



# Alsager Highfields Primary School

*Mighty oaks from small acorns grow*

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Headteacher: Mrs Rachel Woollam



Friday 31st January 2025

Dear Parents and Carers,

The spring term is always extremely busy and we have now had two visits from Opal Play to look at play at break times and how we can improve our provision. Children spend approximately 6 hours a week at school playing and therefore it's important that we do get this part of our provision right. Many parents have come to me with offers of tyres, pallets, concrete tubes etc and we will definitely need resources such as these. Our initial aim is to offer small world play, lego, colouring tables and large games such as connect 4 so that we can zone activities and teach the children to take responsibility for looking after resources before we embark on further zones. Our more adventurous offer will come after further training with staff and children by our Opal Mentor Beth.

Miss Eden received an email this week to inform her that our final total of money raised for the 'Elf Run' was £1,888.65. St Luke's were extremely grateful for our support so that they can continue to do such amazing work at their hospice. Many thanks for your generosity.

*Rachel Woollam*



## Trust Collaboration

Our DT workshops at the High school for years 5 and 6 concluded this week and the pupils who have attended have thoroughly enjoyed the experience of working with high school staff and equipment. A huge thank you to Mr Preston and Mrs Sample for running the workshops and for ensuring our pupils came away with a quality item at the end.

Staff from Highfields have also been working with secondary colleagues in music and French and we really are benefitting from our Trust partnership.

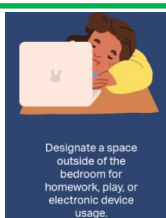


## Sleep Hygiene

Since the pandemic, the number of parents who struggle with their child at bedtimes has increased dramatically. Ensuring your child goes to bed at a sensible time doesn't always ensure they can sleep once in bed. The following two websites have lots of tips on a good sleep routine if you need support.

<https://www.mymind.org.uk/helping-myself/lifestyle/children-young-people-sleep>

<https://www.sleepfoundation.org/children-and-sleep/sleep-strategies-kids>



## Introduction to our Education Mental Health Practitioner

'Hello! My name is Rachel Kelly and I will be working alongside Alsager Highfields as a trainee Education Mental Health Practitioner (EMHP). I bring with me 14 years of experience as a Primary Teacher and SLT member which has given me a deep understanding of the school environment and the challenges faced by pupils, staff and parents. This experience enables me to tailor my approach to mental health support, ensuring it is empathetic and closely aligned with the needs of the school.

My role involves supporting parents whose children may present with mental health difficulties, offering both one-to-one and group support. In some cases, I will also work individually with children to address their specific mental health needs. Additionally, I run workshops focused on positive mental health and provide guidance to staff on how best to support pupils' mental well-being. I will be available to signpost pupils, families, and staff to additional resources and services when necessary.

I look forward to working closely with parents, pupils and staff to create a supportive, nurturing environment where everyone can thrive and reach their full potential.'

Come and meet Rachel at our coffee afternoon.



### Coffee Afternoon.

**Who?** All parents of children of all ages are invited to attend. This is a chance to meet Rachel Kelly, our new Trainee Education Mental Health Practitioner (EMHP) to hear about the support that she can offer in school for parents and children.

**What?** You are invited to attend a coffee afternoon open to all parents to meet Rachel Kelly, our new Trainee Education Mental Health Practitioner (EMHP) to hear about the support that she can offer in school for parents and children.

**When?** Tuesday 4th February 2.15pm - 3.00pm. Please email if you would like to come.



**Tuesday 4th February**  
**2.15—3.00pm**  
**School Hall**

## Swimming Lessons at half term

**Alsager Leisure Centre** is excited to offer intensive swimming lessons for children in stages 1 to 7 during the February half term. For just £20, your child can enjoy a 30-minute lesson every weekday, taught by our trainee swimming teachers with the support of experienced Alsager instructors and Swim England Tutors. These lessons aim to build your child's confidence and ability in the pool, covering the full range of strokes and skills. Please see below for lesson time and availability:

<b>Stage 1</b>	<b>@ 13.00, 13.30, 14.00, 14.30</b>
<b>Stage 2</b>	<b>@ 13.00, 13.30, 14.00, 14.30</b>
<b>Stage 3</b>	<b>@ 13.00, 13.30, 14.00, 14.30</b>
<b>Stage 4</b>	<b>@ 13.00, 14.00</b>
<b>Stage 5</b>	<b>@ 13.30, 14.30</b>
<b>Stage 6</b>	<b>@ 13.00, 14.00</b>
<b>Stage 7</b>	<b>@ 13.30, 14.30</b>

**Special Offer:** New swimmers who join our Intensive Swimming Lessons and sign up for our main Learn to Swim Scheme before the end of February will have the joining fee (usually £21.99) waived for their child.

To book a class, call us at 01270 685601 or visit the centre. We're here to help!

## Also at half term:



**Valentine's Art Workshop**  
SUNDAY 16TH FEBRUARY 11:00-1:00PM  
£8.50 PER CHILD UNDER 2S & ADULTS JOIN IN FOR FREE  
SUITABLE FOR ALL THE FAMILY  
MILTON PARK ENTRANCE  
REFRESHMENTS AVAILABLE  
Wrap up warm and join us under a heated stretch tent for a variety of arts and crafts inspired by our love for nature and the Northern lights.  
To book email: felicity@tadlingeducation.co.uk @tadlingeducation



**MULTI SPORTS HOLIDAY CLUBS**  
ST GABRIEL'S CATHOLIC PRIMARY SCHOOL  
Come and join us for some sports, games and activities from February 17-21. Our action packed program gives children the chance to remain active, develop skills and make new friends within a safe and secure program.  
MULTI-SPORTS • COMPETITIONS • WELLBEING  
PODIUMS • ARTS & CRAFTS • ALTERNATIVE TEAM-BUILDING • COMBAT SPORTS • MUCH MORE!  
FULL DAY 09:00-15:30 £20.00  
Half Day 09:30-12:15 £12.50 12:15-15:30 £12.50  
We accept payment of childcare - vouchers from most schemes. Please see our website for details.  
08:00-09:00 £4.00 15:30-17:00 £4.50  
BIDDOUPH • CONGLETON • WIDSGROVE • MADELEY • MIL  
Book now at [asmisports.co.uk](http://asmisports.co.uk)  
01752 366332 Email: [info@asmisports.co.uk](mailto:info@asmisports.co.uk)



## Donations

A huge thank you to Mr Hollins (dad of Jake, Amelia and Harrison) for our new playground benches, African drums and clarinets. Mr Hollins kindly put Highfields forward when he became aware of these items and they have already made a difference, especially the benches.

Also big shout out to Wickes who have provided the racking for our PFA shed free of charge. We are very grateful.



## Bronze Awards



Well done to the following pupils for achieving 10 stars on their bookmark in order to receive their bronze certificate:

Y6— Abe W, Grace W, Sebastian K, Lilylee P-J, Shadrach A, Mollie C, Amelia T, Charlie T

## Silver Award

Some pupils are clearly working their socks off and have already earned 20 stars in order to receive their silver award. Well done to:

Y2— Ellie-May S, Finn M

Y6— Noah L



Please encourage your child to bring any certificate or trophy that they have been awarded out of school in for our Friday celebration assembly. We really do love finding out the hidden talents of our pupils.

## Items wanted



Mrs Lindblad is in need of some shoe boxes for a habitat project that she is carrying out in year 1. The shoe boxes need to have a fully detachable lid. If any parent or carers do have any boxes that could be donated, please could you send them into school for Monday morning. Thank you

## Talking Walk-In

If you would like to find out more about how to support your child's speech and language development, please drop in to one of our Talking Walk-In sessions. Here you can chat to a Speech and Language Therapist and gain helpful hints and tips tailored to your child's unique needs.

Monday 13th January	Monks Coppenhall Family Hub Stay and Play 10am - 11.30am
Wednesday 15th January	Oakenclough Family Hub Stay and Play 10am - 11.30am
Tuesday 21st January	Congleton Family Hub Stay and Play 10am - 11.30am
Wednesday 22nd January	Oaktree Family Hub Stay and Play 10am - 11.30am
Wednesday 29th January	Sandbach Children's Centre Stay and Play 10am - 11.30am
Thursday 6th February	Ash Grove Family Hub Stay and Play 1pm - 2.30pm
Tuesday 11th February	Nantwich Children's Centre 10am - 11.30am



Worried about your child's speech and language development? Check out the support offered at these local walk-in sessions.