



*Together we
build*

Term Dates Reminder:

May 2025							
WK	Mo	Tu	We	Th	Fr	Sa	Su
19				1	2	3	4
20	5	6	7	8	9	10	11
21	12	13	14	15	16	17	18
22	19	20	21	22	23	24	25
23	26	27	28	29	30	31	

Key

Pupils at School
Weekends
Teacher Training Days
Bank Holidays
Holiday

Immunisations:

The Immunisation Team are coming to school on Thursday 1st May in the morning. This will be an HPC and 3-in-1 teenage booster for years 8+. Letters have been sent out to gain parents/guardians consent.

If you consent, please complete this consent form as soon as possible.

Sun cream:

Temperatures are due to soar next week. Children that enjoy/participate in outdoor activities will need to apply cream before coming to school and can bring some spare cream in a named tube that they can apply later in the day themselves, if needed.

Weekly Newsletter

Summer Term 1

Issue 171 25th April 2025

Welcome back to Summer term 1, we are looking forward to a term full of learning and wider curriculum opportunities for the students. The students have all had an excellent week settling back into routine and learning.



Little tips for helping someone open up when something's up

When someone is carrying around worries and difficult feelings, it can feel very lonely

Having someone there to listen can help them work through what's going on and feel better able to cope.

You don't have to be an expert to help someone open up when something's up. The fact that you care is what matters.

Here are some tips to help you spot when something might be up, open up a conversation and be a good listener.

1 How to spot when something might be up

These are some of the signs that someone may not be okay:

- Not wanting to do things they usually enjoy.
- Finding everyday things overwhelming.
- Not replying to messages, or being distant.
- Avoiding people or seeming quiet.
- Appearing restless or agitated.
- Easily tearful.
- Drinking or using drugs to cope with feelings.

2 How to open up a conversation

Don't be shy to ask how someone's feeling:

- Choose a good time, and somewhere without distractions.
- Use open questions that need more than a yes/no answer.
- 'How are things? I've noticed you don't seem quite yourself.'
- Listen well. 'How's that making you feel?'
- Avoid giving your view of what's wrong, or what they should do.

3 How to be a good listener

Showing you care builds trust to open up:

- Make eye contact and put away your phone.
- Focus completely on the other person.
- Pauses are fine, try not to jump in to fill a silence.
- Say back what you think it is they are wanting you to hear.
- Resist putting your own interpretation on it.
- Don't give up. Sometimes it can take a few tries!

4 How to help someone get more help

If it feels like the person is really struggling to cope:

- 'Would you like to get some help?'
- 'Have you tried your GP?'
- 'Would you like me to come with you?'
- 'Did you know you don't have to be feeling suicidal to call Samaritans?'
- 'Samaritans is free, 24 hours a day if you're feeling low or worried too.'
- 'If it helps, you can talk to me any time.'

Supporting someone in distress can be distressing

Samaritans is here for anyone who needs someone to listen.

Call free day or night on

116 123

Email
jo@samaritans.org

SAMARITANS

A registered charity