

St Giles' and St George's C of E Academy

Aspire Believe Achieve

Tuesday 17th December



Diary Dates

Friday 20 th December	Finish for Christmas
Monday 6 th January	Return to school
Wednesday 15 th January	Y4 LF GLOW
Friday 17 th January	Pastoral Coffee and Catch up at 2pm
Wednesday 12 th February	Year 4 AT GLOW
Friday 14 th February	Finish for half term
Monday 24 th February	INSET Day
Tuesday 25 th February	Return to school



Looking after yourself at Christmas!

Christmas and New Year are often associated with excitement and joy but it can also be a difficult time, straining us mentally, emotionally, physically and financially. There are many reasons why this time of year can be challenging. It's okay if you're not feeling full of joy during the festive season.

In this edition we would like to give you some tips on looking after your mental health during the festive season.

Looking after yourself:

- It's ok to prioritise what's best for you, even if others don't seem to understand.
- Let people know you're struggling. It can often feel like it's just you when it's not.
- Tell people how they can support you. For example, you could let them know any activities you'd like to be involved in, and those that you want to avoid. Or you might give them some examples of situations that might be triggering for you.

Think about what might be difficult about this time for you, and if there's anything that might help you cope. It might be useful to write this down.

For example:

If you're planning on going away from home, e.g. to visit family or friends, think about what you need to help you cope. Are there things you can bring to make you feel more comfortable? Or is there somewhere you can go to take a break?

We can sometimes over commit to joining in everyone's celebrations. If you're feeling overwhelmed by what you have committed try to think about if you need to go to a particular event. Could you agree to go for a limited time? Will there be people who you really want to spend time with? Could you arrange to meet friends at another time or location?

If you're going to be alone this Christmas, plan some activities that you enjoy to pass the time. Make a list of things that you can do that you know would make you happy. Buy yourself some delicious treats to eat. Plan some fun movies to watch. Get outside and go for a nature walk. Spending time in nature is a great way to connect with the environment around you, whilst getting some mood-boosting exercise.

If you celebrate other religious festivals or holidays, you might feel overshadowed by the focus on Christmas. Think about how you can share the traditions and activities you take part in with colleagues and friends.

Plan something nice to do after the festive period. Having something to look forward to next year could make a real difference.

<https://mentalhealth-uk.org/blog/why-christmas-isnt-easy-for-everyone-and-how-to-cope/>

Mental Health UK

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I try not to think too much about Christmas. If it turns out to be good then that's a bonus, if not then at least I haven't got myself worked up over nothing!

mind

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<https://www.mind.org.uk/information-support/tips-for-everyday-living/christmas-and-mental-health/christmas-coping-tips/>

Autumn term attendance!

Nursery - 91%

Reception - 93%

Year 1 - 94%

Year 2 - 96%

Year 3 - 95%

Year 4 - 96%

Year 5 - 96%

Year 6 - 96%

Overall school attendance!!!

95%



Looking after others at Christmas!

There are lots of reasons that someone in your life might find Christmas difficult. They might worry that they're a burden, or feel like they can't participate. Or they might have mental health problems that make some parts of Christmas more difficult.

THINGS THAT CAN HELP

- ◆ **Understand that Christmas means something different to other people**, and may bring up very different feelings. You might feel like you're sharing a celebration, but they might not feel the same way.
- ◆ **Let them know you understand Christmas can be difficult**, and that you're there for them.
- ◆ **Tell them they're not alone**. Reassure them that it's common to find things hard at this time of year.
- ◆ **Listen to what they say, and accept their feelings**.
- ◆ **Ask them if there are certain things about Christmas that are difficult for them**. And **ask what they think might help**. For example, it could be helping them plan how to deal with difficult conversations. You could also support them if they want to avoid certain situations, such as religious celebrations or visiting family.
- ◆ Try to **make Christmas more inclusive**. For example, if someone has caring responsibilities at Christmas, try to arrange activities around their schedule so they can join in.
- ◆ **Think carefully about gifts**. Some presents may not be appropriate for everyone, such as food or alcohol-related gifts. Or if someone you know has problems with **hoarding**, it may be unhelpful to give them new items as Christmas gifts. You could think of alternatives, like going out to do something together.
- ◆ **Remember they aren't trying to spoil Christmas**. No one chooses to find things hard.
- ◆ **Let people know you're thinking of them**. If someone you know is struggling or feeling lonely at Christmas, it might mean a lot to them to hear from you. You could give them a call, send a card or pop by to see them.
- ◆ **Look after yourself**. Supporting someone else can be difficult. For example, you might feel sad or conflicted. It might help to talk to someone you trust about how this is affecting you.



I would like Christmas to be a time of giving, care, love and attention, to really listen to someone who needs to be heard. To empathise and try to understand that we are unique and our basic needs are met through understanding, showing compassion for someone who is hurting.



YOUNGMINDS

<https://www.youngminds.org.uk/young-person/blog/looking-after-your-mental-health-at-christmas/?scrllybrkr=42a0ca28>

Arbor

As you are aware, we have launched the new pupil information portal which you should have been able to log on to. If you have any issues, please speak to the office.

Moving forward this system will allow you to keep contact details up to date and pay for/book your child in for trips and clubs. Additionally, you will be able to keep track of you child's attendance.



SAFEGUARDING TEAM AT ST GILES' AND ST GEORGE'S C OF E ACADEMY



Designated Safeguarding Lead (DSL) and Principal
Mrs C Pointon



Deputy Designated Safeguarding Lead (DDSL)
Mrs J Williamson



Deputy Designated Safeguarding Lead (DDSL)
Mrs H Booth



Deputy Designated Safeguarding Lead (Care Club)
Miss P Thacker



Safeguarding Champion (Governor)
Mrs R Penny

IF YOU ARE CONCERNED ABOUT THE WELFARE OR SAFETY OF ANY CHILD, PLEASE SEPAK TO A MEMBER OF THE SAFEGUARDING TEAM AS A MATTER OF URGENCY.



Chair of Local Academy Committee
Mrs S. Taylor



Director of Safeguarding and SEND (Trust)
Sarah Milne



Safeguarding Trustee
Julie Pilmore

Out of setting contacts
Director of safeguarding and SEND
smilne@threespiretrust.org
Safeguarding trustee
jpilmore.trustee@threespiretrust.org

Local Governors can be contacted by speaker to a member of staff.