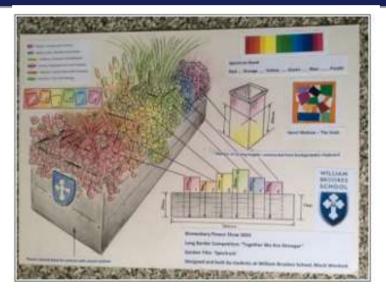


William Brookes School and Sixth Form NEWSLETTER



WBS DOES SHREWSBURY FLOWER SHOW



The photo attached is of our garden design for this year's Shrewsbury Flower Show. Our gardening students start building their structural elements in the next few weeks. If you're planning a spring clean in your garage or shed in the near future we would be very grateful for any unwanted paint you might have. . We are looking for red, blue, yellow, purple, orange and green. Any type of paint (gloss / emulsion etc) would be very welcome. Unwanted plant pots would also be gratefully received.

I'll keep you informed about the progress our students make. The dates for this years show are 9^{th} & 10^{th} August.

CHANGES TO LUNCH OVERSPEND

From 1 February 2024 there will no longer be an automatic overspend facility for students and staff on their lunch accounts. This means that students and staff will no longer be able to go into a minus.

The Catering Manager will be able to action an overspend but this will only be done in exceptional circumstances. If a student has insufficient funds, they will be asked to place a call home via school reception and request funds to be added via the online system.

We will continue to ensure that no child will go hungry.

William Brookes School www.williambrookes.com T: 01952 728900 E: info@williambrookes.com



William Brookes School and Sixth Form NEWSLETTER

HOLOCAUST MEMORIAL DAY

Holocaust Memorial Day 2024



A selection of Year 9 students had the incredible opportunity to take part in the Holocaust Memorial Day live webcast last week. The event was hosted by Natasha Kaplinsky, in conversation with Holocaust survivor Hedi Argent. An Austrian Jew, Hedi's family were removed from their home, spat at and treated as criminals. Her father was forced to scrub streets and toilets with a toothbrush. Eventually, they were some of a lucky few who had a successful refugee application to live in the UK. Hedi spoke of this year's theme, which was *fragility of freedom*, and how antisemitism continues to this day in the UK and abroad. Students then had an opportunity to reflect on Hedi's experiences, through writing letters, planning presentations and working together on creative pieces of work.





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WILLIAM BROOKES SCHOOL

SPOTLIGHT ON SAFEGUARDING



Working together to keep our young people safe

In this month's issue:

- Spotting the signs of poor mental health
- How to support mental health
- Support: Kooth | Young Minds

RECOGNISING THE SIGNS THAT YOUR CHILD MIGHT BE STRUGGLING WITH THEIR MENTAL HEALTH

Change in academic behaviour

Has their response to school or school work changed? They may be reluctant to go to school or to engage in school work or related activities.



Change in behaviour

Have you noticed any recent changes in your child's behaviour? This could shifts in mood, altered reactions to others, or the quality of their relationships beginning to decline.

Poor sleep

Are you noticing differences in their sleep patterns? Perhaps they are having difficulty falling asleep or waking up frequently throughout the night.

Changes in social habits

Has there been a change in the way your child socialises? They may be avoiding social siutations with friends or family.





Mental Health: We all have it!

As we approach Children's Mental Health Week, it's a great opportunity to take stock of our children's well-being. Mental health should be treated with the same level of importance as physical health. We all possess it, and it is our responsibility to care for it. This involves being able to identify when something isn't quite right, as well as implementing preventative measures to ensure our children's mental health is in good condition.

Understanding Depression and Anxiety in Children Depression and anxiety are the most commonly recognised mental health conditions and often go hand in hand, with anxiety being a symptom of depression. Although symptoms vary from child to child, there are some common features. If you believe your child is experiencing any of these, the first step is to schedule an appointment with their GP. In addition, reaching out to the school is crucial as there are many resources available to provide support.

Signs of depression and anxiety Depression Anxiety Sadness or low mood Finding it hard to

- Sadness or low mood that is present more than not
- Little interest in the things they used to enjoy
- Exhaustion all of the time
- Talking about feeling worthless
- Having suicidal thoughts or self-harm

- Finding it hard to concentrate
- Not sleeping or night waking
- Not wanting to eat
- Getting angry or irritable
- Constantly worrying or having negative thoughts
- Complaining of feeling unwell

SPOTLIGHT ON SAFEGUARDING

Tips for Nurturing Your Child's Mental Health

Maintaining good mental health is an ongoing process, especially when it comes to children. Here are some helpful tips to prevent potential mental health issues from arising and promote healthy well-being for your child.

The importance of sleep

Children are developing

physically, intellectually and

emotionally, and their development is aided by good quality sleep. Young people who

have poor sleep will find it harder

to cope with daily life and will not

develop resilience.

Put electronic devices away

30 minutes before bedtime

Avoid caffeine in the evening

create a calming environment

exercise habits during the day

Tips for improving sleep:

Have a set bedtime and

Have good eating and

4 ways to support your child with their mental health



Encourage good physical health

Encourage healthy habits, such as a balanced diet, regular exercise, and good personal hygiene in children. Set a good example at home and talk to them about it.



Set boundaries with devices

Children should have designated times to disconnect from social media, the internet, and gaming for alternative activities that promote social interaction.



Have open conversations To eliminate stigmas, talking to children about mental health is crucial. Using personal experiences and relatable examples from TV shows can help start the conversation.

Create healthy habits

...

Encourage healthy hobbies, social activities, and connections to promote mental wellbeing and prevent unhealthy patterns, obsessions or addictions.

Kooth: The Online Community for Mental Well-being

For children and young people seeking support, Kooth provides instant access to a supportive online community of peers and experienced counsellors. The platform also includes a range of useful activities and guidance, and can be accessed through a convenient app.



Young Minds - A Charity Committed to the Mental Health of Young People

Young Minds is a charity that offers assistance and resources to both young individuals and parents. Their website contains plenty of valuable guidance and advice, including a helpline for parents and children in need of support.







WILLIAM BROOKES SCHOOL

Expeditions: Bronze and Silver

There is a parents meeting on Teams on Monday 5th February at 6 pm regarding the details for the Bronze expedition (see link in email sent last week). Parents of Silver participants are welcome to attend, but the focus will mainly be about the Bronze expedition section; it may be useful if they haven't done a DofE expedition before.

Awards achieved

Well done to all the participants who have been working hard to complete their DofE Awards. If you have put evidence on eDofE it will be reviewed by Miss McCombie before your Award can be sent for verification. Once verified we will then print and distribute certificates. If you havn't heard anything about your Award please check your emails, as if we find any issues you will be emailed telling you how to rectify the problem.

Completing DofE Awards

The expedition section is only one quarter of a DofE Award. In order to complete their Award, participants must also complete volunteering, physical activity and learning a skill. Each section must have a report written by an assessor at the end of timescale, which must then be uploaded to the participants eDofE account. If participants are having any problems with completing their Award, please contact Miss McCombie.

If a participant is struggling to find suitable activities for their programme, many ideas can be found at www.dofe.org/dofewithadifference/activities

Please remember that program plans need to be entered into eDofE for approval before starting the activity. Once the required time has passed, assessors need to write an assessor report which needs to be uploaded as evidence to eDofE. This can be done at <u>www.dofe.org/assessor</u>

eDofE App

Participants can access their eDofE account via the DofE App. Participants can now set their activities, record evidence and submit programmes for approval at any time, no matter where they are. The DofE App is currently available for participants to download on Android and iOS. You can download the App by going to the Google Play Store or Apple App Store and searching 'The Duke of Edinburgh's Award'.

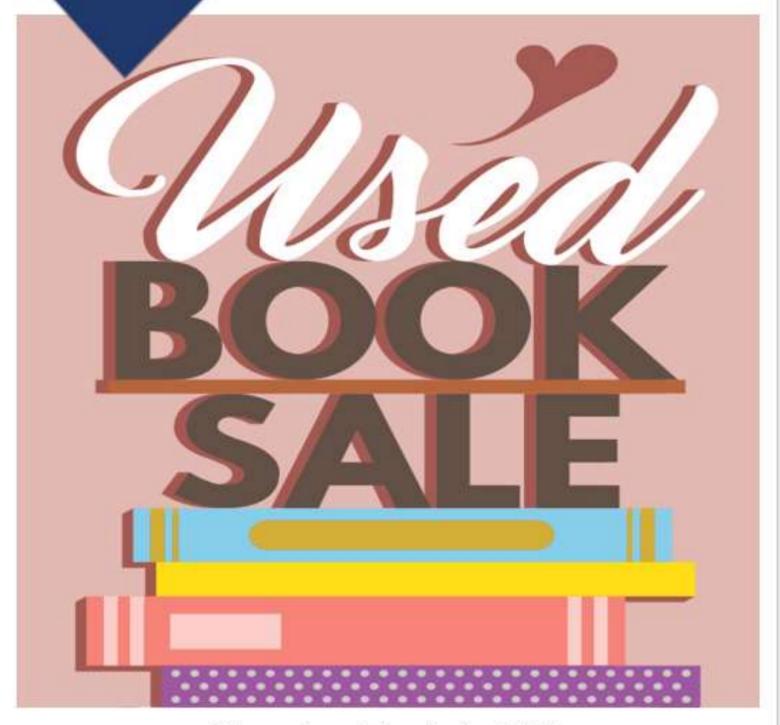
Open expeditions

If your child is unable to attend the school organised expeditions, then they can join an open expedition run by an Approved Activity Provider (AAP). School uses Chase Training Solutions as their AAP, and the dates of their open expeditions can be found on their website here https://chasetrainingsolutions.co.uk/dofe-expeditions/

Other opportunities can be found by searching https://www.dofe.org/opportunity-finder/



William Brookes School and Sixth Form



60p each or 2 books for £1!!! Help raise money for new books for your library! Located all year round in the library... Cash Only

CAREERS INFORMATION



Local open days

Shrewsbury Town and College University

2024 Open Event dates! These open events offer a great opportunity for the students to hear, in detail, our opportunities, Level 2 and 3 courses and our range of facilities at Shrewsbury Town FC College & University.

Students and parents/carers can reserve their place by completing our event booking form on our website: https://www.stfccollegeanduniversity.co.uk/

Our 2024 Open Event dates: Monday 19th February at 7pm Monday 11th March at 7pm - our last event for students to attend!!

Events coming up

Career Inspiration for Your Students

Introducing our free career quiz and workshop, helping students reflect on their next steps.

We know that making decisions about your future at a young age can feel overwhelming. At InvestIN, we seek to equip students with relevant and insightful resources to navigate their futures with confidence – whilst enjoying the process!

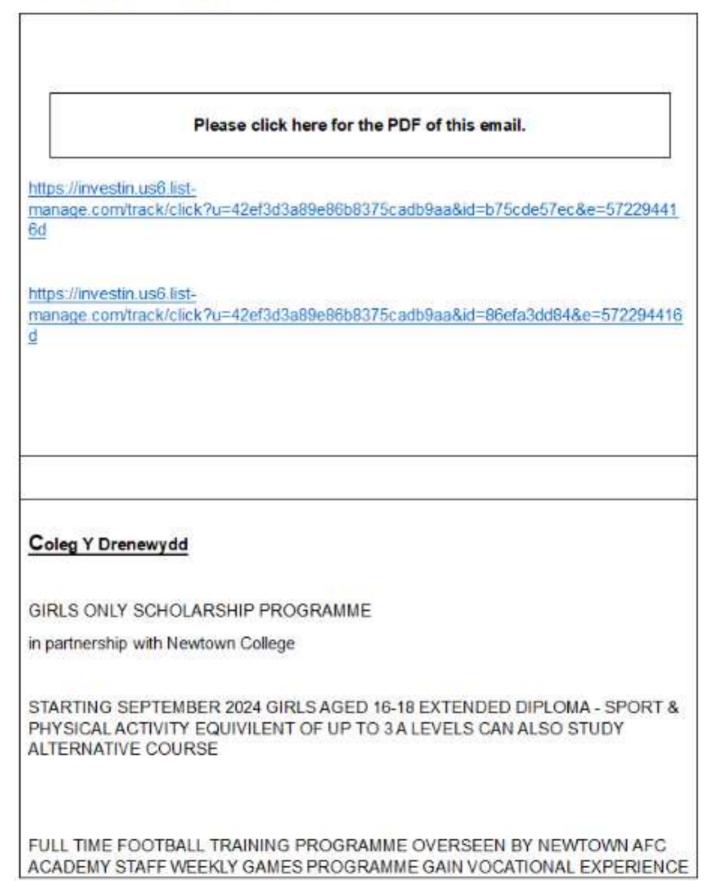
That's why we've launched our latest free tool to guide students on this exciting adventure – The InvestIN Career Quiz! By answering a series of expertly crafted questions, students unlock a personalised report that unveils an industry aligned with their skills and interests.

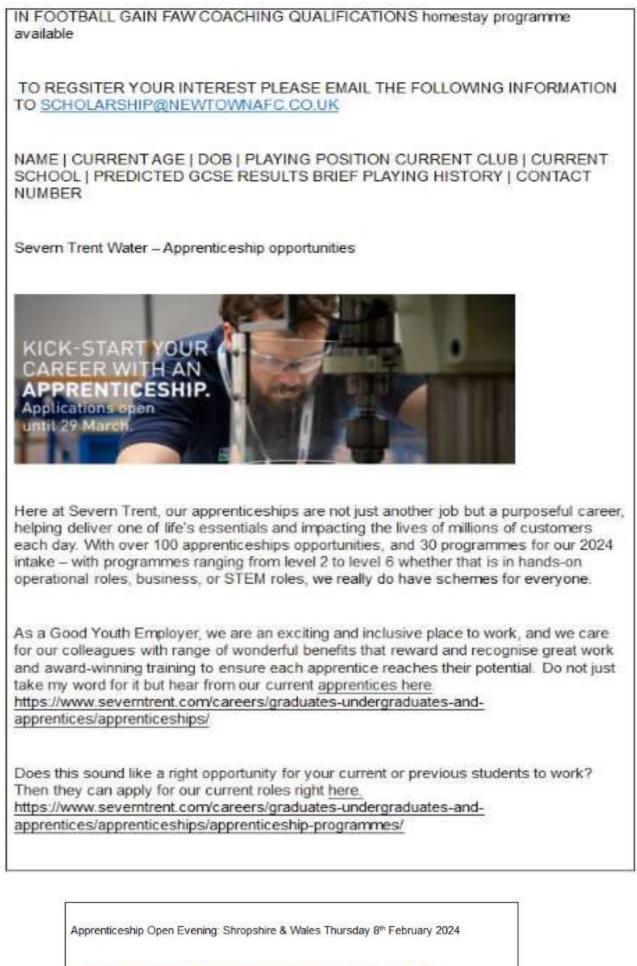
What's more, every report contains expert advice and resources collated from our years of work with top professionals. This is a great place to start for students looking for career inspiration and an opportunity to reflect on their goals.

Free Workshop: Choosing Your Future Career

To further support students and their families, we are running an online workshop on how to choose your future career. Join us as we delve into future job options and explore the art of choosing the perfect career fit.

6th February | 6.30-7.30pm UK Time





Sign up: https://www.eventbrite.co.uk/e/806483863947?aff=oddtdtcreator

	Open days	
College /6th form	Always Check Prior to attending. Most now require you to book online prior to event.	
Shrewsbury Colleges Group 01743 342342 www.scq.ac.uk	Open Evenings A levels and Arts Tasters (English and Welsh Bridge)	
SHREWSBURY COLLEGES GROUP	6 th February 2024 4.30pm – 6.30pm Vocational and Technical Tasters (London Road Campus) 22 th February 2024 4.30 – 6.30pm	
Telford College	Open Events	
01952 642200 01952 642237 (Student Services team) www.telfordcollege.ac.uk	Book online	
	31 January 2024 5pm- 7.30pm 20 March 2024 5pm- 7.30pm 19 June 2024 5pm- 7.30pm	
	VIP personalised tours can be booked online at a time to suit you.	
Shrewsbury Town College & University	Practical Taster session and Open Events	
1886 1886 1886 1886 1886 1886 1886 1886	Awaiting more dates – see website for details	
https://www.stfccollegeanduniversity.co.uk	Further Education Level 2 & 3 Courses in Sport, Physical Activity and Business	
01743 289177 EXT 8 Recruitment@foundationstfc.co.uk	Higher Education Degree in Sports Development, Coaching and	
Shrewsbury Town Football Club (Media Suite), Oteley Road, Shrewsbury, SY2 6ST	Business	
South Staffordshire College (Rodbaston Campus) 01785 712209 www.southstaffs.ac.uk	Saturday Open Events Saturday 20 January 2024 Saturday 9 March 2024 Saturday 18 May 2024 Saturday 22 June 2024	
South Staffordshire College	All open events are from 10am to 1pm on all sites – please book your attendance on the website!	
Ø	Hands on taster days during February 2024 half term – see details on website nearer the time.	

Herefordshire, Ludlow and North Shropshire College - WALFORD COLLEGE Walford Colege www.nsc.ac.uk Walford Campus (Near Baschurch, Shrewsbury)	Saturday Open Events Saturday 3 February - 10am -12.30pm Saturday 15 June - 10am -12.30pm For enquiries please contact: info@nsc.ac.uk
0800 032 1986 Land based Courses Access Sport (Formerly Coaching Connexions) (Telford ADC)	For aspiring young people with a desire to work in the sport and active leisure industry. BTEC L2
01952 640064 Contact: sam.simmonds@accesssport.ac.uk Mobile: 07879770950 https://accesssport.ac.uk/	 and L3 courses in Sport based at AFC Telford United Football Ground. Apply here for place and/or open day invite (same form) https://accesssport.ac.uk/applying-for-a-course/ 7 February 2024 5-7pm interview evening 12 February 2024 1-3pm practical event (Half Term) 20 March 2024 5-7pm interview evening 25 March 2024 1-3pm practical event (Half Term) 22 May 2024 5-7pm interview evening 27 May 2024 1-3pm practical event (Half Term) 27 May 2024 1-3pm practical event (Half Term) The interview Evenings will be at the Telford ADC football club and the practical events at the 4G pitch in Madeley, by the ski slope.
REAL BE THE BEST	Armed Forces Careers Offices 01743 232678 (Shrewsbury Army Careers Office, RAF and Navy initial contact point)
OROYAL AIRFORCE	01902 423892 (Wolverhampton Army Careers Office only) Both open 9am - 5.30pm Monday to Friday and open in school holidays make an appointment first.

Training Providers (Apprenticeship support and study programmes to improve confidence, self-esteem, employability skills, Maths and English retakes)

Further apprenticeship support is also available at Enable (once left School) 01743 276900 and all the local Colleges. Others Below.

https://www.gov.uk/apply_apprenticeship - The National Apprenticeship Website.

SBC Training	Apprenticeship Support
01743 454810 (Shrewsbury)	Contact SBC for further information and support. Workshop dates throughout the year – dates to be announced.
info@sbc-training.co.uk Amanda.carpenter@sbc-training.co.uk Apprenticeships, in Construction, Engineering, accountancy, Digital Marketing, ICT and Business at Level 2 and 3 and Careers Support. www.sbc-training.co.uk/vacancies	
Juniper Training	Onen Dau
01952 299016 (Telford)	Open Day Wednesday 17 January 2024 3.30pm – 6pm Tuesday 13 February 2024 3.30-6pm Wednesday 27 March 2024 3.30-6pm Wednesday 29 May 2024 3.30-6pm
Enquiries@junipertraining.co.uk	Contact Juniper for further information and support and individual visits can be arranged.
kayley.pinches@junipertraining.co.uk Adam.Richardson@junipertraining.co.uk	and individual visits can be allanged.
16-18 study Programme and vocational pathways, traineeships and apprenticeship	
support. Nova Training 01952 243380 07951744289	Visits can easily be arranged by phoning Sharon Humpheries 07951744289
www.novatraining.co.uk SharonHumpheries@novatraining.co.uk	Study programme, Apprenticeship support, Construction Motor Vehicle workshops

Landau	
Landau	Orabert London for further information and surrout
Consistent of the second secon	Contact Landau for further information and support
County Training	Contact County Training for further information and support (September starts only)
County Training pert of Herefordshile, Ludow & North Shropshile College	Delivering apprenticeships and work-based training across Shropshire and Telford & Wrekin (September start only)
0345 6789023 <u>j.hackett@hlnsc.ac.uk</u> <u>apprenticeships@hlnsc.ac.uk</u> <u>enquiries@countytraining.ac.uk</u>	
Website https://hlnsc.ac.uk/apprenticeships/county- training/	
JTL Electrical Apprenticeships	Electrical Apprenticeships
Joseph Lo 07760554035 0808 5990856	At JTL Telford most courses run from September until July, on some occasions, there is the opportunity to join a group during the year.
https://jtltraining.com/about-us/location- centres/telford/	

Wolverhampton College 01902 836000 www.wolvcoll.ac.uk		Open days 13 January 2024 10-2pm 24 April 2024 4-7pm 15 June 2024 10-2pm For taster sessions please book/organise through Danielle Jones. JonesD@wolvcoll.ac.uk
Incomm Engineering Ap (formerly MCMT)	5 Manager	Engineering Apprenticeship Training Centre Open day dates. 14 February 2024 10-2
CAREER ()	What Uni Birmingha	versity? & What Career? Live
UNIVERSITY	2525 8220	2 March 11-3pm w.whatcareerlive.co.uk/events/birmingham/directions



VISIT OUR TASTER DAYS

WOULD YOU LIKE TO FIND OUT MORE ABOUT APPRENTICESHIPS AND WHETHER IT'S THE RIGHT ROUTE FOR YOU?

Visit our Apprenticeship Taster Days to allow you to fully explore the apprenticeship route.

By the end of the Taster Day you will have gained key skills, knowledge and understanding to enable you to make a more informed choice. The day will support and develop your skills and knowledge across the range of sectors within Engineering and Manufacturing.

RESERVE YOUR PLACE AT OUR UPCOMING TASTER DAYS

ALDRIDGE

Tuesday 13th Feb 9.00am – 2.30pm

TELFORD

Thursday 15th Feb 9.00am – 2.30pm



We're really pleased to announce that **All About Apprenticeships 2024** will take place in National Apprenticeship Week – Tuesday 6 February 2024. Save the date and spread the word!

It will build on the very successful event of 2023 which attracted more than 600 young people, parents and teachers, all keen to find out more about Apprenticeships.

Employers representing a wide range of industries, training providers, colleges and universities from across the county will showcase their offer and provide advice and guidance about Apprenticeships.

For more info and to book visit: shropshireapprenticeships.co.uk





William Brookes School PE Department After School Clubs (15:20-16:30) *unless stated Starting Mon 8th Jan 2024 until Fri 22nd March 2024



For more live information please subscribe & download the squad in touch app <u>https://app.squadintouch.com/#register</u>

		or Space ss, Astroturf	Sports Hall	Swimming Pool
Monday				Performance Swimming Club (Lane Swimming)
STAFF				Miss Bagnall
Tuesday	Y7-11 Netball	Y9-11 Football	Y7-11 Basketball	Improvers Swimming Club
STAFF	Mrs Jardine	Mr Boak	Mr Wilson	Miss Bagnall & Ms Coleing
Wednesday	Y7&8 Boys Rugby		Badminton * Y7&8 3.20 - 4.10pm *Y9-11 4.10 – 5pm	
STAFF	Miss Jo	ohnson	Mr Bourton & Mrs Hennessy	
Thursday	Y7-11 Girls Football	Y9-11 Rugby	Running Club (After February Half Term)	
STAFF	Mr Boak	Miss Johnson	Mr Ridge/Mr Thurzs	
Friday	Y7&8 Football	Y7-11 Hockey	Wenlock Lightning Netball Club *Y7-9 5.00 – 6pm *Y10-13 6.00 – 7pm	
STAFF	Mr Boak/Mr Parkes	Mr Wilson	Mrs Jardine	



Dance Clubs

5	

Day of the Year Group		Where	Time
Week			
Monday	Year 9-11 Dance Club	Studio 2	3:20-4:20
Wednesday	Year 7-8 Dance Club	Studio 3	3:20-4:20
Wednesday	Elite Dance: Y7-13	Studio 2	3:20-4:20
	(Audition Only)		
Thursday	Year 11 GCSE Dance	Studio 2	3:20-4:20
	Rehearsal/Revision		

Please come and join us at one of the WBS Dance Clubs this year.

Lots of exciting show opportunities coming up!

Bike maintenance club, Open for those whom want to learn how to fix and maintain their bikes. In DT, on Wednesday 1515-1600 Any questions, ask Mr Thursz 💿





Allelujah (12a)	Mon 8 Jan
Indiana Jones And The Dial Of Destiny (12a)	Mon 15 Jan
Winter's Bone (15)	Thu 18 Jan
My Sailor, My Love (12)	Mon 22 Jan
National Theatre Live: Dear England	7pm Thu 25 Jan*
A Man Called Otto (15)	Mon 29 Jan
Book Club – The Next Chapter (12a)	Mon 5 Feb
La Fille Sur Le Pont (15)	Thu 8 Feb

Bar opens 6.30pm

Movie begins 7.30pm

Tickets £5 (Concessions £4) * National Theatre Live Tickets £10 (concessions £8) in advance from www.ticketsource.co.uk/edgeartscentre or pay on the door

William Brookes School, Farley Road, Much Wenlock 01952 728911

The Edge Arts Centre

12 January 2024

Tickets for all events: www.ticketsource.co.uk/edgeartscentre

National Theatre Live



The Motive and the Cue

Thursday 21 March 7pm

Sam Mendes (The Lehman Trilogy) directs Mark Gatiss as John Gielgud and Johnny Flynn as Richard Burton in this fierce and funny new play. 1964: Richard Burton, newly married to Elizabeth Taylor, is to play the title role in an experimental new Broadway production of Hamlet under John Gielgud's exacting direction. But as rehearsals progress, two ages of theatre collide and the collaboration between actor and director soon threatens to unravel. Tickets £10 (concessions £8)



Nye Thursday 9 May 7pm

Michael Sheen plays Nye Bevan in a surreal and spectacular journey through the life and legacy of the man who transformed Britain's welfare state and created the NHS.

Confronted with death, Aneurin 'Nye' Bevan's deepest memories lead him on a mind-bending journey back through his life; from childhood to mining underground, Parliament and fights with Churchill. Tickets £10 (concessions £8)

Comedy at the Edge



Ria Lina - Riawakening

Saturday 4 May 7.30pm

in the aftermath of a global pandemic, comedian and scientist, Ria Lina has had a Riawakening and sees the world differently. In this, her highly anticipated debut tour, Ria tackles the issues of coming out of a global pandemic, the new normal, divorce, dating in a new digital world, motherhood and what it really means to be a woman today. Tickets £16

Theatre at the Edge



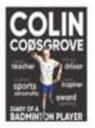
Select Society Theatre Company presents Divorced, Beheaded, Died: An Audience with King Henry VIII Saturday 13 April 7.30pm

His Majesty will recount the events of his long reign; telling of his wives and his children, and His Majesty will invite his Loyal Subjects to Petition him or question him on ANY related subject: a lively Q&A is assured! Tickets £14



Don't Go Into The Cellar! Theatre Company presents What Ho, Wodehouse Thursday 1 August 7.30pm

Award-winning actor and writer Jonathan Goodwin performs in a brand-new comedy, adapted from some of the early writings of P.G. Wodehouse. Tickets £14



Worcester Theatres Charitable Trust presents **Diary of a Badminton Player** Friday 4 October 7.30pm

Colin Cosgrove is a busy man. He's running badminton sessions, his supply teaching job is going 'great guns', and his food delivery work keeps him busy on a Saturday night. But then it all starts to go a little bit wrong, is he losing his mojo? Can he get it back? Can he maintain his status as a top badminton celebrity in Worcester? Find out more and learn some pro sporting moves along the way! Suitable for all ages and players of all racket sports. Tickets £14

20

Music at the Edge



Band on the Edge Friday 12 April 7.30pm

Formed in 2013 by a group of keen local musicians, the band's repertoire includes early ragtime and hot jazz, ballads and show songs, 30s and 40s swing, Afro jazz, Latin and Jazz rock from the 60s. Tickets £12



John Douglas Friday 3 May 7.30pm

Hailing from Irvine on Scotland's west coast, John has a rich history, making music with Trashcan Sinatras for over thirty years. Apart from his role as a songwriter (and guitarist) there, John has been playing live gigs across the UK and Ireland as part of his partner Eddi Reader's band. Tickets £12



Kathryn Williams & Withered Hand

Saturday 11 May 7.30pm Kathryn Williams is a Mercury Music prize nominated English singer songwriter who has released 16 albums. Dan Willson is Scotland's acclaimed singer songwriter Withered Hand. He has released three albums and a number of EPs over the last 15 years and has toured internationally.

Tickets £15



Steve Harley Come Up And See Me... And Other Stories

Come Up And See Me... And Other Stories Friday 18 October 7.30pm

Come Up And See Me... And Other Stories, will feature music and stories, as Steve tells stories about his career, while playing acoustic versions of the biggest hits. Tickets £28

Premium tickets £70, to include Meet & Greet with Steve Harley, and seats in front rows.





Taster Days & Events

Taster Days:



1st December 2023

Introduction Day: 6th June 2024

Open Days:



14th October 2023 10:00am - 12:30pm

3rd February 2024 10:00am - 12:30pm

15th June 2024 10:00am - 12:30pm



For More Information:

E: info@nsc.ac.uk T: 0800 440 2281 hinsc.ac.uk

Walford College, Baschurch Shrewsbury, Shropshire SY4 2HL

walfordcollege

walfordcollege



















Your career starts here... Join us for an open event



5pm - 7.30pm 11th October 2023 15th November 2023 31st January 2024 20th March 2024 19th June 2024 or book a 1:1 tour

New bus routes starting September 2023

Ironbridge - Bridgnorth - Broseley - Ironbridge - Madeley - Stirchley - Dawley - Horsehay - Lawley
 Shifnal - Priorslee - Wrockwardine Wood - Trench
 Newport - Muxton - Donnigton - Hadley

info@telfordcollege.ac.uk 01952 642200

"Cinderella"

Dramatic Society

Pantomime 2024

In the Birchmeadow Centre TF12 5LP

Thursday 25th January at 7.30pm Friday 26th January at 7.30pm Saturday 27th January Matinée 2.30pm & 7.30pm Sunday 28th January Matinée 2.30pm Thursday 1st February at 7.30pm Friday 2nd February at 7.30pm Saturday 3rd February Matinée 2.30pm & 7.30pm

Tickets £10 & £8

from our friendly Greengrocer on the High Steet, DOWNES

and also on line at www.broseleybroads.co.uk

This amateur production of "Cinderella" is presented by arrangement with BEN CROCKER PANTOMIMES.

Copyright Ben Crocker 202





 Would you like to know more about why sleep is important for our health and emotional well- being?

Does your child struggle with their sleep?

o Would you like to access support to help improve sleep and bedtime routines?

Would you like to meet other parents/carers to share and
 discuss experiences?

SLEEP TIGHT WORKSHOP

The workshops are delivered virtually via MS Teams or face to face at a venue in Shrewsbury All you need for the virtual groups is an email address and an electronic device, and we will talk you through the rest.

Our workshops run for 5 weeks from the start date excluding the School Holidays.

Starts on Friday 12th January 2024 from 09.30am to 11.30am in Shrewsbury, venue to be confirmed.

Starts on Friday 12th January 2024 from 12.30pm to 2.30pm Virtually via MS Teams

Starts on Friday 23rd February 2024 from 9.30am to 11.30am in Shrewsbury, venue to be confirmed.

Starts Friday 23rd February 2024 from 12.30pm to 2.30pm Virtually via MS Teams

To book a place on one of our workshops or for further information on the workshops we run please contact the Parenting Team by: Emailing Parenting.team@shropshire.gov.uk Or call us on 01743 250950



www.shropshire.gov.uk General Enquiries: 0345 678 9000





We are delighted to inform you that our school is currently working with Crossroads Together to raise awareness and support young carers within Shropshire. Crossroads Together are the commissioned service in Shropshire to support young carers.

Who are Young Carers?

A young carer is a young person aged between 6-18 who care for a family member such as mum, dad, brother, sister or grandparents who suffer with a physical disability, poor ill health, learning disability, mental health, or substance and alcohol misuse.

What do young carers do?

- Practical tasks, such as cleaning, cooking, shopping, general upkeep of the housework
- Personal care, such as helping with

toileting, washing, showering/bathing, and getting dressed

- Sibling Care
- Emotional Support

What are the impacts?

- Lower grades than their peers if young carers miss time in school
- Poor confidence and self esteem
- Emotional impacts, worry and stress
- Stigma of being a young carer may result in bullying
- Isolation



Who to talk to?

Anita is the dedicated Young Carers Support Worker in our school, come and chat with her if you are a young carer or think you may be a young carer. She will be in the lunch hall at 1.15pm on 2nd Oct Contact your local Young Carers team:

Phone: 07801576326

Email: shropyc@crossroadstogether.org.uk

www.crossroadstogether.org.uk