

Head teacher's Weekly Updates 07.10.24

MHST parent drop in sessions with a counsellor - Wednesdays p.m.

We are lucky to have access to an extra Mental Health Support Team Counsellor this term, **Mrs Najma Khan**. We will be offering three **45 minute sessions** each Wednesday afternoon in the Autumn Term, to discuss any mental health worries or concerns you might have about your child.

The appointment times will be:

12:30 p.m.

1:30 p.m.

2:30 p.m.

If you wish to book an appointment please send an email to the school office. We also attach a flyer about the MHST services which you may find helpful.



MHST Your Local Family Resources And Support

Parenting Offer 2024

Family and Parenting Support - courses and parent champion network

AFC landing page - links to all areas of support.

Local Youth Centres - find activities, homework support and community activities

Emotional Health Service Resource Hub - parenting, mental health including crisis signposting

Local Children's Centre Programme Autumn 2024

South West London NHS Clinical Commissioning Group

Are you OK Richmond?

Are you OK Kingston?

achieving for children

Forest School Fun

We have families unable to provide water-proof clothes for the forest school, so for health and safety reasons these children cannot take part in our forest school activities. If you have any suitable clothes you are able to donate, please bring them to the school office, thank you.

If you find any of the following items on your walks or visits to the park, please bring them in to school to share with Forest School:

- Sticks
- Conkers
- Leaves



October Half-Term



28th October – 1st November 2024

	AM		PM	
Mon	Lego Adventures	Dodgeball	Pottery	Ultimate Frisbee
Tues	Messy Mayhem	Wacky Races	Imageneering	Scavenger Hunt
Weds	Under The Sea	Crazy Golf	Jewellery Making	Tag Rugby
Thurs	Halloween Crafty Creations	Basketball	Picture Perfect	Mini Olympics
Fri	Sublime Slime	Sports Action	Halloween Party	

Harvest Festival Wednesday 9th October

We would like to support the Kingston Foodbank for our Harvest Festival service this year. If you are willing and able, please send your child into school with **one** item from the list below on Wednesday 9th October. Our service will begin shortly after 9am and parents are welcome to join us at the church.

Anti-bacterial all-purpose spray
Baked Beans
Biscuits
Rice
Cereal
Handwash
Instant coffee
Long-life milk

Mayonnaise
Sanitary products
Shower gell
Squash
Tinned tomatoes
Toilet paper
Washing machine tablets
Washing up liquid

**OCT
11TH
2024**

**BAKE
SALE**

Yr5 FUNDRAISER

Come along, buy a cake and help raise funds for the PTA at the same time. There will be 2 chances to buy your cakes - 3.15pm and then again at 4.30pm.



Careers Day

Last year we thoroughly enjoyed learning about different parents/carers' careers, so you are invited to set up a stall on Friday 18th October, between 8.35am and 11am, to display the equipment and resources that relate to your job and other interesting items that one would find within that line of work.

Children will be able to walk around and peruse the different careers displayed and ask any questions they may have.

Click [here](#) to complete the online registration form.

Good luck to the Year 4 boys who will be representing the school at the Year 4 Football tournament on Wednesday 9th October!

