



**Milford Haven Community  
Primary School**

Newsletter November 2020

**Welcome back**

Welcome back to school everybody. We hope that you have all had an enjoyable half term break. As you will be aware Wales is currently in a national 'firebreak'. However, all primary pupils are able to come to school as normal and it has been lovely to see so many of you back in school.

In order to keep us all safe, and in particular to support the national 'firebreak', please can you all continue to remember the following at the start and finish of the school day:

- Follow social distancing between you and other families at all times
- Only arrive at school up to 5 minutes before your start / finish time
- Leave the school premises as soon as you have dropped your child off
- You may also like to wear a mask to protect yourself and others

All the school team at MHCPs thank you for your continued support in these difficult times.

## Yellow Friday

# YOUNGMINDS

Before half term we asked you to support young minds on World Mental Health Day by wearing something yellow to school. Well done everybody, we raised £221 and received a lovely thank you from YoungMinds which we placed on our Facebook page.

## Remembrance

Both sites will be observing remembrance this Friday 6 November as part of our Friday assemblies. The school will also be laying wreaths as we normally do at the Cenotaph in Hamilton Terrace, although this year we will do this at some point close to 11 November as the British Legion and the Town Council have an invitation only ceremony this year.



## World War 2 Day

It's that time of year again when Year 6 get very excited about their new topic of World War 2. We thought it fitting this year to hold the World War 2 immersion day on 11<sup>th</sup> November, to coincide with Remembrance Day.



Unfortunately, the day will be different to previous years as we cannot mix as a whole year group or invite parents to join us at the end of the day. However, we still have lots planned and hope everyone enters into the spirit of the day and gains from their experience.

On Wednesday 11<sup>th</sup> November we ask that all pupils attend school dressed as an evacuee (we have provided a few costume ideas underneath but if you have costumes from previous years that you'd like to use then that would also be great!).

Thank you,

Year 6 Team



## Children in Need



This year, each class will be organising their own class based events to continue to support the BBC Children in Need 2020 Acting My Age challenge on **Friday 13<sup>th</sup> November 2020**.

We kindly ask for any donations to be sent in on Friday 13<sup>th</sup> November 2020. Children and staff can wear anything yellow or spotty or fancy dress or any of the Children in Need t-shirts etc.

Thank you, as always for your support.

## Save the Children Christmas Jumper Day

Save the children Christmas jumper Day is back on **Friday 11<sup>th</sup> December 2020**.

Wear your Christmas jumper to school and donate **£1**.

All donations will go to Save the Children.



**Barnardo's Help for Families**

**Press Release from Barnardo's**

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mewn plant  
Believe in  
children**



**Barnardo's  
Cymru**

**News release**

**November 2020**

### **Barnardo's launches counselling and wellbeing services for families struggling with the effects of the Covid-19 pandemic in Wales**

Children's charity Barnardo's has launched two new services to support vulnerable families who are struggling to cope with the impact of the Covid-19 pandemic.

See, Hear, Respond will work with families across Wales, offering practical and therapeutic support including counselling seven days a week. The aim is to help those facing a wide range of challenges, from anxiety, loneliness and isolation to children struggling with a return to school and parents worried about relationship breakdowns or poverty.

The second will be a UK-wide helpline, the first of its kind specifically for children from Black, Asian and other minority ethnic communities who are among those who have been most badly affected. Families from anywhere in Wales can access the services.

Both are being funded through the National Emergencies Trust with finance from the insurance and long-term savings industry.

The national helpline for Black, Asian and minority ethnic children will tackle the particularly complex issues facing those communities and therapeutic support will be offered where needed.

Sarah Crawley, Director of Barnardo's Cymru, said both services would identify and support "hidden" children, young people and families who were not currently receiving the help they needed.

She said: "Our most vulnerable communities are facing serious challenges to their mental health and wellbeing alongside their physical health. Those challenges include anxiety, isolation, family breakdown and financial worries as more families fall into poverty.

"These new services will provide the help they need to overcome their challenges and prevent problems escalating to crisis levels. We will be providing a mix of signposting support and advice alongside online or telephone therapeutic support including counselling."

The aim is to improve families' resilience and emotional and mental wellbeing, strengthen relationships and help them with any necessary lifestyle changes.

Families will be signposted to specialist or statutory services if there are significant mental health or safeguarding concerns.

Families can self-refer online or through a telephone helpline available from noon until 7pm, Monday to Friday, or be referred by professionals. Barnardo's will work closely with schools and colleges, local authorities, healthcare professionals and other vital services involved in protecting children to identify

families in need of support.

A microsite ([barnardos.org.uk/see-hear-respond-net](https://www.barnardos.org.uk/see-hear-respond-net)) will include an inquiry form and hold a wealth of self-help information and links to local services which support families with issues such as emotional wellbeing, bereavement, domestic abuse and financial worries.

Barnardo's believes the issues families face include anxieties about living with lockdown and other restrictions, returning to school, relationships, feelings of isolation, money problems and supporting children with disabilities and other vulnerabilities.

Contact See, Hear, Respond on 0800 157 7015 or visit

<https://www.barnardos.org.uk/see-hear-respond-net>

The helpline for children from Black, Asian and other minority ethnic backgrounds is 0800 151 2605 or visit <https://helpline.barnardos.org.uk>