



EAST RIDING OF YORKSHIRE COUNCIL *Acre Heads Primary School* "A place to nourish thinking minds"

October 2015

WELL-BEING BULLETIN



This is Mrs Rogers. You may already know her through her work at Acre Heads. If you don't – here's a little bit about her role.

During lesson times, Mrs Rogers is a Teaching Assistant in FS and KS1. At lunchtimes, she works in 'The Snug' which is the little room adjacent to Mrs Hare's office and the FS classroom.

She has a list of children who need her counselling help, and she sees them on a rota basis, spending up to half an hour with each child. Currently she has 20 children on her list.

Children come to her if they have issues they need to work out. Sometimes the home situation can be temporarily or even permanently difficult for children. They talk to her and she offers a listening ear and sometimes advice or strategies to help. Parents often ask her to speak with their child, and sometimes teachers will refer children to her.

Mrs Rogers works closely with Mrs Robinson, Headteacher, and they meet once a week to discuss the sessions being done with the children. If, in their sessions, any of the children disclose an issue of a Child Protection nature, Mrs Robinson will be the one to follow this up.

Mrs Robinson is also a trained Councillor and offers this service to children. Mrs Robinson prefers to concentrate on conflict resolution.

On Friday lunchtimes, she invites some of her children to join a Friday Club session, where they get to make things and play games in a group.

She has two soft toy friends, Betty the Giraffe and Pin. Sometimes the children take one of these toys home for comfort.

Mrs Rogers works very closely with parents and other professionals. The children trust her and she is very patient and kind with them.

If you feel that your child needs Mrs Rogers' help, please call or see her on the KS2 playground every morning where she blows the milk whistle.

Early Help and Safeguarding Hub (EHASH)

If you think a child is being abused or neglected, contact: (01482) 395500
Monday - Thursday 9am - 5:00pm.
Friday 9am - 4:30pm.

Secure email: childrens.socialcare@eastriding.gcsx.gov.uk
Out of Hours (01377) 241273

If a child is suffering abuse and requires urgent attention because of immediate danger, call the police on 999 or 101



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Please park responsibly down Norland Avenue when visiting the school.





This is Mrs Brady. During lesson times she is a Teaching Assistant in KS1. At lunchtimes, she runs the **Snuggers**. This is a group of children who meet every day for lunch and then games / activities / play in a small group. Sometimes children come to Snuggers because they are falling out with people outside. Sometimes they come because they are too shy to make friends. Sometimes they come because they are injured and can't play out. Children learn social skills in a fun setting; they get to talk about their feelings and come to understand that behaviour has consequences for their friendships. Please note – we do not operate Snuggers as a punishment – we use it for education purposes only.

Family Information Services Hub (FISH)

Free, impartial service for children, young people, parents/carers and the people who support them
Telephone: (01482) 396469

Grapes

Due to recent press about how easy it is for young children to choke on grapes, we have decided that all grapes served to children at Acre Heads will be quartered.

Headlice Checks

These will be taking place this week. We offer this service above and beyond our call of duty – the Local Authority tells us that we are the only school in the East Riding that does so. However, we need your permission to do this. If you would like to sign up for this service, please see Mrs Kelsey at the Welcome Desk as soon as possible.

Bedwetting – how to help your child

Try to be patient – bedwetting is not her fault (or yours, for that matter!). You might not hear parents of older children talking about it, but bedwetting is more common than you imagine. Among about 10% of children aged five will wet their bed nearly every night. It's frustrating for you, and your child may be scared, sad and embarrassed. If you can, treat it as a challenge you work on together rather than a problem. In the majority of cases, bedwetting will stop eventually and there are things you can do to help.

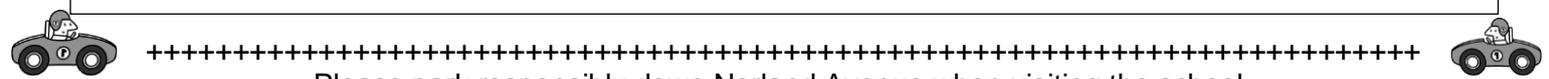
Why do children wet the bed?

Your child isn't lazy and shouldn't be disciplined for wetting the bed. Bedwetting, or enuresis, has many causes: your child's nervous system may not have developed enough to allow her night time control over her bladder, she may be under stress or be anxious about something, or, more rarely, she may have urinary tract troubles which make her urinate more regularly. Children of all ages wet the bed; it's a condition which some think may be inherited. If bedwetting is sustained over a period of time, it's important to check with your GP that there's nothing medically wrong with your child. Your GP can also suggest local help, and may be able to refer you to a bedwetting advice group. With a little training, some practical measures and a lot of support, most children are able to stop wetting the bed in time.

Tips to help your child stop wetting the bed

- Before you start, make it clear to your child you're not cross, you're just trying to help, and make sure you listen and get her on board with any new measures.
- If you suspect that the bedwetting is stress-related – if there's a change in family structure, you've moved home or your child is experiencing bullying, for example – try to work on this anxiety before you start on a new regime.
- Staying dry and exercising control over the bladder (using her pelvic floor muscles) during the day might help – give her a timer or a watch with an alarm and see if you can prolong time between her toilet trips by 10 minutes each day.
- Offer sips of drinks from about 4pm and nothing at all to drink one and a half hours before bedtime.
- Try to avoid putting your child in pull-ups or a nappy – it might help that they can feel when they're wet at night time.
- Make sure you have the right protective sheeting and lots of sheets and nightwear. Leave a low light on so your child can see her way to the toilet.
- Once your child wets the bed, ask her to help you change herself and the bed sheets, remembering to stay sympathetic and gentle.
- Some people use buzzers or alarms attached to night wear, which are triggered by moisture, so she can get up and go to the loo. The aim is to 're-programme' the brain to alert her to wake before she has to wee.
- Others say that once a child is old enough for sleepovers, there is an initial period of embarrassment as she inevitably wets the bed, but that overnight stays can act as a catalyst for retraining.

It may some take time to find a solution that works for your child, and you can bet that your child is finding it much more difficult than you are! Try to remain patient, don't focus on the failures and seek support.



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