



CRS CHAT

Summer (2) 2019

Neil  
**Sutherland**  
SALES & LETTING AGENT

End of another year!



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## Super Summer (2)

I cannot believe we are at the end of another year – and what a fantastic year it has been! We are SO very proud of our Year 6s and wish them all the best at secondary school – remember everything we have taught you at Coombe Road and, in particular, our CORE Values.

Thank you so much for your support and generosity with thank you cards, gifts and words of appreciation – it is a pleasure for us all to support such wonderful children and families here at Coombe Rd. We are proud of each and every one.

Have a fantastic summer all of you.

Mrs Phillips



Back to School

Thursday

05/09/2019

(Wednesday is an

INSET Day for staff)

CRS CHAT NEWSLETTER  
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# COOMBE ROAD PTA

Many thanks to our PTA which is organised by our fantastic Business Manager, Jean.

The Summer Fair and Dance Festival donations raised a whopping £1081!

I would like to say a special thanks to Frankki's mum and Cadogan/Xanthe's mum who helped out – and Lucie-Lee/Emily's mum who ensured we had such fantastic prizes for our raffle.

Juliana's parents were also so generous. They won the £100 prize (donated by Neil Sutherland Estate Agents) and gave it back to the school.

THANK YOU, THANK YOU!





# CRS Dance Festival

The children were, as always, fantastic. If you have any photos, please email [admin@coomberoad.brighton-hove.sch.uk](mailto:admin@coomberoad.brighton-hove.sch.uk) (ours did not come out so well)



LETTER ALL  
RESERVED



# CRS Dance Festival





# CRS Dance Festival





# School Uniform

Our uniform is a navy jumper/cardigan with a white/blue polo shirt and grey/black bottoms. Sensible shoes/trainers should be worn. If navy is not available, blue will do! Please ensure your child is in uniform and wearing their House Badge.

## Houses

Over the past 4 years, the numbers in the various Houses have gone up and down leaving some Houses very full and some Houses very small.

From September, your child(ren) may be assigned a new House to balance the numbers.

They will all be issued with new badges on their return to school in September.

Our current Year 5s aspiring to be House Captains could be thinking about how they will ensure they receive the vote in September.

## Thank you to this year's Captains





# Sky Class

Year 4 visited Borde Hill Gardens and followed the 'Sculpture Trail'...



Lovely lambs!



Appreciation of a stunning sculpture.



Relaxing in the Italian Garden





‘The Wave’  
made our eyes  
feel funny!



This sculpture moved!



Time to play in the  
adventure park!

# Sky Class



# Able Writers



**Four selected children from Year Five worked with the author, Harry Oulton, for the day.**

## Gothia Cup 2019



**Well done to Reece who played in the Gothia Cup World Tournament last week. This is the largest and most international youth tournament in the world.**

**Around eighty nations take part.**

**Well done Reece – we are all so proud of you!**



# Withdean Sports Festival



A great day was had by Emerald and Indigo Classes at Withdean Sports Festival.





# Creativity Event



Staff and Governors were so impressed with the selection of art work our school created for this event held with our partnership schools.

What a talented bunch of children we have here at Coombe Road Primary.



## Coombe Road Classes 2019-2020

Class	Teacher(s)	Support Teacher
Poppy (YrR)	Ms P Hardman	Mr Luckhurst
Sunflower (Yr1/2)	Ms J Watson (Phase Lead)	Miss Asquith-Brown
Buttercup (Yr1/2)	Mrs J Allen M-Th Mrs A Williams F	Mrs S Whalen
Emerald (Yr3)	Ms M Reeves	Mrs A Kempster-Butler Mrs L Faulkner M T Th F
Sky (Yr4)	Ms K Folley (Phase Lead) M-Th Mrs J Austin (Phase Lead) F	Mrs S Mechen
Indigo (Yr5)	Mr P O'Connor	Miss M Phillips
Amethyst (Yr6)	Mr R Milsted	Mrs S Mechen Mrs S Smart
PPA <i>Planning, Preparation &amp; Assessment</i> (this is time allocated out of class for usual class teachers – a legal requirement)	Mrs J Austin 3 days Miss M Allen 2 days Mrs A Williams 1 day	
SEND/More-Able Support	Ms A Ghani Mrs L Suleyman	

Our School Councillors have discussed other rewards for the winning House each week (rather than non-school uniform).  
We will let you know of this decision in September.





## Top Tips for Parents

If you feel that your child is constantly anxious and doesn't seem to improve with your support, it's important to make an appointment to see your GP. However, there are some things you can do to support your child:

1. **Avoid the temptation to rescue** Every time you help your child to avoid a situation that makes them anxious or step in to 'rescue' them, you inadvertently send the message that there is something to be worried about and/or that s/he can't handle the situation on their own.
2. **Help them to recognise and make sense of physical symptoms** Quite often young people don't realise that their fast heartbeat, quick breathing or that feeling in their stomach is anxiety. They may sometimes describe being anxious as having a 'stomach-ache'. These feelings can be worrying in themselves, so helping your child to recognise them and reassuring them that they will pass can be helpful.
3. **Make the most of drive time!** Just 5 minutes with your child each day where you don't give them any instructions or advice but allow them to 'take the lead' can boost their wellbeing and enable them to open up conversations. Children will often talk about tricky things when you can't make eye contact – like when you're driving!
4. **Encourage sleep!** Don't discuss worries at night. Teach kids that they can 'put their worries down' for a while by getting them to write them on bits of paper and put them in a box. You can then talk through them later.
5. **Family time** Being anxious can be lonely. Plan things to do as a family and encourage them to focus on the moment they're in.

## Top Tips for Young People

1. **Go through it!** It's normal to have anxious feelings from time to time, but quite often if you can push through, your confidence in yourself to manage difficult situations will grow. Every time you avoid a situation, your anxiety will grow.
2. **Recognise anxiety's 'voice' so you don't take it seriously** A lot of people name the voice in their head that pops up with all the unhelpful thoughts. Giving it a funny name can help you to challenge it. This is what they do in Harry Potter when they make the Boggart look ridiculous!
3. **Challenge the 'what ifs'** Sometimes that 'voice' has a 'what if...' answer for everything! But remember, thoughts are not real so reality check them. How many people has it happened to? What would you do if it did happen?
4. **Sleep!** You are more anxious when you're tired, but when you're anxious you can't sleep! Try just resting and trust your body to get the sleep it needs. No screens an hour before bed, close eyes and decide on a happy 'twilight-dream' to focus on.
5. **Activities** Being anxious can be lonely, so make sure you are focused on the future. Try doing things you enjoy with family/friends and focus on the moment you're in.



# Emotional Mental Health and Wellbeing

## Summer Support Workshops and Groups

### August and September 2019

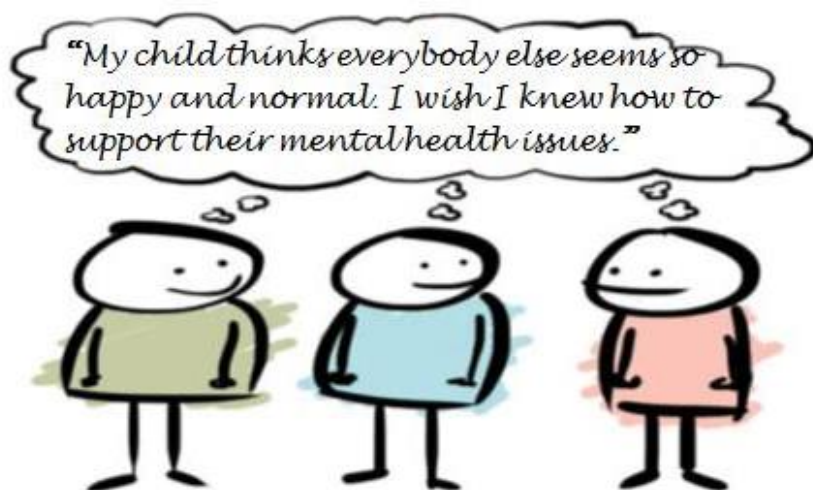


Hosted by the Schools Wellbeing Service

Our team of Primary Mental Health Workers are offering a telephone helpline and group sessions for any parents or carers who are concerned about their child's emotional mental health and wellbeing. This is a chance to have an informal chat about any questions you may have in a safe, friendly environment.

<b>Workshop around transition to school</b> for parent/carers and children at: Hove Town Hall Room G91	<b>Tuesday 3 September, 4-6pm</b>
<b>Walk and talk session</b> for parent/carers and children at: Stanmer Park, Brighton BN1 9PY MEET in front of the church by the pond See Google info	<b>Wednesday 7 August, 2-4pm</b>
<b>Walk and talk session</b> for parents and children at: Easthill Park MEET in front of the café Easthill Way, Portslade, Brighton BN41 2FA	<b>Wednesday 21 August, 2-4pm</b>
<b>Self-harm parent/carer session</b> for parents & carers only at: Brighton & Hove Inclusion Support Service, Brighton & Hove Music & Arts Building County Oak Avenue, Brighton, BN1 8DJ	<b>Wednesday 31 July, 9:30-11am</b> <b>Wednesday 28 August, 9:30-11am</b>

Spaces are limited. So please call **02173 294411** or email **bhiss@brighton-hove.gov.uk** to book places for the session you would like to attend and tell us the number of people attending.





# Emotional Mental Health and Wellbeing

## Summer Telephone Consultation Line

Provided by the Schools Wellbeing Service



**01273 293331** from 10am to 3pm Mon, Tue, Thurs

This phone line will put parents, carers and professionals in touch with a primary mental health worker who will provide advice and guidance on children and young people's emotional mental health and wellbeing. Professionals will need parental consent to discuss a named young person under 16, or can seek general advice.

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**For any crisis or urgent concerns please call:**

**Specialist CAMHS:** 0300 304 0061 (office hours)

**Sussex Mental Health Line:** 0300 5000 101 (out of hours: 5pm-9am, weekends, bank holidays)

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### Useful Phone Numbers/Websites/Apps:

**Childline:** 0800 1111 / online chat

**Samaritans:** 116 123

[www.findgetgive.com](http://www.findgetgive.com)

[www.youngminds.org.uk](http://www.youngminds.org.uk)

**Apps:** Calm Harm, Smiling Mind, Stay Alive



# SCHOOL POLICY REMINDERS

Only small stud earrings and watches are allowed at school. This is for Health and Safety reasons. If you send your child to school in hooped earrings, necklaces or bracelets there is a risk of tearing when in the playground/carrying out physical activity.



## Jewellery



ParentPay®

Please keep your Parent Pay account topped up so that the account does not go into debt. If debts go unpaid, you will be requested to provide a packed lunch for your child until the debt is cleared.

Please remember to sign up to School Ping to receive important information, letters and dates. Password is available from the Main Office. If you do not sign up, you may not be aware of everything going on in our school community.



## PASSPORTS £5 FEE

We will ask for a donation of £5 for any passport countersigning.



*Broadening Horizons  
Raising Aspirations*

## Important

[www.coomberoad.brighton-hove.sch.uk](http://www.coomberoad.brighton-hove.sch.uk)

Check our website regularly so that you are aware of upcoming events. Please be aware that, due to the nature of busy school life, dates may change suddenly. The dates on our school site will be the most up-to-date and we request that you do not rely on other sources.

## COMMENTS:

If you have any comments or suggestions, please email [admin@coomberoad.brighton-hove.sch.uk](mailto:admin@coomberoad.brighton-hove.sch.uk)





# Attendance News

We cannot authorise holidays in term time unless there are **EXCEPTIONAL CIRCUMSTANCES**. If you take your child out of school, you are at risk of being fined by the Local Authority (starting at £60 per parent/carer per child). Please do book your holidays out of term time.

175 non school days a year					
175 days to spend on family time, visits, holidays, shopping, household jobs and other appointments					
365 days in each year	190 School days in each year	10 days absence	19 days absence	29 days absence Half a term missed	38 days absence
	180 days of education	171 days of education	161 days of education	152 days of education	47 days absence
	100%	95%	90%	85%	80%
	GOOD Best chance of success Gets your child off to a flying start	WORRYING Less chance of success Makes it harder to progress		SERIOUS CONCERN Not fair on your child Court action	

Under the terms of the Education Act 1996, it is the responsibility of parents/carers to ensure that their child attends school regularly and punctually. Failure to do so may lead to legal proceedings being taken against you by the Local Authority.












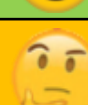




# Attendance 18/19: 95.6%



National Figure = 96%

## Class Attendance 18/19

Class	Champion Score	  
Red Class	95.0%	
Buttercup Class	94.7%	
Sunflower Class	94.7%	
Emerald Class	96.3%	
Sky Class 	96.4%	
Indigo Class	95.8%	
Amethyst Class	95.2%	
Violet Class	95.1%	

### Answers to frequently asked questions:

- Medical evidence is required if a child is absent for 3+ days.
- If we have not heard from you and your child is absent for 3+ days, we will contact FDfF (Social Services) as part of our Safeguarding procedure.
- Holidays will not be authorised in term time unless there are absolutely exceptional circumstances.
  - Cost of holidays is not an exceptional circumstance.
- Fixed Penalty Notices are issued by the Council once referred by the school.
  - Money goes directly to the Council (not the school).



### AUTUMN TERM

First Day of Autumn Term	Thursday, 5 <sup>th</sup> September (INSET Wed 4 <sup>th</sup> )
Half Term (1 week) (children return to school on Tuesday, 5 <sup>th</sup> November)	Monday, 28 <sup>th</sup> October – Friday, 1 <sup>st</sup> November (INSET Mon 4 <sup>th</sup> )
Last Day of Autumn Term	Friday, 20 <sup>th</sup> December
Christmas Holiday	Monday, 23 <sup>rd</sup> December – Friday 3 <sup>rd</sup> January

### SPRING TERM

First Day of Spring Term	Monday, 6 <sup>th</sup> January
Half Term (1 week) (children return to school on Monday, 24 <sup>th</sup> February)	Monday, 17 <sup>th</sup> February – Friday, 21 <sup>st</sup> February
Last Day of Spring Term	Friday, 3 <sup>rd</sup> April
Easter Holiday	Monday, 6 <sup>th</sup> April – Friday, 17 <sup>th</sup> April

### SUMMER TERM

First Day of Summer Term	Monday 20 <sup>th</sup> April
May Day Bank Holiday	Friday, 8 <sup>th</sup> May (changed from 4 <sup>th</sup> May for VE Day celebrations)
Half Term (1 week) (children return to school on Monday, 1 <sup>st</sup> June)	Monday, 25 <sup>th</sup> May – Friday, 29 <sup>th</sup> May
Last Day of Summer Term	Friday, 17 <sup>th</sup> July (INSET Mon 20 <sup>th</sup> , Tues 21 <sup>st</sup> and Wed 22 <sup>nd</sup> )

### INSET Days (5 days in every academic year have to be set aside for staff training):

To try and help parents, we have attached our staff training days to existing holidays. The school will be closed on the following days for INSET:

- Wednesday, 4<sup>th</sup> September 2019
- Monday, 4<sup>th</sup> November 2019
- Monday, 20<sup>th</sup> July 2020
- Tuesday, 21<sup>st</sup> July 2020
- Wednesday, 22<sup>nd</sup> July 2020



# Adverts



**Places available for 2,3 & 4 year olds**

Funding available for eligible children  
(non funded children £18.60 per session)

**A small, friendly Pre-school with Good Ofsted**

**Opening times (term time only)**

Monday - Friday

8.50am - 2.50pm

**Call Alison for details**

**07722 074841**

Email: [newbeginningspreschool@hotmail.com](mailto:newbeginningspreschool@hotmail.com)

Coombe Road School, Coombe Road,  
Brighton, East Sussex, BN2 4ED

Reg. Charity No. 1094158





# Adverts

Providing Pet Services in and around Brighton, including Dog Walking (Groups and one-to-ones), Reactive and Rescue Dog Care, Puppy Care, Cat Feeding, Small Animal Care, Home Visits and Pet Sitting in Your Own Home.

[www.benjispetservices.co.uk](http://www.benjispetservices.co.uk)

[info@benjispetservices.co.uk](mailto:info@benjispetservices.co.uk)

07958 321 530



Book now at [www.russellmartinfoundation.co.uk](http://www.russellmartinfoundation.co.uk)

# SUMMER PROGRAMME



## Venues:

Hove Park 3G  
Westdene School  
St Nicolas CE School (Portslade)  
Wallands Primary School (Lewes)

Come join us this summer for a fun packed Football and Multisports programme.

**EARLY BIRD**  
Book before  
21/06/2019 to  
save up to  
£25 per  
week!

**EARLY BIRD SPECIAL OFFER** cost before 21/06/19 shown in ( )

1 day - £20 (£20) | 2 days - £35 (£30) | 3 days - £50 (£40) | 4 days - £65 (£50) | 5 days - £75 (£60)

## Programme timetable

On **Multisports/Football** days children have the option to take part in either throughout the day. (**Early drop available at 9am - £4 per child**)



**WEEK 1** - Mon 29th JUL to Fri 2nd AUG - **St Nicolas** (Multisports/Football) - 10am - 3pm

**WEEK 1** - Mon 29th JUL to Fri 2nd AUG - **Wallands** (Multisports/Football) - 10am - 3pm

**WEEK 2** - Mon 5th AUG to Fri 9th AUG - **St Nicolas** (Multisports/Football) - 10am - 3pm

**WEEK 2** - Mon 5th AUG to Fri 9th AUG - **Wallands** (Multisports/Football) - 10am - 3pm



**WEEK 3** - Mon 12th AUG to Fri 16th AUG - **Hove Park** (Football) - 10am - 3pm

**WEEK 3** - Mon 12th AUG to Fri 16th AUG - **Wallands** (Multisports/Football) - 10am - 3pm

**WEEK 4** - Mon 19th AUG to Fri 23rd AUG - **Westdene** (Multisports/Football) - 10am - 3pm

**WEEK 5** - Tues 27th AUG to Fri 30th AUG - **Westdene** (Multisports/Football) - 10am - 3pm



**WEEK 6** - Mon 2nd SEPT to Wed 4th SEPT - **Hove Park** (Football) - 10am - 3pm

Boys and girls of any ability aged 5 to 12 welcome. Raffle prizes throughout (£1 a raffle ticket). 10% sibling discount. Spaces limited at some venues.