



Mr Maddocks



Mrs Baker



Mrs Baird

MEET THE YEAR 4 TEAM

Year 4 2024 - 2025

WELCOME TO THE YEAR 4 TEAM....

- ▶ Class teacher: Mr Maddocks
- ▶ PPA Cover teacher: Mrs Baird/Mr Masters/Mr Johnson/Miss Fry(PE).
- ▶ Support staff: Mrs Baker/

We are delighted to be working with you and your children this year and are very glad to have welcomed them back this September.

If there is anything that we can help with, please let us know in the morning or afternoon. Alternatively, please contact the school office to speak with one of us and we will be happy to help.

▶ Our topics this year are:

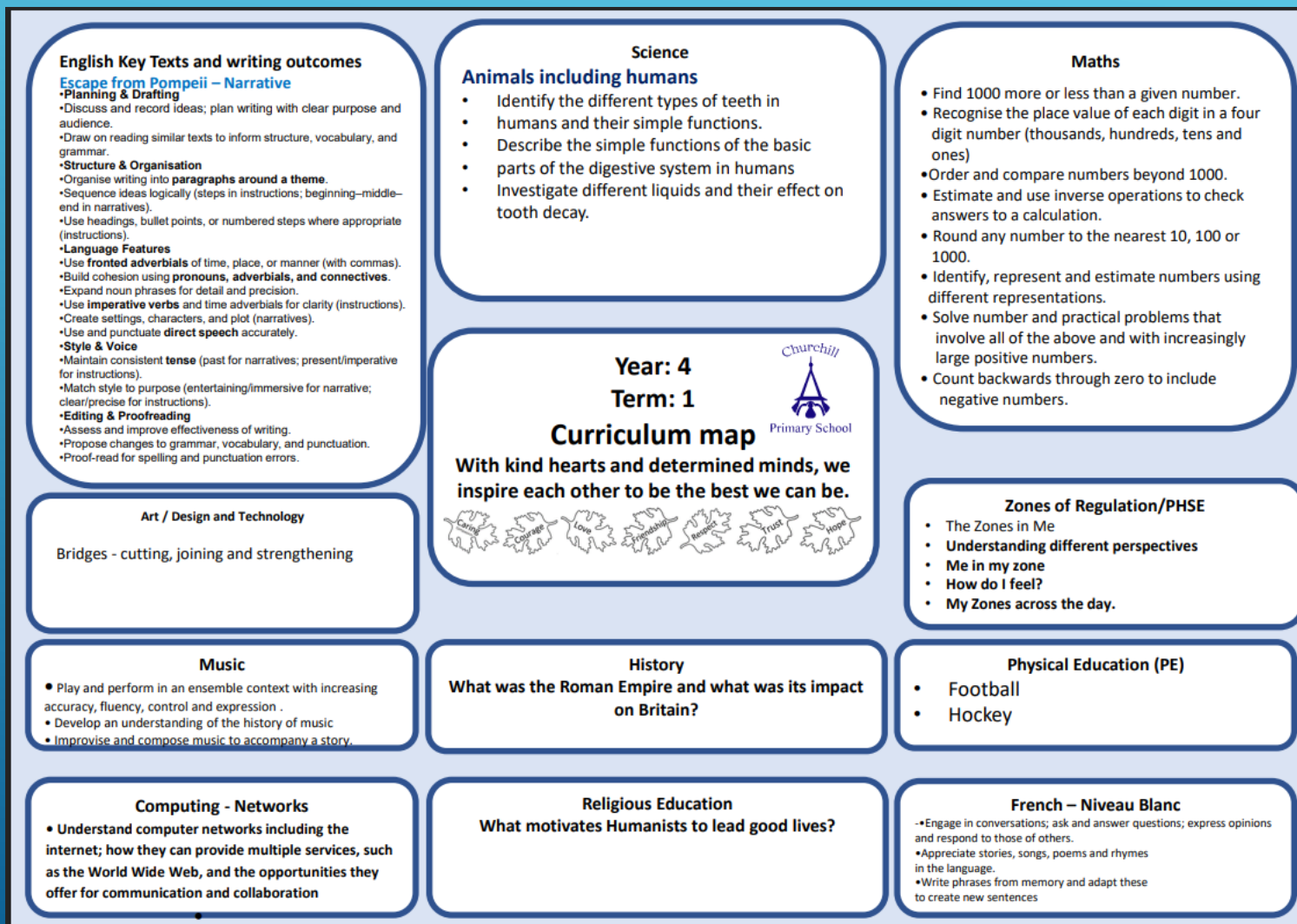
- ▶ Term 1: The Romans in Britain (History focus)
- ▶ Term 2: The Saxons (History focus)
- ▶ Term 3: The Vikings (History Focus)
- ▶ Term 4: Rivers
- ▶ Term 5: Europe and Migration
- ▶ Term 6: Natural Resources

THE YEAR AHEAD...

- ▶ Trip to Roman/Saxon
- ▶ Trip to Ham Wall Nature reserve or Slimbridge WWT
- ▶ A number of other local visits will take place such as the Christingle Service at St Mary's and Year 4 Easter experience and the

VISITS AND FIRST-HAND
EXPERIENCES...

CURRICULUM – OUR CURRICULUM JIGSAW SHOWS THE KEY LEARNING OBJECTIVES FOR TERM 1.

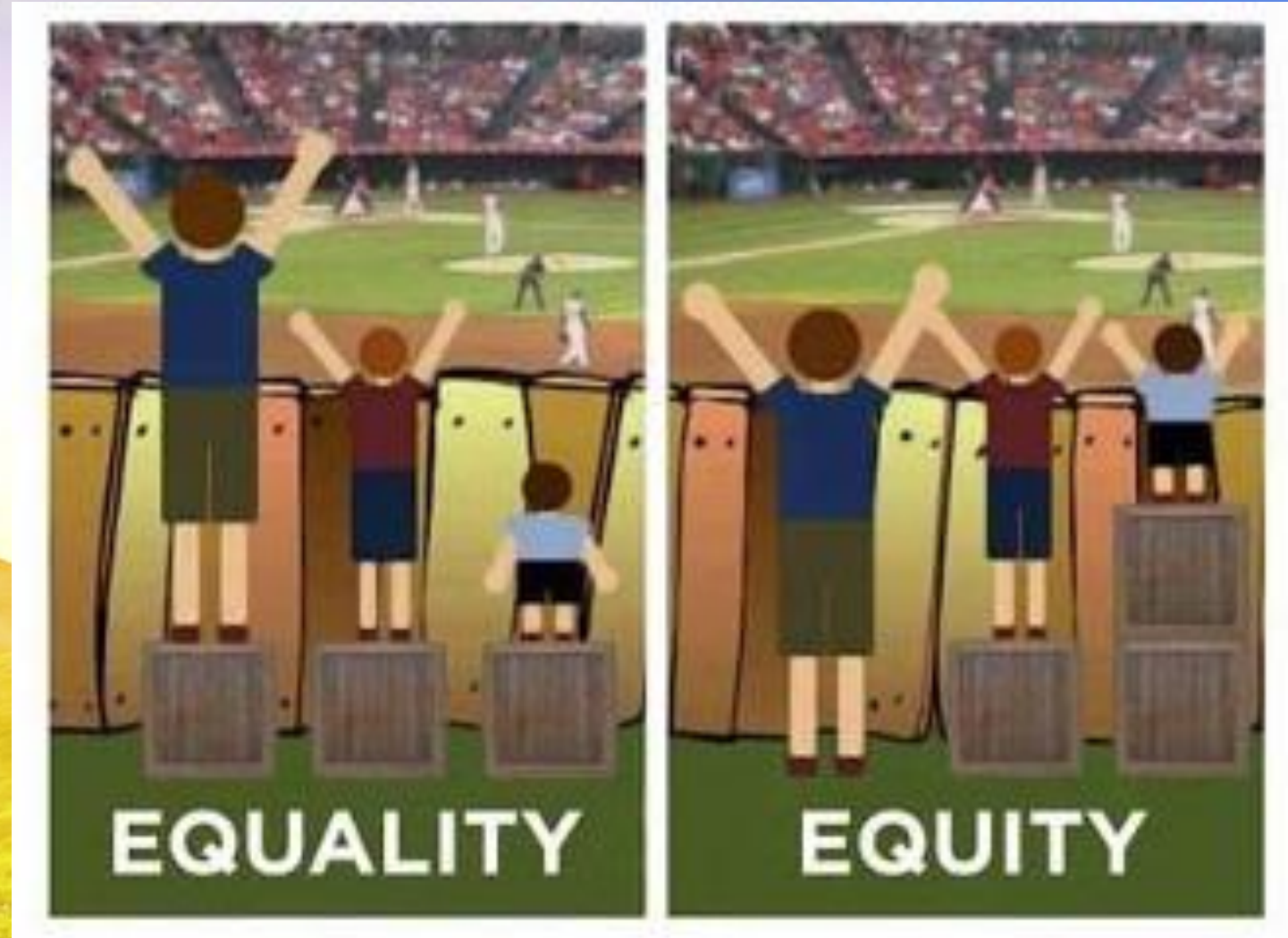


We believe that learning changes lives for the better and forever



Be
Responsible

Be respectful



To help us get it right

First Warning

- Reminder of the expected behaviour and how we know that you can get it right. We believe in you!
- Reminder of the expectations on our learning charter

Second Warning – if the behaviour continues

- This behaviour is not acceptable
- We will again ask you to think about and remember the expectations on our learning charter
- If there is any further behaviour of this nature there will need to be a consequence.

To help us get it right

Consequences:

The main 4 are:

Going to another class	Losing time – playtime / lunch / golden time
Reflection Sheet	Sent to a senior leader

WHAT WE CAN DO FOR YOU



ASSEMBLIES

Our **Engagement Workers** can deliver assemblies about **MHST - who we are, what we do and how your students can sign up.** We can do these in person, over video call, or can send you a pre-recorded assembly to show at a time that's convenient for you!

WHAT WE CAN DO FOR YOU



WELLBEING BOARDS

Have a spare noticeboard that you want filled up with **mental health information?** We can come in and create a display with information about our projects and other local mental health services. We can also send out a pack to you if you'd rather **do it yourself!**

How can you access us?

Speak to a trusted member of staff in school



We'll speak with your school about how best to help you



If we can help, we'll arrange to have a meet and greet with you



You'll then start your 1-to-1 sessions with your Educational Mental Health Practitioner (EMHP)

Get in contact

mhstenquiries@otrbristol.org.uk
0117 403 8735

The MHST is a partnership between OTR (Off the Record) and CAMHS. We are working with selected education settings across Bristol and South Glos. to find out where we work check out our webpage:

www.otrbristol.org.uk/what-we-do/mhst/

Mental Health Support Team

We are a new project that has been created to get mental health support to more children and young people.

The Mental Health Support Team (MHST) are trained to give 1-1 support in education settings on anxiety, low mood and other struggles with wellbeing.

Our logo is an otter because, like otters, we work as part of a team and use tools to help everyone we work with build resilience and look after their wellbeing. Some of our favourite tools are problem solving, self-care, challenging negative thoughts and managing worries.



Meet Your Trainee Educational Mental Health Practitioner (EMHP)...

Karen

Hi I'm Karen (she/her) from the Mental Health Support Team. I'll be working at your school each week, say hello next time you see me!



What is MHST?

The Mental Health Support Team (MHST) is here to help your school to develop ways to look after the mental health of its students, staff, parents and carers.

Our EMHPs do this by supporting your school to understand what you need, providing staff training and offering lessons on well-being. Our EMHPs are also trained to give 1-1 support to students on anxiety, low mood and other struggles with wellbeing.

Our logo is an otter because, like otters, we work as part of a team and we use tools! Some of our favourite tools are self-care, challenging negative thoughts, problem-solving and managing worries. We want to share these tools with you so that you can look after your own wellbeing and build your resilience.

If you would like to know more then chat to me or ...



WHAT WE CAN DO FOR YOU



POP-UPS

We can offer stalls which give young people the opportunity to come over for a chat, take part in a wellbeing-related activity, and grab some leaflets about our services. These tend to be over lunchtime but we can also offer pop-ups at events and parent's evenings.

OTR WHAT WE CAN DO FOR YOU



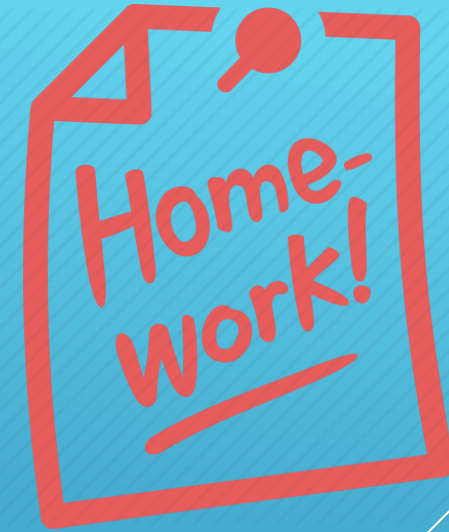
STAFF INFORMATION SESSIONS

If you think staff within your school could benefit from a refresh on OTR's services and sign-up process, we can set up an in-person or virtual information session

THE
ZONES OF
REGULATION®

**A CURRICULUM DESIGNED
TO FOSTER SELF-REGULATION AND
EMOTIONAL CONTROL**

- ▶ **Homework** – following on from their previous homework routines, the children will have, reading and TTRS homework consistently, and additional tasks will be set that will support either the English, Maths or topic-based curriculum. Please aim to support your child with reading at least five times a week - this can be as short as ten minutes but the impact on your child's reading development will be significant.
- ▶ **Homework** will be given out on a Friday and please can it be returned by the following Friday.
- ▶ **Intervention** – as in previous years, your child may attend some smaller group sessions in particular subject areas in order to help their confidence with certain tasks or give them the opportunity to ask questions and address misconceptions in a smaller group or 1 to 1 environment. These will be fluid and change according to all pupils' needs as the year progresses.
- ▶ **P.E.** PE days are Tuesday and Thursday.



CLASS WORK & HOMEWORK...

READING AT HOME

Reading – same class system of changing reading books/expectation for children to take ownership of having a varied reading diet, especially as Free Readers. Encouragement to read at home as well as at school, even if it isn't their school reading book. Please ensure these reads are recorded in their Reading Records. **Remember that by reading 5 times a week and signing this in your child's reading record, this will ensure that your child achieves 5 house points for their house.**

These points will also be added to the class reading challenge – 500 points will earn a class treat (an afternoon where the children can choose to have a film, sports or craft afternoon).

- ▶ The Churchill Primary School Website has a wealth of resources to support reading.
- ▶ Please visit the page:
<https://www.churchillprimaryschool.co.uk/reading/>
- ▶ Click on resources for parents

Introduction to the Mental Health Support Team

The MHST service is part of a national Government strategy to improve access to Mental Health support for children and young people.

The service is designed specifically to provide extra capacity for **prevention and early intervention**.

It is designed to complement and extend existing support systems, not replace them - and to deliver “Whole School Approach” work
MHSTs work with children and young people aged 5-18 specifically in **education settings**

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If you would like to know more then chat to me or ...

The role of the Education Mental Health Practitioner (EMHP)

Deliver low intensity cognitive behavioural therapy and self guided help

1:1 support

Pupil workshops
Assemblies
Staff workshops
Parent workshops

Give timely advice to school staff through consultation

Support for parents

Support the development of the Whole School Approach

Group work

Liaise with external specialist services to help young people and families to get the right support



What we can provide support for

✓ Fear of social situations

✓ Behavioural routines



✓ Panic

✓ Worry

✓ Anxiety



Common mild-moderate mental health difficulties that are likely to respond to early intervention/ low intensity approaches

✓ Specific phobias

✓ Low mood

✓ Negative thinking

✓ Stress management

✓ Sleep problems



Support is here for you or/and your child/children

- Scan the QR code.
- Complete the online form to register your interest.
- Mr G will contact you to discuss your concerns.
- A time will be made to meet with your child's class teacher to complete the MHST referral form.
- Once the referral has been accepted by the MHST, you will be contacted to meet with them in school.

Parent MHST Enquiry Form



Who we work with:

1. The child / young person
 2. The child/young person and their parent/carer
 3. Parent/carer alone - for children under 8 (anxiety/ behaviour)
- Anxiety or worries - specific, social, separation, panic, general and some obsessive compulsive difficulties (OCD).
 - Low Mood (most often found in secondary but can present in primary)
 - Behavioural difficulties

We only ever work with people who consent to and want the support





- ▶ Please keep up to date with our newsletters for dates of parents evenings and school events.
- ▶ Website is, as always, a fantastic resource for checking dates for the diary, event details or general information specific to our class. We will endeavour to keep it as up to date as possible.

GENERAL INFORMATION & DATES FOR
THE DIARY...