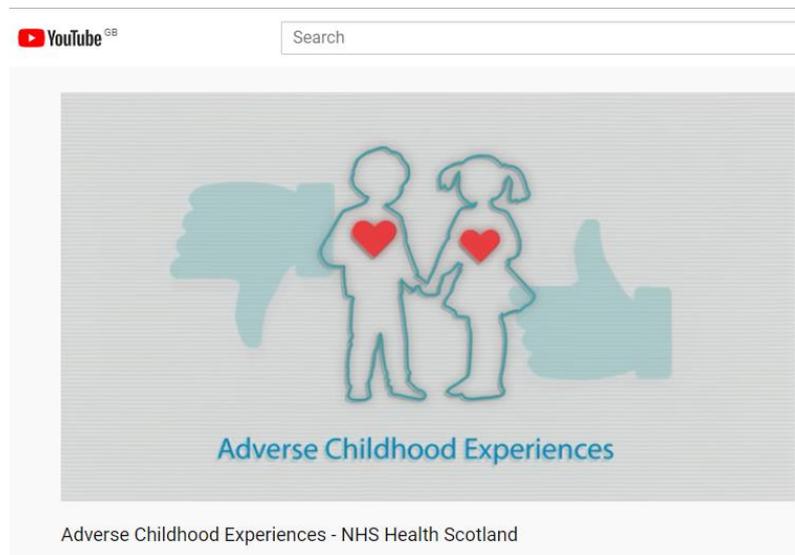


- develop heart disease
- frequently visit the GP
- develop type 2 diabetes
- have committed violence in the last 12 months
- have health-harming behaviours (high-risk drinking, smoking, drug use).

When children are exposed to adverse and stressful experiences, it can have a long-lasting impact on their ability to think, interact with others and on their learning.

ACEs should not be seen as someone’s destiny. There is much that can be done to offer hope and build resilience in children, young people and adults who have experienced adversity in early life.

Click on the picture below to watch a video which recaps on the points above...



In next weeks newsletter we will be exploring how ACE’s impact early brain growth.

Events and Activities

Friday 25th October	ALL DAY	STAFF TRAINING DAY School closed to children
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HALF TERM HOLIDAYS – Monday 28th October to Friday 1st November 2019 Inclusive





BACK TO SCHOOL – Monday 4th November 2019

November 2019

Date	Time	Activity
Monday 4 th November	Afternoon	Author Visit Adam and Charlotte Gillain
Thursday 7 th November	During the day	Flu immunisations
Friday 8 th November	2.00pm	Remembrance Assembly Years 1, 2 and 3 only
Sunday 10 th November	10.15am	Coleshill Remembrance Parade Meet outside Coleshill Primary School at 10.15am
Monday 11 th November	During the day	IEP reviews By invite only
Wednesday 13 th November	6.00pm – 7.15pm	Parents Maths Workshops (Adults Only)
Friday 15 th November	All day	Children In Need day Wear SPOTS for the day for £1 donation
Saturday 30 th November	1.00pm – 4.30pm	Coleshill Town Hall Christmas Fair Volunteers needed to run book tombola please

We hope you all have a lovely and restful weekend,

Kindest regards

Mrs Debby Hughes – Head teacher head2569@welearn365.com

Mr Jonathan Smith – Chair of Governors governors2569@welearn365.com



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