



Magdalen Academy

Proud to be part of UNITY EDUCATION TRUST



Parents as Partners

Newsletter 3



13th October 2023

Dear Families,

This week we recognised World Mental Health Day. It is proving a particularly difficult time for adults and children due to increased living costs which are putting more pressure on families. One of the simplest and easiest ways to improve a child or young person's wellbeing is to encourage them to talk about their experiences. This is the first step on a journey towards mental health as a universal human right. The relationship a child has with others – friends, family, teachers, healthcare professionals – is crucial to building the best possible mental resilience and wellbeing.

If you think your child is struggling with their mental health, there is a range of support out there.

- Mrs Clarkstone is our mental health lead and can offer support.
- We have access to a range of services such as the Swan project, Benjamin Foundation and Play Therapy
- Just One Norfolk can offer a range of support services <https://www.justonenorfolk.nhs.uk/>
- Young Minds has advice for parents: <https://www.youngminds.org.uk/parent/>

If you are personally struggling, we can also support:

- Have you heard of the Steam House Café in King's Lynn? It is a unique and safe cafe-styled space with a fully-trained multidisciplinary team, offering holistic support to adults experiencing mental health crisis – day and night. <https://steamhousecafes.co.uk/>
- The Norfolk county council website is also a wealth of support <https://www.norfolk.gov.uk/care-support-and-health/health-and-wellbeing/adults-health/mental-health/support-for-mental-health>

Please do speak with us if you need any help as we are always happy to help.

Regards

Louise Arrowsmith



KING LYNN BRANCHES

PLEASE PLEASE PLEASE
GET POPPING YOUR BLUE TOKENS IN THE
MAGDALEN ACADEMY SECTION

WE WOULD LOVE TO BE ABLE TO IMPROVE
THE PLAYGROUND FOR THE CHILDREN.

THANK YOU

COMMUNICATION

Finding the correct balance of communication is always difficult. In our schools we communicate in the following ways:

- ParentApp - this is used by the admin staff to share letters, information, messages etc. It gives you the facility to message regarding absences and upload evidence to support. Most of the messaging will come via this app so please keep an eye on your message notifications. If you need to respond you can do this via phone call or emailing the school office.
- Class Dojo/ Seesaw - is a way for **teachers** to share children's learning at school, for you to post home learning and directly message class teachers. They may share reminders for their classes, but this would be to support those sent by the office.
- Fortnightly newsletter which contains dates and reminders. This is sent through ParentApp as well as put on our school websites.
- Sometimes reminders will be sent home in paper form or displayed out the front of the school.
- Daily access to staff at the beginning and end of the school day - if the member of staff you would like to speak to is not on the playground just speak to the office and they will do their best to see if the staff member is free at that time.
- We appreciate that different communication methods suit different families. We are always open to suggestions for ways to keep you more informed so please send any suggestions to the office.

HELPFUL INFORMATION

The Government has issued some helpful information for parents, below are the two links to websites if you have any doubts about if your child/ren should attend school or for general advice around child illness it is a fantastic guide.

[Is my child too ill for school? - NHS \(www.nhs.uk\)](http://www.nhs.uk)

[Mental health issues affecting a pupil's attendance: guidance for schools - GOV.UK \(www.gov.uk\)](http://www.gov.uk)



CHRISTMAS BINGO THURSDAY 7TH DECEMBER

So far, we have raffle prizes from:

The Majestic Cinema
Alive Cinema
Alive West Norfolk Swimming Pass
Skaters
Kings Lynn Town
Reeds
The Angel in Watlington
&
Morrisons

We would love the whole school to attend this event. The Friends of School are going to come up with a way that it is accessible to all and are very aware of the cost-of-living affecting families. More details to follow, but we would love the children, parents, and grandparents to attend.

If you would like **to donate a raffle prize** then please can you drop them off at the office, or if you know have any contacts with companies then it would be fantastic if they could also donate a raffle prize.

Thank You

Important Dates



OCTOBER

- Weds 18th - Whole School Parent Evening
3:30pm - 6:00pm (Few slots still available)
Thursday 19th - Friends of School FILM NIGHT
Payable on ParentPay!!!
Friday 20th - Break up for Half Term



Monday 30th - Back to School

NOVEMBER

- Wednesday 1st - After School Sports Club Begins
Thursday 9th - Annual Flu Immunisation Visit
Friday 10th - Individual/Family School Photo's
Friday 17th - Children in Need (details to follow)

DECEMBER

- Friday 1st - Lighting of the Village Christmas Tree
6:30pm at The Church
Mulled Wine & Mince Pies
Saturday 2nd - Village Hall
2:00pm - 4:00pm
Christmas Fayre & Christmas Tree Festival
Thursday 7th - Christmas Jumper Day
& Friends of the School Christmas BINGO & Raffle
Friday 8th - Whole School to the Panto (Not Pre School)
Sunday 10th - 6:30pm
Magdalen Village Traditional Village Service
Friday 15th - Rudolph Run