



Nicholas Chamberlaine School

# NEWSLETTER

*Successful Learners | World Citizens*

Friday 22nd March 2024

Dear NCS families,

I am delighted to be writing to you to wish you a restful break over the Easter holidays.

Our pupils, teachers, support staff and community have much to be proud of this term. Year 11 and Year 13 in particular have made significant improvements since their last trials as they prepare for the final stretch in the summer term.

During this final week we say farewell to staff who are going on to the next stage in their careers; we wish them the best of luck in their aspirations and know that they will keep in touch with the Griffin family. In particular, we would like to wish Ms Turner and Mr Lenton the very best of luck as they move onto new roles in two excellent schools. They have supported hundreds of pupils over the years at NCS and we thank them for their contributions.

On Monday 8<sup>th</sup> April, we will be welcoming our pupils back to school for an exciting term ahead. Pupils will return to a staggered start and will be met by their tutors at 10.30am to begin our summer term. We will also be welcoming Ms Shipley, a highly experienced head of department from a high performing school and Mr Young, a highly experienced Senior Assistant Head who specialises in pastoral provision.

Sixth Form pupils will come in from 8.30am as usual and will be given additional support in determining their future pathways with our careers advisor.

Please take the opportunity over Easter to ensure your child is ready for school with full school uniform, including blazer, tie, correct trousers and shoes (not trainers). Tutors will also be checking all pupils have the correct equipment ready for learning including pens, pencils, ruler, green pen and calculator (there is an exhaustive list on our website).

During the summer term we will be having some competitions to promote full engagement, particularly around punctuality and attendance. I recognise there may be times that we are definitely not well enough to attend school/work; however, we often feel better over the course of the day, so please ensure you prioritise your child's learning and work with us to achieve the best possible outcomes.

Thank you for your continued support in ensuring your children are successful learners and world citizens.

Warmest regards,

Peter Gilbride  
Head of School

Alison Ramsay  
Executive Head

## Proud Traditions

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## Key Dates

Monday 25th March—  
Friday 5th April  
Easter Holidays

Monday 8th April  
**VI form** students return to school **8:30am**  
**Year 7 - 11** students return to school **10:30am**

Thursday 25th April  
Year 10 Parents' Evening

## Online Safety

I hope this message finds you well. As we navigate through the challenges of the digital age, it has become increasingly crucial to ensure the safety and well-being of our children in online spaces. During assemblies this week we have examined the importance of being safe online and using technology appropriately. We are very keen to make sure that our pupils understand the potentially serious consequences of the inappropriate use of social media and related technology.

In today's interconnected world, the internet offers a wealth of opportunities for learning, exploration, and connection. However, it also presents various risks and challenges, particularly for young and impressionable minds. Therefore, I am writing to you today to emphasize the importance of staying vigilant and proactive in safeguarding your child's online experience.

Here are a few key points to consider:

- **Open Communication:** Establishing open and honest communication with your child is paramount. Encourage them to come to you with any concerns or questions they may have about their online activities. Let them know that you are there to support and guide them through any challenges they may encounter.
- **Educate and Empower:** Take the time to educate your child about the potential dangers of the internet, such as cyberbullying, online predators, and exposure to inappropriate content. Empower them with the knowledge and skills to navigate the online world safely and responsibly.
- **Set Clear Boundaries:** Establish clear rules and boundaries regarding your child's use of the internet and digital devices. Monitor their online activity and set limits on screen time to ensure a healthy balance between online and offline activities.
- **Use Parental Controls:** Take advantage of parental control tools and software to help regulate your child's online experience. These tools can filter inappropriate content, monitor their online interactions, and limit access to certain websites or apps.
- **Lead by Example:** Be a positive role model for your child by demonstrating responsible and respectful online behaviour. Show them how to engage with others online in a safe and respectful manner, and model healthy screen habits in your own daily life.
- **Stay Informed:** Stay up-to-date on the latest trends and developments in internet safety and digital literacy. Attend workshops, read articles, and stay informed about the tools and resources available to help protect your child online.

By working together as a community, we can create a safer and more secure online environment for our children to learn, explore, and grow. Thank you for your attention to this important matter, and please do not hesitate to reach out if you have any questions or concerns.



## Safeguarding – Easter 2024

As we enter the Easter holidays we want to remind you that should you have any concerns about your child or any other student in school then we are always around to help. Senior staff will be available throughout the holiday on the numbers below.

Day	Staff	Numbers
Monday 25 <sup>th</sup> March	Mrs Ramsay	07958630970
Tuesday 26 <sup>th</sup> March	Mrs Ramsay	07958630970
Wednesday 27 <sup>th</sup> March	Mrs Ramsay	07958630970
Thursday 28 <sup>th</sup> March	Mrs Ramsay	07958630970
Friday 29 <sup>th</sup> March	Mrs Ramsay	07958630970
Saturday 30 <sup>th</sup> March	Mr Smith	07958630885
Easter Sunday	Please use the crisis numbers below	
Monday 1 <sup>st</sup> April	Please use the crisis numbers below	
Tuesday 2 <sup>nd</sup> April	Mr Smith	07958630885
Wednesday 3 <sup>rd</sup> April	Mrs Haywood	07508582588
Thursday 4 <sup>th</sup> April	Mr Smith	07958630885
Friday 5 <sup>th</sup> April	Mrs Haywood	07508582588
Saturday 6 <sup>th</sup> April	Mrs Haywood	07508582588
Sunday 7 <sup>th</sup> April	Mr Smith	07958630885

You can also call the RISE crisis numbers on:

8am – 8pm 02476641799

8pm – 8am 02476932800

You can also contact the Family Information Service (FIS) who support families across the Warwickshire with advice and information. You can get in touch with them by emailing [fis@warwickshire.gov.uk](mailto:fis@warwickshire.gov.uk), calling 0800 4081558 or finding support at [www.warwickshire.gov.uk/childrenandfamilies](http://www.warwickshire.gov.uk/childrenandfamilies) or <http://www.warwickshire.gov.uk/mentalhealth>

The Samaritans are available all over Easter and can be contacted for free at 116123 or by emailing [jo@samaritans.org](mailto:jo@samaritans.org)



# Proud Traditions

## Star Reader

We are proud to introduce one of our year 8 star readers. As one of our PROUD TRADITIONS, we aim to encourage our students to read for pleasure as it is proven time and time again that students who read find their exams much easier and always achieve highly.

Jaydn is rarely seen without his nose in a book so to keep that passion alive the school library has furnished him with a full set of the Six of Crows duology for his library at home.

Well done, Jaydn!



## GST Annual School Performance

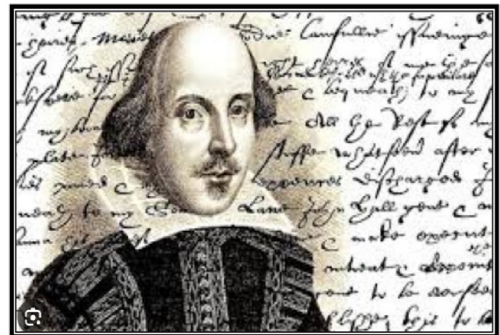


We're excited to announce that our next school musical will be Oliver Jr. Oliver is a young orphan living in Victorian England. After escaping a workhouse and an horrid apprenticeship, he finds himself amongst a group of petty thieves and pick-pockets, and so begins Oliver's whirlwind adventures and his search to find the true love of a family.

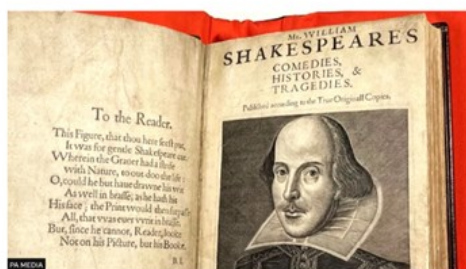
SHAKESPEARE DAY  
THURSDAY 14<sup>TH</sup> MARCH 2024

## Shakespeare Day

One of our PROUD Traditions is to celebrate Shakespeare Day. This year our students were immersed in Shakespeare's work each lesson by carrying out activities about his plays and poems.



SHAKESPEARE DAY  
THURSDAY 14/3/24



National Shakespeare Day is a time to celebrate Shakespeare's life and legacy, and to explore the enduring relevance of his works. It's a day for theatre companies to stage Shakespearean productions, for schools to teach his plays and sonnets, and for fans to read and discuss his works.

Shakespeare remains vital because his plays present people and situations that we recognize today. His characters have an emotional reality that transcends time, and his plays depict familiar experiences, ranging from family squabbles to falling in love to war. Shakespeare's writing engages with a variety of issues that remain important and relevant today, considering sex, race, class, gender, religion and sexuality. The plays provide students with a stepping-stone to begin thinking about these important topics, as well as a space to explore their own ideas.



### World Book Day

World Book Day was created by UNESCO on 23rd April 1995 as a worldwide celebration of books and reading. World Book Day is marked in over 100 countries around the globe. The first World Book Day in the UK and Ireland took place in 1997 to encourage young people to discover the pleasure of reading.

Some people like to read the biographies of the most influential people in history, like Martin Luther King or Mahatma Ghandi. Some people like novels that send chills down their spines, from goth horror novels like Mary Shelley's "Frankenstein" to Stephen King's epistolary novel, "Carrie". Some prefer the classics, like "Pride and Prejudice" or the "Old Man and the Sea".

But regardless of the kind of books you like the most, the indisputable truth is that the world would not be the same without books. Books have been educating and inspiring us for thousands of years, so it should go without saying that World Book Day is a more than a well-deserved holiday.

Books are more than simple pieces of paper with words on them (or, in the case of digital books, a bunch of pixels on a screen). They're a door into another world, whether that's one full of fiction and imagination or a factual world that teaches you incredible new things. World Book Day is all about celebrating the wonderful power of books and the joy of reading. It's especially meant to help encourage a love of reading in children, but people of all ages can recognize and celebrate the day.

All students at NCS were gifted a book token and staff dressed as a character in their favourite book!



## MiSST

One of the special opportunities for Year 7 students at Nicholas Chamberlaine School is the entitlement to receive three years of free tuition on an orchestral instrument. This is provided through our partnership with the Music in Secondary Schools Trust (MiSST) and the Warwickshire Music Hub. This opportunity is only available in twenty-six schools in the whole of England, and we are very proud to be the only school in the Midlands providing this. A short video detailing the work of MiSST can be viewed on this link: <https://youtu.be/Oj2yFa8LOs8>

We will look forward to welcoming our new Year 7 students during our annual GAF week

## About MiSST

MiSST currently works with 26 schools in the UK. We work in schools that serve disadvantaged and often challenging communities by providing not only funding for classical instruments, but also support in the form of regular tuition, opportunities to perform and a programme of excellence that is unrivalled in the UK. Our mission is to be at the forefront of classical music education

### For schools

Access to classical music education in UK schools is not a given. MiSST works with secondary schools who serve disadvantaged and sometimes challenging communities by providing not only enhanced staffing and funding for classical instruments, but also regular support, opportunities to perform and a programme of excellence that is unrivalled in the UK. The MiSST 'Pathways to Excellence' ensures students who show musical promise are identified early and have access and opportunity to ensemble and orchestral playing.

### For young people

Through our partner schools, MiSST works with young people of all backgrounds and abilities, helping to remove the barriers between them and classical music. MiSST unlocks hidden potential and builds confidence and social skills, connecting young people to the world of classical music and the arts in the best way possible – by putting it in their own hands.

### For families

Every MiSST student takes the benefits of the programme back home with them. Their participation and smallest achievements are a source of pride for the whole family. Even if classical music is not part of family life, MiSST activities are a focal point, bringing new experiences, discovering and sharing the joy of classical music.

“Engagement in the arts changes lives. The positive impact of the arts on health, social mobility and wellbeing are now irrefutable. I passionately believe that everyone in this country, particularly those from disadvantaged backgrounds, should be able to participate and I am thrilled MiSST’s music programme will make the difference for these young people. I know it works. Headteachers and the staff in MiSST’s partner schools know it works. It has been proven to be the common denominator in schools where often over sixty languages are spoken”.



## MiSST Together

On Monday 18th March, Nicholas Chamberlaine School welcomed two other MiSST schools for an orchestra performance. Thomas Middlecott Academy and Barnsley Academy combined with our orchestra to perform songs such as Dance The Night- Dua Lipa; Byzantine Dance; Britten-Chambers; Oye Como Va- Puente. The final performance was enjoyed by some of our parents and students and we were astounded by the progress made in just one day. MiSST staff also commented on how well our students worked with others and represented the school well.





## Year 11 options



With Year 11 students rapidly approaching their GCSEs, it is critical that they should have put in place plans for results day and beyond.

### What does the law say?

All students are required to continue in education or a job with an educational element until the age of 18. This could include attending VI Form or college, applying for an apprenticeship or a job with training. In addition to this, students who do not achieve a GCSE in English or Maths (or both) are required to continue studying these until they have passed, or reach the age of 18. Students may be offered alternative qualifications to assist them if they have difficulty accessing these subjects.

### How to apply for College or VI Form?

For colleges or VI Forms, this is directly with the provider. In the case of Nicholas Chamberlaine VI Form, applications have already been made and students have been offered interviews. Students can apply for as many VI Forms or Colleges as

they like and the process is very easy and should take about 20 minutes. Students will need a valid email address and contact numbers for both themselves and a parent or carer. They will also need to list the qualifications they are taking and either provide their target or predicted grades (either will be fine). After applying there will usually be an interview to ensure that the student has selected a course(s) that are appropriate for them.

### What's the difference?

VI Forms offer a wide range of subjects and students will study at least three of these. They will usually be a mixture of traditional, exam based A levels and vocational, coursework based BTECs or equivalent. For example, students may study subjects such as History and Geography combined with Sports Science. This is ideal for students who may not be sure about their futures and want to study subjects they are good at or interested in. In contrast, colleges usually ask students to study one subject which is equivalent to three A levels. This is ideal for students who know what type of job they would like to do. Colleges also offer subjects at different levels, so a student can do qualifications at level 1 (below GCSE), level 2 (GCSE level) or level 3 (A level equivalent).



## How to apply for an apprenticeship or job with training?

Firstly, jobs with training are not very common and most students will not go on to one of these. For most students an apprenticeship is the most likely route. In this case, apprenticeships are offered at different levels - *Intermediate* is the equivalent of GCSEs and *Advanced* is equivalent to A levels. Students leaving with GCSEs should ideally be looking for an Advanced apprenticeship. There are some exceptions for apprenticeships in areas that students may not have studied at school - for example welding, carpentry, hairdressing etc. In this case the usual route is to start on an Intermediate apprenticeship and then progress on to an Advanced level. As with all apprenticeships, apprentices will be paid at least the minimum wage (£6.40 an hour from April 2024) and will be expected to attend college or a training provider as part of the programme.

## Where do I find these?

In the case of Colleges or VI Forms, students will need to think about the course they wish to study and how accessible the College or VI Form is to them. Students will need to apply directly and be aware of any deadlines. Applying sooner rather than later is important for some popular subjects if students do not want to miss out.

In the case of apprenticeships, these can be found on the government's apprenticeship website, that can be found here: <https://www.gov.uk/apply-apprenticeship> You may need to apply directly or through the company offering the apprenticeship. Students should be aware that applying for an apprenticeship is like applying for any other job and they may be required to provide a CV, letter of application and attend an interview.

## Final Advice

Leaving your application for results day is not a good idea. You will be leaving school with over half a million other students taking GCSEs - all wanting similar things. You should also try to choose more than one option especially if you are applying for an apprenticeship - in other words college and an apprenticeship. The school can help you, but at the end of the day, it is your future.



## High Achievement

### Year 7 Girls' Football

The year 7 girls' football team played the second round of the round robin tournament at Etone and won all their games! **They are the overall winners of the football tournament out of 8 schools and are now progressing through to the County Finals** tournament in May which is such a huge achievement. This team has been so successful so far this year, winning many games and getting through to several semi-finals but they have also been an absolute pleasure to coach and have represented the school in an exemplary manner. All girls involved should be very proud of themselves!



### Year 9 Basketball

Some of our year 9s played in a 3v3 basketball tournament at Higham Lane School. It was great to see some girls involved and competing in basketball and they all did an excellent job. They were all very competitive and showed great teamwork and enthusiasm! We look forward to seeing more of the girls involved in basketball as they performed really well.



### Year 7 Netball



The Year 7 netball team competed in a tournament last Thursday. The girls won 3 out of 4 of their games before reaching the semi finals and narrowly missing out on a spot in the finals. The team worked so well together and showed a great display of sportsmanship.

Well done to all of those involved!



# High Achievement

## Sports Leaders

Some of our Young Sports Leaders helped to run and lead the Biggest Girls' Football event on Friday for over 70 primary school students. The event was a real success, all students thoroughly enjoyed themselves and the leaders did an excellent job running the event. They engaged maturely with the primary school students, showed great communication and teamwork and represented the school in an exemplary manner.



## Year 9 Girls 'Football

Our year 9 girls football team have taken part in a tournament at Etone where they played 5 different schools and won 2 games, drew 2 games and lost one game. They played some excellent football and worked really well as a team! They have another tournament next week so we're looking forward to seeing how they get on. Well done ,girls!

## Year 7 Football

The Year 7 football team played a tough semi final against St. Thomas More,. The game was very tight and was in the balance at half time with Nicholas Chamberlaine trailing 2-1. The team fought back and showed great determination to overturn the half time score and win the second half 4-1. This meant Nicholas Chamberlaine won 5-3 and now progress to the Final.

Goals from Charlie C x2, Mitchell B Ronnie L and an own goal ensured a victory. Charlie starred as Man of the Match as he led the team superbly and scored two timely goals to steer the match in Nicholas Chamberlaine's favour.



# High Achievement

## Sports Leadership

The following girls took part in an amazing sports leadership session where they looked into what skills create a good sporting event. They worked with other schools and looked into how to challenge students and also how to differentiate to make the activities versatile for everyone. They are now planning to create their own sports festival and run it themselves.



## Year 7 Netball

AN amazing second leg of the tournament from our Y7 netball team saw them winning another two of their games, totaling 5 wins and 2 losses. The netball team have come such a long way since the beginning of the year, improving every step of the way.



## Year 9 Girls' Football

Our year 9 girls' football team participated in the next round of the round robin tournament at Etone. **The girls won every game and finished in first place;** they played some excellent football and really showed off their talents. Eva Thomson, Callie Evans and Jiya Bains were stand out performers from today's game. Well done to all girls involved!

## Year 7/8 Event

Some of our year 7 and 8 students took part in an Archery, Boccia and Curling Event. All students got really involved and seemed to enjoy all the activities. It was great for them to experience some activities they may not have taken part in before.





## High Achievement

### Year 8 County Finals Athletics Competition

Some of our year 8s took part in a County Finals Athletics Competition in Solihull. They all performed really well and worked excellently as a team. Each and every student represented the school in a positive way and should be very proud of themselves!



## Updates

### Year 11 Newsletter

Please click on the link below to see the Year 11 newsletter, this is also available to view on the school website.

[nicholaschamberlaine-gst.org/bskpdf/year-11-22-march-2024/](https://nicholaschamberlaine-gst.org/bskpdf/year-11-22-march-2024/)



## Expectations for Behaviour

### Start of Lesson

- Line-up quietly outside of the classroom where appropriate
- Write and underline the date and title
- Promptly begin the starter activity



### Punctuality

- Students have 5 minutes between lessons
- Students must leave and go straight to lessons—no laps or waiting for friends
- Minutes late will be logged and monitored this week
- Late for school will be 10 minutes hold back every day after period 6



### How we speak to each other—respect

- In school we insist on inside voices—there is no need to shout!
- Swearing is never acceptable
- Students consider others—if they wouldn't want it said to them—don't say it to others



### Mobile phones

- All phones are to be switched off and in bags
- If students are caught with a phone it will be confiscated until the next day and parents can to collect it
- If it confiscated again it will be held in the school safe for a week
- If students need a phone to get home safely we can supply a safeguarding phone



### Equipment Reminder

- 2 BLACK pens
- 1 GREEN pen
- Pencil
- Ruler
- Rubber
- A School Bag—Blazers are not effective school pencil cases
- Calculator
- Reading book (Years 7-9)
- Revision material Years 10-11
- Pencil case





## Punctuality

We understand that sometimes unexpected circumstances arise that may cause students to be late for lessons. However, persistent lateness can have a negative impact on their learning experience and disrupt the wider classroom environment.

When students arrive late for lessons, they will miss valuable instruction time and may struggle to catch up on the material they have missed. Furthermore, arriving late can disrupt the class and cause a distraction for both the teacher and other students.

We understand that some families may be facing persistent difficulties with punctuality. If this is the case, please do not hesitate to reach out to us. We are here to support you and your child and work together to find a solution that works.

We thank all of our Nicholas Chamberlaine Families for their support in getting our students to school every day!

## Attendance

As we come to the end of another school term, we want to emphasise the crucial role that regular school attendance plays in your child's education and overall success. Each day of learning contributes significantly to their growth, both academically and socially.

Consistent attendance not only ensures that your child stays on track with their studies but also fosters a sense of responsibility and discipline that will benefit them throughout their lives. Research consistently shows that students who attend school regularly are more likely to achieve higher grades, develop stronger study habits, and have better long-term outcomes.

Furthermore, being present in the classroom allows students to actively engage with their peers, teachers, and the learning materials, leading to a richer educational experience. It also provides opportunities for participation in extracurricular activities, which contribute to holistic development.

Congratulations to all award winners for attendance this term. So far we have 130 students with 100% attendance this academic year receiving their Silver Award and a further 157 students achieving 100% this term receiving their Bronze awards respectively.

Rewards have also been given to the students with this most improved attendance. From next term all students with 100% attendance will be in line for end of term rewards.



## Updates

### Christmas Jumper Day



Thank you to all students and staff who participated in Christmas Jumper Day back in December. We raised £138.01 for 'Save the Children'.

### Free Level 1 Scooter Training – Easter Holidays

Warwickshire County Council and Warwickshire Road Safety Partners are offering free Scootability Level 1 training throughout Warwickshire during 25th – 29th March. Training is suitable for children aged 5 – 10 years and is being held at the following locations:

**Monday 25th March: Pingles Leisure Centre, Avenue Road, Nuneaton.**

During the course, children will learn essential skills and knowledge to help them scooter safely, including:

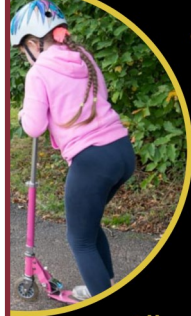
- learning about the parts of the scooter and the safety gear
- learning the basics of pushing, balancing and turning
- learning how to do slow and fast stops
- learning how to navigate stationary and moving obstacles
- learning how to do one handed signaling
- learning about road safety rules

All equipment, including scooters, helmets and pads, is provided and the sessions are suitable for children aged 5 to 10 years.

Booking is needed and spaces are limited.

To find out more and book training for your child please visit: <https://teamrubicon.co.uk/scootability-sign-up/>

Please note that this training is for push scooters only and not suitable for e-scooters. As a reminder, it is currently against the law to ride a privately owned e-scooter in any public place in the UK, this includes Warwickshire Country Parks.




**SCOOTABILITY**

Take your first steps towards safer scooter travel with a **FREE** level 1 scootability course

**All equipment provided**

Book your session here



**Warwickshire**

**25th - 29th March**

**WARWICKSHIRE ROAD SAFETY PARTNERSHIP**

[www.warwickroadsafety.org](https://www.warwickroadsafety.org)



## St Michael's Children Family Centre



### St. Michael's Children and Family Centre Timetable

St Michael's Children and Family Centre, Bedworth

stmichaelscfbedworth

024 76494171



Mon	<b>Shake, Rattle &amp; Roll</b> Bedworth Heath 9.30am to 10.30am <b>£1.50 per family</b> A music and movement group suitable for ages 1 to 4	<b>Baby, Shake Rattle &amp; Roll</b> Bedworth Heath 11am to 12pm <b>£1.50 per family</b> A music and movement group suitable for newborns up to crawling.	<b>Adult and Community Learning</b> Contact us for information about courses currently available at the centre, e.g Childcare, Maths, Family Learning.	
Tue	<b>Little Explorers</b> Keresley 9.15am to 10.30am <b>£2.50 per family</b> Stay & play group suitable for ages 0 to 4 <b>Self-Weigh-Weekly</b> Health Visitors every second Tuesday.	<b>Inbetweenies</b> St. Michael's CFC 9.30am to 10.30am <b>£1.50 per family</b> Stay & play group for crawlers and early movers.	<b>Cot Gossip</b> St. Michael's CFC 11am to 12pm <b>£1.50 per family</b> Stay & play group for newborns to crawling. <b>Self-Weigh-Weekly</b> Health Visitors every third Tuesday.	<b>The Play Programme</b> St. Michael's CFC 1.15pm to 2.15pm <b>£7 per family per programme</b> The Play Programme is a set of three consecutive sessions <b>BOOKING ONLY</b>
Wed	<b>Little Explorers</b> Bedworth Heath 9am to 10.15am <b>£2.50 per family</b> Stay & play group suitable for ages 0 to 4.	<b>St. Michael's Community Shop</b> St. Michael's CFC 2.30pm to 3.30pm Every other Wednesday Quality food available for a donation	<b>Lantern Church</b> St. Michael's CFC 3.30pm to 4.30pm <b>FREE</b> music, crafts, food and more Group run by All Saint's Church <b>(Term time only)</b> For families with children of all ages.	<b>Other Sessions</b> <b>SEND Coffee Mornings</b> A group for parents/carers of children with additional needs in Bedworth. This group runs once a term. Please contact us for our upcoming events. <b>Baby Massage</b> Suitable for babies after their 6 to 8 week check £10 per 4 week course <b>BOOKING ONLY</b> <b>Baby Talk &amp; Toddler Talk</b> Free workshops for parents and their babies designed to support speech and language development. <b>BOOKING ONLY</b> <b>The Play Programme</b> Communication and language group centred about play, song and rhyme. Activities will encourage sensory exploration. <b>BOOKING ONLY</b>
Thu	<b>Little Explorers</b> St. Michael's CFC 10am to 11.30am <b>£3 per family</b> Stay & play group suitable for ages 0 to 4.	<b>St. Michael's Community Café</b> 11.30am to 1pm <b>£4.50 per adult</b> Children under 5 eat FREE *with a paying adult. Everyone is welcome!	<b>Venues</b> Please see overleaf for the addresses of our outreach centres.	
Fri	<b>Baby Shake, Rattle &amp; Roll</b> Bulkington 9.30am to 10.30am <b>£1.50 per family</b> A music and movement group suitable for newborns up to crawling.	<b>Breastfeeding Support &amp; Social Group</b> St. Michael's CFC 10am to 11.30am <b>FREE</b> No age limit	<b>St. Michael's Children and Family Centre</b> <b>Term Time Only</b>	<b>Bedworth Heath Community Centre</b> <b>Term Time Only</b>

### Group Information

- COT Gossip**  
A relaxed play session for new parents with babies from birth to crawling.
- Inbetweenies**  
A play session encouraging physical development and curiosity for crawlers and early movers.
- Little Explorers**  
A fun-filled play session with a variety of different activities to promote exploration and discovery. Suitable from birth to 4 years.
- Shake, Rattle & Roll**  
A music and movement group that helps to enhance your child's speech and language development. Shake, Rattle and Roll suitable for children 1 to 4. Baby Shake, Rattle and Roll is suitable from birth to crawling.
- Baby Massage**  
Suitable for babies after their 6 to 8 week check. Learn techniques to help with colic, constipation and more. The sessions are also a lovely bonding experience for parents and babies.
- Baby Talk & Toddler Talk**  
Workshops for parents designed to support speech, language and communication development.
- The Play Programme**  
Communication and language group centred around play, songs and rhymes. Activities will encourage sensory exploration and family interaction.

### Outreach Venues

- Bedworth Heath Community Centre, 181 Smorrell Lane, Bedworth, CV12 0JP
- Bulkington Community Library, School Rd, Bulkington, Bedworth, CV12 9JB
- Keresley Newland Primary Academy, Grove Lane, Coventry, CV7 8JZ

### Nurture Nursery OFSTED 'Outstanding' Care and Education for your child



3 hour nursery sessions for children age 2 to 4 years. Funded and paying places available. (minimum of 2 sessions per week)

#### Session Times

Monday - Thursday 8.45 am to 11.45 am  
And 12.30 pm to 3.30pm  
Friday 8.45am to 11.45am

We offer tours of our 'OUTSTANDING' Nurture Nursery.  
Please contact Joanne Burridge on 024 76494171 for more information or to book a tour.

### SAFEGUARDING IS EVERYONE'S RESPONSIBILITY

Please note that mobile phones may only be used within designated mobile phone areas.

Only centre staff are permitted to take photos within sessions.

### CONTRIBUTION FOR SERVICES

At St. Michael's Children and Family Centre we ask for a small contribution for most activities. We do understand that this may make it difficult for some families to attend. If this is the case then please speak to a member of staff.

### CHILD MINDER CHARGES

Please note that charges are for up to 2 children, any additional children will be charged at 50p per child.



St Michael's Children and Family Centre Bedworth



stmichaelscfbedworth

### St. Michael's Children and Family Centre, Bedworth. Timetable - Spring 2024



Services for families with children birth to 19 years (25 with SEND) across the Bedworth area.

To register with the Children & Family Centre please scan the QR code below:



### Opening Hours

Monday - Thursday  
8.30am to 4pm  
Friday 8.30am to 12pm

### Contact number

024 76494171  
childrenfamilycentre@stmichaels.covmat.org

'Believe, inspire and achieve'



## St Michael's Children Family Centre




### Other Services

St. Michael's Children & Family Centre, Bedworth



**Centre opening times:**  
Monday to Thursday – 8.30am to 4pm  
Friday – 8.30am to 12pm  
Saturday – closed  
Sunday – closed

**Contact us:**  
Telephone: 024 76494171  
Email: [childrenfamilycentre@stmichaels.covmat.org](mailto:childrenfamilycentre@stmichaels.covmat.org)

 St Michael's Children and Family Centre Bedworth  
 [st.michaelscfbedworth](https://www.instagram.com/stmichaelscfbedworth)


### St. Michael's Children & Family Centre

Do you need help or support? St. Michael's Children & Family Centre is here to support families with children aged from 0 to 19 (25 with SEND) within the Bedworth, Bulkington and Keresley areas.

Whatever your worries or concerns, we will try to help you. Our Family Link Worker Manny is on hand to help.

Manny is usually here in the centre Monday to Thursday mornings.

To contact Manny, please call 02476494171 or email [ChildrenFamilyCentre@stmichaels.covmat.org](mailto:ChildrenFamilyCentre@stmichaels.covmat.org)



"Hi, I'm Manny. I work with a variety of different agencies and can make referrals for help and support where needed. I can offer food vouchers, emergency food parcels and can link with organisations such as Citizens Advice, Refuge and The Harbour Centre."

### Warwickshire Connect for Health

Connect for Health provides health and advice on a range of health topics and is available to all Warwickshire school aged children and young people from 5-19 years old (up to 25 years old for people with special educational needs).

Contact them via ChatHealth confidential text messaging for young people aged 11-19 years on **07507 331525**  
Parent line confidential text messaging for parents/carers on **07520 619376**

### Targeted Youth Support

Targeted Youth Support are a small team of dedicated, professionally qualified youth workers who use knowledge, skills and experience to build positive relationships with young people. They work with young people aged 11 to 18 years.

For more information visit <https://www.warwickshire.gov.uk/thservice>

### Midwifery Service

Go to BadgerNet online to self-refer your pregnancy and check appointments or contact the Midwife admin desk at the George Eliot on 024 76869022.

## NEED SOME HELP?

Call us on Freephone: **0800 250 5715**  
**Monday to Friday from 9am to 5pm**



Citizens Advice has drop-in sessions:  
**Every Monday & Friday from 10am to 2pm**  
25 Congreve Walk  
Bedworth  
CV12 8LX

Call our out-of-hours freephone telephone service:  
**Every MONDAY from 5pm to 7pm**  
**0800 995 6047**

Visit our webpage at: [www.branca.org.uk](http://www.branca.org.uk)

Email us at: [info@branca.org.uk](mailto:info@branca.org.uk)

Get information on-line 24 hours a day at: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

### Bedworth Community Grocery Shop

Bedworth Community Grocery Shop offers members shopping for a fraction of the cost of supermarkets. Membership is £5 per year and you can shop multiple a week for £5 each time.

**Opening Hours:**  
Mon-Tues: 9.30am to 4.15pm  
Wed: 9.30am to 6.00pm  
Thu-Fri: 9.30am to 4.15pm  
Telephone: **024 77331511**

Website: [communitygrocery.org.uk/bedworth](http://communitygrocery.org.uk/bedworth)

For an emergency food parcel, contact St. Michael's Children and Family Centre on **024 76494171**.




### Family Support Drop In

For all Families in Warwickshire


Please drop in and speak to one of our family support workers to access advice and support for all your families needs.

**Tuesday 10am to 12pm**  
St Michael's Children and Family Centre  
Hazel Grove, Bedworth CV12 9DA

Or alternatively you can call them on **01926 412412**

**Monday to Friday 9am to 4pm**  
For Families, Children and young people 0-19 years old, or 25 years with additional needs.





### RISE

The Children and Young Peoples Specialist Mental Health service have developed a 24 hours 7 days a week support line.

**8am - 8pm please phone: 024 76641799**  
**8pm - 8am please phone: 024 76938000**



## ADVICE & SUPPORT

for parents of pre-school children in Warwickshire

**TEXT: 07520 615293**  
9am - 5pm, Monday to Friday

We support messaging from UK mobile numbers only, which will be charged at your normal rate.

THIS IS NOT AN EMERGENCY SERVICE  
For urgent medical attention please contact your GP or call 111 or 999.



### Refuge Warwickshire Domestic Violence and Abuse Service

Refuge provides confidential, non-judgmental support, information and options to women and men who live in Warwickshire and are at risk of domestic abuse.

Contact us: Helpline **0800 408 1552** (Mon-Fri 8.30am - 8.30pm)

Refuge work closely with the Children and Family Centres and we will have a member of the refuge team on site once a month for confidential face-to-face support. If you would like more information, please come and speak to reception at the Children and Family Centre where we can give you more details.

### Other useful links:

Warwickshire Libraries Facebook page: <https://www.facebook.com/warwickshirelibraries>

Family Information Service: <https://www.facebook.com/warwickshirefcs/>  
<https://www.facebook.com/warwickshirefcs/>  
<https://www.facebook.com/warwickshirefcs/>


Adult and Community Learning: <https://www.facebook.com/warwickadulthood/>

Bedworth Community Grocery: <https://communitygrocery.org.uk/bedworth/>

Citizens Advice Bedworth: <https://branca.org.uk/our-locations/bedworth/>

### St. Michael's Nurture Nursery

**OFSTED 'Outstanding' Care and Education for your child**



3 hour nursery sessions for children aged 2 to 4 years. Funded and paying places available. (minimum of 2 sessions per week)

**Session Times**  
Monday - Thursday 8.45 am to 11.45 am  
And 12.30 pm to 3.30 pm  
Friday 8.45am to 11.45am

We offer tours of our OUTSTANDING Nurture Nursery.

Please contact Joanne Burridge on **024 76494171** for more information or to book a tour.

### Speech and Language Support Clinic

If you're worried about your child's speech and language development you can chat to one of our Speech and Language Champions for support and advice. Alternatively, we have a Speech & Language Clinic each term. Contact us at the centre to book a place.



### SEND Coffee Mornings

Come and join us for a coffee, cake and a friendly chat. A group for parents/carers of children with ADDITIONAL NEEDS in Bedworth. Please note this group is for parents/carers only (no children). This session runs once a term.

### Help & Support Drop-Ins

Refuge and Family Support offer drop in sessions at St. Michael's. Our Family Link Worker in the Centre Mon-Thurs morning to support and signpost.



### Parenting Workshops

Warwickshire County Council run several FREE parenting workshops on a Wednesday from St. Michael's Children and Family Centre.

Courses include "Understanding Children's Behaviour", "Sleep for over 1s" and "Understanding your teenager". Courses can be found and booked online through EventBrite: [www.eventbrite.co.uk/o/warwickshire-parenting-support-71623337213](http://www.eventbrite.co.uk/o/warwickshire-parenting-support-71623337213)





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# What Parents & Educators Need to Know about TEKKEN 8

Thirty years after its debut on the original PlayStation, the Tekken franchise is back with its eighth mainstream instalment. A one-on-one fighting game series in the same vein as Street Fighter and Mortal Kombat, Tekken 8 can be commended for its relative lack of in-game purchases – but there's still plenty to consider in keeping young players safe from potential hazards.

AGE RESTRICTION  
PEGI  
16

## WHAT ARE THE RISKS?

## FUTURE SPENDING?

Tekken 8 carries a PEGI 16 rating, with the assessors noting its violence, occasional profanity and in-game purchase options. The latter issue, however, is a little different to what you may expect from a modern game: unlike many high-profile releases, Tekken 8's content is all accessible without spending any extra money. The exceptions are new characters, which will become available to purchase separately in the future.

## COPYCAT RISK

With characters flying across the screen using a mixture of authentic and fantastical fighting styles, younger children and impressionable teens may find themselves tempted to copy their favourite characters or act out their epic fights in real life. This could simply amount to harmless fun – but could also easily lead to accidents, injury and distress if young gamers start actually landing blows.

## VIOLENT GAMEPLAY

As a fighting game, Tekken 8's gameplay is heavily based on punching, kicking and throwing opponents around - while some characters' attacks occasionally involve weapons. Most of the violence is comparatively cartoonish in its execution and lacking in gore, but the fact remains that the action still revolves entirely around intense combat and inflicting damage on an opponent.

## FAMILY CONFLICT

Tekken 8's story mode, 'The Dark Awakens', focuses on two of the series' most important characters – Kazuya and Jin, a father and son who have been warring for years. The sight of two family members physically fighting each other may be hard to understand (and difficult to deal with) for some children – causing confusion and concern over why relatives would want to hurt one another.

**RANKED ONLINE PLAY**

Tekken 8 features an array of online modes – most notably its ‘Ranked’ section, where players battle to reach the top spot of a worldwide leaderboard. Many players will dedicate significant amounts of time to practising and – while the challenge can be fun – some of these matches can get extremely competitive. Children could become obsessed with climbing the rankings and dedicate an unhealthy amount of time to the game or grow angry if they wind up on a losing streak.

## ONLINE CONTACT

Tekken 8 doesn't offer voice chat by default, but a player's platform ID is visible (such as their PlayStation Network ID, Steam account or Xbox gamertag). Rival players can, therefore, reach out via messages if they wish. Given the game's fiercely competitive nature, these communications can potentially put children at risk of online abuse if their opponent is a particularly sore loser.

## Advice for Parents & Educators

## TRY IT OUT YOURSELF

As with many popular games, we'd recommend checking it out for yourself in advance if you have any concerns. In the case of Tekken 8, there's a free demo version available (for all platforms) which lets you experience fights with a handful of the characters: a useful way of establishing first-hand whether some children might find the game's violence to be too intense.

## EXERCISE YOUR JUDGEMENT

While Tekken 8 features a sort of 'spray' impact effect when attacks land, it's not the kind of game that most observers would describe as gory (unlike, for instance, the *Mortal Kombat* franchise). Of course, any fighting game worthy of the name will include a significant degree of violence – but the level at which the battles in Tekken are pitched may not be an issue for some children.

## MARTIAL ARTS MOTIVATION?

With characters utilising real-world fighting styles such as jiu-jitsu, boxing and kickboxing, Tekken could represent an opportunity to channel a child's fondness for the game into a beneficial interest in real-world martial arts. Classes can help to build young people's confidence and physical fitness, as well as providing avenues for making new friends.

## CONTROL COMMUNICATIONS

If a child plays Tekken online with anyone apart from their friends, then parents and carers could consider restricting communications – such as shutting off the facility to be messaged by other players (although the child's profile name will still be displayed) – to reduce the chance of contact from strangers. This can be done via the console's account settings or through the child's Steam account (if playing on PC).

## Meet Our Expert

**Editor in Chief of gaming and esports site GGRecon, Lloyd Coombes has worked in the games media industry for five years. He's played every Tekken title since the series began and, as a parent, also values the importance of online safety. Writing mainly about tech and fitness, his articles have been published on influential sites including IGN and TechRadar.**



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## 10 Top Tips for Parents and Educators DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

### 1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

### 2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

### 3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

### 4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

### 5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

### 6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

### 7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

### 8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

### 9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

### 10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

## Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



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## 10 Top Tips for Parents and Educators ENCOURAGING OPEN CONVERSATIONS AT HOME

With tricky topics and occasional clashes of opinion, it can be challenging to maintain an environment where children feel able to talk candidly and honestly. However, encouraging such conversations helps to develop trust – making it easier to unpack even sensitive subjects as children get older. Here are our top tips for promoting open conversations at home.

### 1 CREATE A SAFE SPACE

Criticism, blaming or shaming can all prevent children from feeling emotionally safe – while showing affection, positive attention and an interest in what a child has to say builds their sense of security. These formative years are when children's opinions and values begin to take shape, so it's important to provide a non-judgmental environment in which to discuss them – especially if their opinions differ from your own.

### 2 CONSIDER OTHER OUTLETS

Some children may find it easier to talk while they're participating in another activity such as drawing, writing, walking or sport. If it's possible, taking part in these activities together presents you with an opportunity to communicate while doing something side by side. A child may feel less pressure that way and can be more inclined to open up of their own accord.

### 3 NORMALISE CHATS ABOUT FEELINGS

Incorporate mental health and emotional wellbeing into everyday conversations, using age-appropriate language and examples to help children understand their emotions. Ask questions like "How are you feeling today?", "What was the best and worst part of your day?", "If you could start today again, what would you do differently?" and "Is there anything you want to talk about?"

### 4 LISTEN ACTIVELY

When children express themselves, make it obvious that you're listening closely and giving them your full attention. Maintain eye contact and validate their feelings without immediately trying to solve the problem. It's not helpful to dismiss their issues as childish or 'teenage angst' – or to assume that they'll simply 'get over' whatever they're feeling. Children don't have your life experience; their resilience is still developing as they learn to push through difficulties and handle problems.

### 5 ASK OPEN QUESTIONS

Encourage children to share their thoughts by asking open questions about their feelings and experiences. Closed questions (such as "Did you enjoy school today?") are more likely to elicit a simple "yes" or "no" response. Instead, you could ask things like "Who did you spend time with at break?" or "Who did you sit with at lunchtime?"

### 6 RESPECT THEIR BOUNDARIES

If a child isn't ready to talk to about something yet, respect their boundaries: this reinforces that their feelings are important and worthy of consideration. Ideally, you're aiming to let them know you care without smothering them, so just make it clear that you're there for them whenever they're ready to chat. Gentle, regular check-ins can sometimes be the best form of progress.

### 7 LEAD BY EXAMPLE

Model open, honest and healthy communication in front of children and young people. Try to demonstrate kindness when talking about others and yourself, because if children hear adults being overly harsh, critical or judgmental, or see them having unrealistic expectations of themselves, it makes them more likely to adopt and repeat this behaviour themselves as they grow.

### 8 HAVE REGULAR CHECK-INS

Check in with children periodically to discuss how they're feeling and what's going on in their lives. This could be a weekly or monthly conversation, where the child has an opportunity to share whatever's on their mind. For parents and carers, getting away from the house and other distractions might be productive here; you could consider regular trips to a coffee shop or a café, or just a weekly walk.

### 9 PROVIDE RESOURCES

It's often beneficial to let children know about other support that's available to them if they're struggling to talk to you specifically. Encourage them to talk to school counsellors, trusted adults or even a therapist, if necessary – while normalising this route and dispelling the harmful stigma around asking for help. Older children could engage with resources such as Kooth or YoungMinds.

### 10 CELEBRATE EMOTIONAL EXPRESSION

It's beneficial to praise children for expressing their feelings honestly – emphasising how important it is to talk about their emotions and how proud you are of them for doing so. This can be especially pivotal for boys, who often experience more of a stigma around talking frankly about their feelings and their mental health – a barrier that can be overcome, with enough love and support.

### Meet Our Expert

With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.



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