



Mousehold Infant and Nursery School Mousehold Avenue Norwich NR3 4RS
01603 427012 officemousehold@istnorfolk.co.uk www.mouseholdinfants.com

8th October 2021

Dear Parents and Carers,

As the weeks go by quite fast we see the children make great friendships, settle in well and build very positive relationships with staff. Please remember that at Mousehold we care about the whole family and like to support you wherever we can. Please don't hesitate in talking to a member of staff if that will help you. There is always a senior leader on the playground before school, we have a lovely Parent Support Advisor Mrs Derer who works at Mousehold Monday and Tuesday and we have very caring and experienced Teachers and Teaching Assistants.

Safeguarding and Support

E Safety – staying safe online

We work hard at Mousehold to teach children how to stay safe online. This is a theme that runs through our whole curriculum. We teach children to tell an adult if there is something they see or hear that they don't like. We would really appreciate you doing the same at home. Even with parental controls on devices, things can still appear on screens that are unexpected. If you would like help with any aspect of this, including setting up parental controls on devices, please ask at the school office and we will find a member of staff who can help you.

Please remember to look at our website to remind you of how safeguarding is always the main priority at Mousehold.

<https://www.mouseholdinfants.com/safeguarding/>

Designated Safeguarding Leads

Mrs Westall, Mr Tolson, Miss Wood, Miss Balachandre

These members of staff monitor and manage all safeguarding practices and ensure staff are supported and have the training they need. Please ask to see one of these adults if you are worried about the safety of a child at school.

If you have a safeguarding concern about a child out of school hours then the number to ring is:

CADS – Children's Advice and Duty Service - 0344 800 8020.

Headteacher: Mrs Rebecca Westall Deputy Headteacher: Mr Ian Tolson
Designated safeguarding leads: Mrs Westall, Mr Tolson, Miss Wood. Miss Balachandre



A message from our Mental Health Champions
(Mrs Graham – Teacher, Mrs Abeyta – Teacher, Mrs Desouky – Teaching Assistant)

World Mental Health Day Sunday 10th October 2021

Globally, World Mental Health day will be marked on Sunday by many charities and people in our communities. As a school we didn't want to miss out on this event. Many of the children have enjoyed wearing their own clothes to school today and there has been a special learning focus on emotions in many of the classes today. Any money donated will go towards buying resources to support the children's mental health, we are really grateful for your support.

Making sure you look after your mental health is just as important as looking after your physical health. Here are some suggestions that everyone can try, to help manage stress and look after your mind.

1. **Spend time with or in nature.** Go to a local park, find a tree-lined street to travel down; visit a nature reserve or go to an allotment or garden. Spending time in natural surroundings or with animals is proven to reduce feelings of stress and anxiety and improve your mood.
2. **Practise meditation or mindfulness to find calm and restore.** There are lots of ways to include mindfulness in your day — you can take time to focus on your breathing or try out mindfulness colouring
3. **A few times a week, take time to move. Mind and body are one; so, whether it's going for a walk, climbing, swimming or attending a yoga class, movement is a great way to de-stress, increase feel-good hormones and improve your overall health.**
4. **Have a digital detox.** Phones and social media can cause us to feel anxiety and pressure. Taking some time away from technology, whether it's short breaks away from your phone or a day when you limit all technology, can be really helpful for reducing stress and worry.
5. **Talk it out.** If you're ever worried about your mental health or start to feel like you're becoming stressed or anxious, talking to someone you trust, such as a friend or family member, is a great way to calm yourself down and look after yourself.

Supporting your Pre-School aged Children

Lockdown and restrictions have been tough for so many of you who have school age children but also for those of you who also have pre-school aged children. Many of the normal local groups offering stay and play sessions have not been meeting and finding activities to do each day with your younger children may have been difficult. Toddler groups are beginning to start up again. They are an affordable way to meet other like-minded people who know about the daily challenges you may be facing which in turn can really support your wellbeing and mental health. Meeting up with other local parents can help with feelings of isolation which can so often happen easily when Autumn and Winter comes and outside activities become difficult due to bad weather.

What's on in the local area? (The list below features a few of the Toddler groups that are nearby, there are so many more)

Stay and Play at the Hub - Tuesdays - 10am-12 noon (The Hub, Mousehold Ave, NR3 4RS)

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Cafe Tots - Wednesdays 10am-12 noon (Norwich Central Baptist Church Hall, St Mary's Plain, NR3 3AP)

Soul Toddlers - Thursdays 10am-12 noon at Soul Church - 0-4yrs (4 Mason Road, NR6 6RF) No need to sign up

Bounce and rhyme sessions at various Norwich libraries - Sprowston Library - Thursday mornings, The Millenium Library - The Forum - Tuesdays and Thursdays. These sessions are completely free, but need to be pre-booked as numbers are limited - ring 01603 774 777

Little Steps - Wednesday's 9.15-10.15am (Witard Road Baptist Church Hall, Witard Road, NR7 9XD)

Bertie's Babes - Wednesdays 9.30-11am - St Cuthberts Church Hall, Sprowston (Wroxham Road, NR7 8TZ)

Please note that normally you can turn up ad hoc to these groups, but at the moment many of the groups are asking you to pre-book. If you are feeling overwhelmed about turning up to a Toddler group on your own, maybe consider taking a friend or a grandparent along for moral support. The Toddler groups are run by volunteers who have DBS checks and often have children themselves. All Toddler groups will be following risk assessment and will be following government guidelines for Covid safety. At groups there will be other children to socialise with, toys that are different and a friendly face to chat with. Why not give it a go?

Diary Dates

14th October – Individual school photos in school hall

21st October- Phonics presentation for parents (zoom).

HALF TERM – Monday 25th October – Friday 29th October

Week beginning 1st November – Parents Evenings – meetings with class teachers.

12th November – Children in Need – fundraising day.

Friday 17th December 2021 - Last day of term -

Wednesday 5th January 2022 - First day back to school in Spring Term:

We hope you have a lovely weekend.

Yours faithfully

Mrs Rebecca Westall
Headteacher

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Phonics Presentation

via Zoom

Thursday 21st October
11-11.30am and 4-4.30pm



The session will explain the way we teach phonics within school. It will also provide you with some ideas for helping your child with their phonics and reading at home.

Please book through Parentmail Events.

If you have any questions please speak to your child's class teacher or contact the school office:

01603 427012

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