



Panshanger Press 2024/2025 - Vol. 3

Panshanger Primary School

11th October 2024

Hello Autumn!

Message from Mr Longland

Good afternoon,

I am so pleased to see that so many of our classes are now fully settled with their new class teachers. October is Black History Month and so far we have learnt about Michael Jordan. We discussed how he has shown our school values of: Respectful, Ambitious & Resilient throughout his varied career. Next week, we will be hearing more about Mae Jemison.

As the weather begins to turn, please ensure that your child has a suitable coat with a hat and gloves. We do try to go outside for break and lunch as much as we can.

If you have any questions then please feel free to come and ask me on the playground in the mornings. However, if you feel it would be more appropriate, please call the office to book a mutually convenient time.

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Children's Kitchen







We are incredibly excited to announce that we will be refurbishing our children's kitchen area located in our dining room.

The kitchen is used by all classes at Panshanger throughout the school year as we feel it is an essential life skills that children learn to develop. Last year, we extended this further for Year 6, who were given the opportunity to visit the Giggling Squid restaurant in Welwyn Garden City to show off their culinary skills in a professional kitchen.

We are extremely grateful to our **PTA** who will be funding this project on behalf of our children. **THANK YOU!**

We would also like to thank **Wickes - Welwyn Garden City**, for donating many of the items needed and providing us with the units at an incredible price.

However, to keep costs as low as possible we are looking for the following:

- Keen and experienced trades people who would be willing to give up their time over the October half term to help us install the kitchen. If we are unable to find enough support, the project will have to be delayed until February half term as I do not want to take any of your precious time during the Christmas break.

- A business or individual that would like to donate or sponsor us for the cost for 2 single built-in ovens. The total cost of these at Wickes is £330, £165 each.
- A business or individual that would like to donate or sponsor us for any of the following; baking equipment, utensils, weighing scales, hot plates, graters, plastic chopping boards, knives and cutlery.

If you do feel like you could help in any way, then please contact Mr Longland via telephone or email.

THANK YOU!



World Mental Health Day

**Wear
it loud.
Wear
it proud.**

Wear yellow this World Mental Health Day, 10 October, and show young people they're not alone with their mental health.

**Hello
Yellow**
THURS 10 OCT

M&S | YOUNGMINDS

Hello Yellow

A HUGE thank you to all of our parents that raised awareness and donated for World Mental Health Day on Thursday. It was great to see so many pockets of yellow across the school. We raised a total of £80.

Thank you for your support!

Parent Workshop - Phonics



For Nursery, Reception and Year 1

Mrs Waring, our English lead, will be hosting a parent meeting for all that are interested in how we teach reading at Panshanger. From our past experience, some parents often feel unsure of how to pronounce certain letters or groups of letters as it is "different to when I was at school".

The meeting will provide you with:

- Information on the scheme that we use in school; AnimaPhonics.
- What you can do at home to help.

This will be on **Thursday 24th October at 14:45 in the School Hall.**

Ashridge House Illuminated

Ashridge House Illuminated returns for 2024, ready to light up your season! Experience an enchanting evening with our magical light trail, perfect for the whole family. Wander through our stunning Grade II* listed gardens, adorned with dazzling lights and mesmerising new installations. We've thought of everything to ensure a delightful experience for all, including dog-friendly nights (**Wednesday and Thursdays only**), so you don't have to leave your beloved four-legged friends behind!

Book now to ensure you get the entry times you want!

Please use the discount code BERKO10 for 10% off



MENU

NAUGHTY LIST

- Mulled Wine 5.50
- Amello Hot Chocolate/Cream
- Baileys Latte

NICE LIST

- Chocolate (Vegan Option) 3.50
- Orange & Macarons 4.00
- ... 4.50


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Parent Consultations



Just a reminder regarding our parent consultations:

Our first parent consultations of this academic year will take place on Friday 8th November and Monday 11th November.

We understand that some of you will be excited to come in to school and meet your child's teacher face to face, whilst others may find it more convenient if consultations were online. We are going to try and accommodate all by offering both face to face and a limited number of online sessions. There will be sessions reserved for face to face appointments ONLY, there will also be sessions reserved for online appointments ONLY. Teachers will be offering 10 minute slots for each child, booked on a first come first serve basis.

Friday 18th October: School will be open for parents and carers to come and look at their children's books in their classrooms from 8:30 - 9:00. You will be able to move between year groups to see all of your children.

Friday 8th November: All consultations will be face to face between 14:20 and 17:10.

Monday 11th November: Face to face appointments between 15:40 and 16:50. Online consultations from 17:15 to 18:20.

All bookings will need to be made via School Cloud and the booking system will go live on **Monday 14th October at 17:30**. We have done this to hopefully allow as many parents as possible to book a time slot that best suits them.

Please see the document attached that explains how to make a booking.

Please use the link below when making a booking when the system goes live.

[Panshanger School Cloud Booking System](#)

<iframe src="https://onedrive.live.com/embed?cid=036667E9EEEA80E2&resid=36667E9EEEA80E2%21426&authkey=ABl0mF180kqJFRM&em=2" width="476" height="288" frameborder="0" scrolling="no"></iframe>

Supporting Children's Mental Health

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

SUPPORTING CHILDREN'S MENTAL HEALTH

10 Conversation Starters for Parents

Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects that we perceive our child is too young or not ready for. But rather than keeping children in the dark, this guide is designed to help you confidently talk about mental health, so they feel comfortable talking about their own worries and end any stigma before it begins.

NOS National Online Safety
#WakeUpWednesday

- ### 1 LISTEN

This sounds obvious, but it is not something we are always great at. Active listening is where we listen without interrupting or making judgements and shows interest in what is being said. If your child feels listened to in the 'smallest of problems' they will become confident that you will listen when the 'biggest of problems' arise.
- ### 2 ASK TWICE

The campaign from time to change is great. <https://www.time-to-change.org.uk/support/ask-twice-campaign>. Be tenacious about your child's wellbeing. Children instinctively know when your questions and support come from a place of wanting to help and care.

Are you sure?
- ### 3 THERE IS NO SUCH THING AS A STUPID QUESTION

This advice also relates to the first point. If your child can ask you any questions about the smallest of things and you listen and answer without shaming or belittling, then they will have more confidence to ask the biggest of questions.
- ### 4 BE OPEN AND HONEST

Children appreciate honesty, particularly if you are having to share information or talk about a difficult subject. For example, you may be talking about death or loss; 'It's very sad that Nana has died' or 'I feel sad that Nana has died'. How you talk about a subject will differ depending on their age and developmental maturity. Talking about death to a younger child for example will be different to that of an older teen, as their experience and understanding of death is different.
- ### 5 KNOW WHEN TO SEEK HELP

Assess the severity of the mental health difficulty you are noticing. Is the difficulty making it hard for your child to function regularly throughout everyday life? How frequently is your child affected, how long does it last and how persistent is it? Are they having problems controlling the difficulty? Talk to your child about your concerns and that it is likely they will need further support beyond family and friends.
- ### 6 TALK ABOUT MENTAL HEALTH NATURALLY

Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised. If the usual 'are you ok?' is not creating an opportunity for dialogue then say something like 'I know when something like that has happened to me I felt like this... is that how you are feeling or are you feeling something else?'
- ### 7 EMPATHISE

'It makes sense that you would feel this way, it is understandable'. Children often worry about things that we, as adults might see as trivial or silly. However, for them at their age and stage it is a big concern and they need our kindness and care when they show their vulnerability and share their worries.
- ### 8 HELP YOUR CHILD FEEL SAFE

Teens particularly feel that by talking about their worries or concerns that this will make things worse. Reassure your child that you will discuss a plan of action together and what may or may not need to happen next. If they are a younger child, it is likely you will need to lead the conversation and explain next steps.
- ### 9 MIND YOUR LANGUAGE

Be mindful of the language you use at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language which is harmful. Using the word 'mental', 'man-up' or other such words in a derogatory way won't encourage your child to talk about their mental health for fear of being belittled.
- ### 10 IT IS OK TO SAY 'I DON'T KNOW WHAT TO DO NEXT'

Adults do not have all the answers but often children think they do. It is ok to acknowledge that what your child is experiencing is not something you have come across before or know anything about, but that you will work it out together and seek help together.

Meet our expert
This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.

Sources of Information and Support
Your GP
Young Minds <https://youngminds.org.uk/>
<https://www.nhs.uk/conditions/stress-anxiety-depression/>
<https://www.actionforchildren.org.uk/news-and-blogs/parenting-tips/2016/november/a-simple-guide-to-active-listening-for-parents/>
<https://www.themix.org.uk/mental-health>

www.nationalonlinesafety.com Twitter - @natonlinesafety Facebook - /NationalOnlineSafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 05.02.2020



PTA Updates

Some key dates for your diary from the PTA this term: The uniform rail continues to be stocked every week for second hand uniform and on Friday, after school, the bookshelf will be available outside the dining room doors to donate/swap/buy second hand books 📖

100 Club - The first draw of the year will be 25th Oct.

School Disco - Fri 18th Oct - Nursery, Reception and Y1 will be 4-5pm and Y2-6 will be 5.30-7pm. Tickets are available to purchase through SchoolGateway until Monday 14th October.

Fireworks night - Sun 3rd Nov at Springmead School

Break the Rules Day - Fri 22nd Nov

Quiz night (adults only) - Fri 29th Nov 7pm onwards

Christmas Film Night - Fri 13th Dec 5-7pm

Christmas cards are currently available to order online, the deadline to order these is **TODAY**.

Dates for the Diary

Thursday 17th October - Year 2 & 3 Trip to Woodhall Estate

Friday 18th October - Open Morning - 8:30-9:00

Thursday 24th October - Parent Workshop - Phonics (Nursery, Reception and Year 1) - 14:45 in the school hall

Thursday 31st October - Secondary School Application Deadline for Year 6

Friday 8th November - Parents Evening, Family Support Worker & Food Tasting (14:00-16:15)

Monday 11th November - Parents Evening, Family Support Worker & Food Tasting (15:30-16:30) - (Video Appointments 17:25-18:30)

Thursday 14th November - Flu Vaccinations (Reception to Year 6 Only)

Friday 15th November - Children in Need (Pyjama Day)

Monday 18th November - Thursday 21st November - School Book Fair - 15:30-16:00

Thursday 28th November - Year 6 Trip to IWM Duxford

Thursday 5th December - Flu Vaccinations (Reception to Year 6 Only)

Monday 9th December - Whole School Pantomime Trip to Campus West - Sleeping Beauty

Wednesday 11th December - Year 1, Year 2 & Year 3 - Christmas Performance - 14:15

Thursday 12th December - Nursery & Reception - Christmas Performance - 9:00

Thursday 12th December - Year 1, Year 2 & Year 3 - Christmas Performance - 18:00

Friday 13th December - Nursery & Reception - Christmas Performance - 9:00

Tuesday 17th December - Christmas Music Concert (Reception to Year 6 Only)

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Visit our website at <https://panshanger.herts.sch.uk> to see more!

