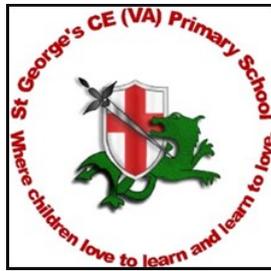


# Weekly Newsletter

## Contact Info

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# 12 May 2023

"Let all that you do be done in love"  
1 Corinthians 16:14



## Ofsted

Following our recent OFSTED inspection, we have received the final report which will also be published on the OFSTED website. We are pleased to confirm that St George's continues to be a 'good school, where pupils achieve well'.

A copy of the report is available on our website under Important Information.

## Mental Health Awareness Week—15th - 21st May

The theme this year is Anxiety and what you can do to prevent it. Anxiety is a normal emotion in us all, but sometimes it can get out of control and become a mental health problem.

Lots of things can lead to feelings of anxiety, including exam pressures, relationships, starting a new job (or losing one) or other big life events. We can also get anxious when it comes to things to do with money and not being able to meet our basic needs, like heating our home or buying food. Anxiety is one of the most common mental health problems we can face. Dealing with anxiety can be hard. But there are some things we can do to manage these tough feelings.

Have a read through the following suggestions and find out what might work for you.

### **Focus on your breathing**

When you're having anxious thoughts try focusing on your breathing, concentrating on the feeling of your body as you breathe in and out. It can help you control the thought.

### **Get moving**

Exercise is a good way of dealing with anxiety.

### **Keep a diary**

It's important that we don't try to ignore our worries. Taking the time to keep a record of what's happening in your life and how it's affecting you can help you understand what is triggering your feelings of anxiety.

### **Get support for money worries**

### **Spend time in nature**

### **Connect with people and talk about how you feel**

### **Try to get some quality sleep or rest**

### **Try to eat a healthy diet**

Please see [www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week](http://www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week) For more information.

15 to 21 May 2023

## Mental Health Awareness Week



#ToHelpMyAnxiety



Kooth is an online mental health and wellbeing service for children and young people. Here are some things to remember about Kooth:  
It's free to use and you are completely anonymous. No bullying or discrimination can take place. You don't need any kind of referral to join.  
Signing up and getting started only takes a few minutes. Nothing is too big or small.

What you'll find on Kooth includes: Live text-based chat sessions with a member Kooth's team Support from an online community of young people.  
A range of self-help tools and activities  
Helpful content written by other young people and the Kooth team. Please go to [www.kooth.com](http://www.kooth.com) for more information.

There is also an online service specifically for adults called Quell. [www.qwell.io](http://www.qwell.io)



Managing anxiety together  
You don't have to face it alone

Kooth.com  
#MentalHealthAwarenessWeek



Love Compassion Friendship Thankfulness Forgiveness Truthfulness Hope

“Let all that you do be done in love”  
1 Corinthians 16:14



# Word of the Week

## Word Aware

Remember these challenges are small spoken tasks that do not require pen or paper. They just need you and some talk time, so easy to do on the way home or before bedtime. Get involved, have fun, and your child's vocabulary will grow! Ask your child what other words they have learnt in school this week.

Word of the Week: Democracy

Definition: Ruled by the people

Challenge: Do you know a Democratic country, ruled by the people?



## WOW Walk to School Badges

The results of next year's badge winners are in!

Unfortunately, none of our entries from school have won but take a look at what next year has in store!

[www.livingstreets.org.uk/badgecomp](http://www.livingstreets.org.uk/badgecomp)

May is National Walking Month - Living Streets have a campaign this year to encourage people to try and walk for 20 minutes each day.

As we continue to encourage Walk once a Week why not try and walk more than once a week? Use this link for a full size scavenger hunt print out as a way of keeping children interested on the way to school or out and about.

[www.livingstreets.org.uk/media/1640/scavenger-hunt-pdf.pdf](http://www.livingstreets.org.uk/media/1640/scavenger-hunt-pdf.pdf)



## SCAVENGER HUNT



A dog <input type="checkbox"/>	Fountain <input type="checkbox"/>	Envelope <input type="checkbox"/>	Post box <input type="checkbox"/>	Robin <input type="checkbox"/>
Tree <input type="checkbox"/>	Road cone <input type="checkbox"/>	Street light <input type="checkbox"/>	Gate <input type="checkbox"/>	Park bench <input type="checkbox"/>
Pedestrian crossing <input type="checkbox"/>	Telephone box <input type="checkbox"/>	Feather <input type="checkbox"/>	Leaf <input type="checkbox"/>	Twig <input type="checkbox"/>
Pebble <input type="checkbox"/>	Butterfly <input type="checkbox"/>	Butterfly <input type="checkbox"/>	Brown leaf <input type="checkbox"/>	Flower <input type="checkbox"/>
Green leaf <input type="checkbox"/>	Duck <input type="checkbox"/>	Something smooth <input type="checkbox"/>	Puddle <input type="checkbox"/>	Footprint <input type="checkbox"/>
Leaf <input type="checkbox"/>	Squirrel <input type="checkbox"/>	Something yellow <input type="checkbox"/>	Ladybird <input type="checkbox"/>	A foot print <input type="checkbox"/>

## TikTok Checklist - Updated for 2021

The TikTok Checklist provides all the information about the app and how to stay safe with questions such as:

- What is TikTok?
- How to stay safe on TikTok?
- How to set up the parental controls?
- How to block users on TikTok?
- Where can I go for further support?

The leaflet was created by SWGfL and the UK Safer Internet Centre in collaboration with TikTok.

[swgfl.org.uk/resources/checklists/tiktok/](http://swgfl.org.uk/resources/checklists/tiktok/)



Privacy & Safety Checklist

## LEARNING HERO

Learning Hero certificates were awarded to these children for the excellent learning behaviours, attitudes and values they showed this week:

Year 6 - All of year 6 for getting through SATS week! We are very proud of you all.

Year 5 - Eshan

Year 4 - Rian

Year 3 - Junaid

Year 2 - Jason

Year 1 - Zaina

Reception - Rueben



## Family Learning

Seven of our parents have started the course run by Tameside Community Education in school around the skills needed in finding work.

The first session covered communication skills and qualities we can bring to work.

The next two sessions will be 15<sup>th</sup> 22<sup>nd</sup> May from 8.45-11am.

Thank You for our children and the way that they are learning about You in their daily lives. We ask that in Your grace they may grow in wisdom and integrity and understand the importance of honesty and truth.

Give us wisdom as we teach and train them so that they learn to make the right choices and to grow closer to You each day.

Amen



Love Compassion Friendship Thankfulness Forgiveness Truthfulness Hope