

Parent Carer Bulletin

Spring Term Dates

Monday 26 February, students return from Half Term

Events this March

Wednesday 6 March, The Woman in Black at the Regent Theatre - Ipswich, 5:45-11pm

Thursday 7 March, Year 8 Parents/Carers Evening, 4:30-7:30pm

Thursday 7 March, World Book Day
Thursday 7 March, School Nurse Student Drop-in session in room G1a, lunchtime

Friday 8 March, Prince's Trust Enrichment activity, 9:30am-2pm

Thursday 14 March, Year 9 Options Evening, 6-8pm

Thursday 14 March, School Nurse Student Drop-in session in room G1a, lunchtime

Monday 18 March, CEC school-based activity, all day

Monday 18 March, Year 10 Prince's Trust WSC Tour both buildings, 9am-2pm

Tuesday 19 March, Year 8 & 9 Shakespeare Workshop, 8:30am-1pm

Thursday 21 March, School Nurse Student Drop-in session in room G1a, lunchtime

Friday 22 March, Year 9 Meningitis ACWY TDP Vaccination Session

Thursday 27 March, School Nurse Student Drop-in session in room G1a, lunchtime

Friday 29 March, Bank Holiday Friday

Dates for your diary week commencing 4 March:

- **Wednesday 6 March** - The Woman in Black at the Regent Theatre -Ipswich, 5:45-11pm
- **Thursday 7 March** - Year 8 Parents/Carers Evening, 4:30-7:30pm
- **Thursday 7 March** - World Book Day
- **Thursday 7 March** - School Nurse Student Drop-in session in room G1a, lunchtime
- **Friday 8 March** - Prince's Trust enrichment activity, 9:30am-2pm

Diet Culture Awareness Day

On Friday 1 March SVCS fundraised for Beat the Eating Disorder Charity as part of Diet Culture Awareness Day and Eating Disorder Awareness Week 2024. During this day students were asked to think about things they like about themselves, specifically things they can do rather than the way they look. We would also like to draw your attention to the following resources for help and support:

- www.beateatingdisorders.org.uk
- www.stourvalleycommunityschool.co.uk/svcs-wellbeing/particular-concerns/eating-disorders

As well as the following resources provided by the Charlie Waller Trust:

- A blog from Beth about lived experience: [Binge eating disorder – the road to recovery \(charliewaller.org\)](https://charliewaller.org/blog/beth-experience)
- Their resource for supporting a child with an eating problem: [Supporting a child with an eating problem \(charliewaller.org\)](https://charliewaller.org/supporting-a-child-with-an-eating-problem)
- And their available webinars for spotting signs of an eating disorder and what to do next: [Young people and eating disorders - Spotting signs and supporting on 16.04.2024 11:00 AM - Digital Samba](https://charliewaller.org/webinars)



Clare Swimming Club

Do you know that we have an open-air swimming pool in Clare? It's affordable and local and is open to families over the summer holidays.

The pool can only open this year if enough local parents/carers step up and help run it. If you are keen to keep this facility open to this summer, then please email to offer your help: clareswimmingclub@gmail.com

Spring Term Reading Recommendations

Year 7: I Am Malala SVCS English Department Recommends...



Year 8: A Midsummer Night's Dream- Spring 2

SVCS English Department Recommends...



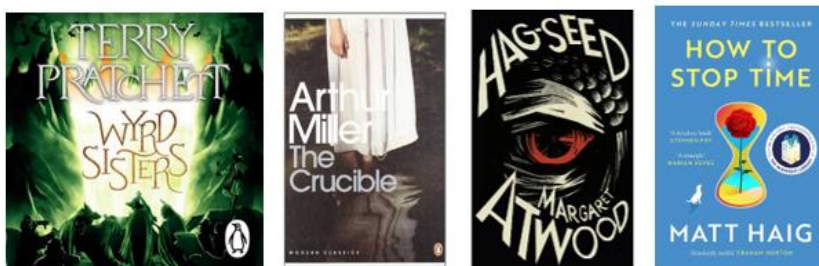
Year 9: Romeo and Juliet- Spring 2

SVCS English Department Recommends...



Year 10: Macbeth- Spring 2

SVCS English Department Recommends...



NHS Parent Carer Workshops

<https://www.stourvalleycommunityschool.org/files/letters/Psychology-in-schools-parent-workshop-poster-spring-term-1.pdf>

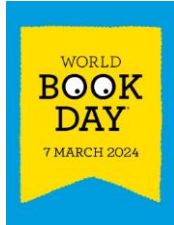
<https://www.stourvalleycommunityschool.org/files/letters/Childhood-Neurodiversity-PST-workshop-poster-Jan---May-2024-1.pdf>

Food Exam Revision

Now the practical exams are complete, Mrs Iannone will be offering Food exam revision sessions which will be held Wednesdays, 3pm-4pm. This will be this time up until the exam date in G8.

Year 7 World Book Day

For the attention of Year 7 Parents & Carers: World Book Day this year will be Thursday 7 March. We are very lucky to have the author *Muriel Driver* visiting SVCS and running sessions with all our Year 7 students, as well as a 'Meet an Author' opportunity for all other students. Signed copies of her book *Zondor the Magnificent* will be available on the day, however if any students want to read the book in advance, they can buy copies at the Harris and Harris Bookshop in Clare.



Year 8 & 9 Parents/Carers - Shakespeare Workshops

In the English Department we have managed to secure a prestigious theatre company to come to the school to complete a two-hour workshop with our students. Year 8 will be working on 'A Midsummer Night's Dream' and Year 9 on 'Romeo and Juliet'. Please see information regarding the workshops below as well as about the theatre company. In order for this to go ahead we are asking for a £7 donation for each student, which needs to be made by Thursday 7 March. If there are any issues concerning this payment, then please contact Mrs Higgins via email: khiggins@stourvalley.org.



Sky Blue's Shakespeare Rewired® workshops have been performed across the country at over 300 schools to over 50,000 delighted students.

Secondary School Shakespeare Rewired (KS3)

Our Shakespeare Rewired® workshop facilitators are all professional, classically trained actors with years of experience in both education and stage performance. Using skills they have acquired working for companies such as The Royal Shakespeare Company, The National Theatre, The Globe and The Reduced Shakespeare Company our talented facilitators guide your students carefully through one of Shakespeare's stories.

The two-hour workshops include a performance of the story with student volunteers and an in-depth look at key scenes with a chance for students to re-direct our actors and evaluate the outcome. There may also be a chance to hot seat characters during the 'Jeremy Vile show'.

2 Hour Workshops

-
- Includes a costumed telling of the story using student volunteers to play the roles
 - Followed by a focus on key scenes as laid out

Romeo & Juliet Example YEAR 9


-
- In depth look at Sampson & Gregory in Act I Sc. I
 - Hot-seat family members from Act III Sc. V
 - Make both good and bad decisions when re-staging Act V Sc.III

Parent/Carer Wellbeing Webinar

Information provided by Life on Time:

Building Resilience Together: Parenting Strategies for Managing Anxiety | Wellbeing Wins Webinars. With more and more of our youth struggling with anxiety, our [next Wellbeing Wins Webinar](#) will focus on the ways adults (particularly parents and guardians) can support young people at home. We'll be talking to mental health specialist Nicola Harvey about co-regulation, EFT, and more.

 14th March 2024

 6pm GMT

 https://www.youtube.com/live/cwoSqm2oP7I?si=YwAPugk_0cW5tA6b

[Click here to add the event to your Google Calendar](#)

Whether you're a parent yourself, or just want to share this with the parents you know, tap the button below to grab the link to the free webinar session.



WellbeingWinsWebinars: Parent Edition

**Building Resilience Together:
Parenting Strategies for
Managing Anxiety**

14th March 2024
6pm UK Time (GMT)

With Nicola Harvey
Mental Health and Emotional Wellbeing
Consultant, Speaker and Trainer
www.youhq.co.uk

Jez Belas
Co-Founder and Engagement Director
youHQ School Wellbeing Platform

youhq

Afternoon Tea Event at West Suffolk College

West Suffolk College would like to inform our parents/carers of an excellent opportunity for families to take part in family-focused fun and skill-building at an Afternoon Tea event. This free event is being organised by West Suffolk College's Culinary Arts Academy and West Suffolk Council's Economic Development team. It is taking place on Saturday 23 March, from 9:30am to 2.30pm, at Edmunds, West Suffolk College.

Spaces are limited, so register now to secure your spot! **For more information and to register, contact us by emailing skills@westsuffolk.gov.uk by Wednesday 13 March.**

Families must book their place by emailing skills@westsuffolk.gov.uk by Wednesday 13 March. Priority will be given to families eligible for free school meals.

EDMUNDS

◀ DINING IN BURY ST EDMUNDS ▶



Important Letters & Notices

https://www.stourvalleycommunityschool.org/files/letters/2023_Jul_Mental_Health_Working_Paper.pdf - *Mental Health Insights Working Paper*

<https://support.overnetdata.com/knowledge-base/how-do-parents-update-their-information-in-edulink-one/> - *How do parents/carers view and update their information in EduLink One*

<https://www.stourvalleycommunityschool.org/news/letters-from-the-headteacher> - *Letters from the Headteacher*

studentabsence@stourvalley.org - *Stour Valley Community School Attendance reporting email address*

safe@stourvalley.org - *Stour Valley Community School Safeguarding email address*

Stour Valley Community School

Cavendish Road | Clare | Suffolk | CO10 8PJ 01787 279342

