



## Our value for December is Kindness

The Kindness Elves have managed to visit two classes this week to find out who has been showing their value of kindness! Lots of the children were able to talk about ways that they had been kind to family and friends. Well done everyone!



## Christmas at Catshill

We have lots of plans to celebrate at this special time. Below is a reminder of all the upcoming dates for our fun Christmas activities.



### From Tuesday 1st December Christmas Raffle

Tickets are on sale for the School Council Christmas Raffle! There are 20 festive goody bags full of amazing prizes to be won. Each ticket costs £1 and the draw will take place during the last week of term. Please head to [ParentPay](#) to buy your tickets! Good Luck!

### Christmas Cards

**The last day for children bringing Christmas cards for their class is Monday 14th December. Thank you.**



### Monday 14th December Christmas Fayre

Our annual School Council Christmas Fayre will look a little bit different this year as each class will have their own box of goodies for children to buy and will be in class all week. There will be craft kits, ready made decorations, crackers with toys, gifts and much more, simply take your pick! Everything costs 50p and money can be brought into school during the week, whilst stocks last!



### Tuesday 15th December Christmas Lunch

Thank you to everyone who ordered their child's Christmas lunch. A reminder that if you did not order one your child will need a packed lunch on this day, regardless of what year they are in/

### Thursday 17th December Class Christmas Parties

Our Christmas parties will be held in class and children can come to school in their party clothes/Christmas outfits (more details to follow). We hope that our special visitor will be able to make a Covid secure appearance!



### Friday 18th December

Non-school uniform day for the last day of term!

## Christmas Covid rules 2020



Rules apply across all four UK nations



Restrictions remain in place for pubs, restaurants and other hospitality businesses throughout Christmas



Free to travel in and out of other areas of UK freely between 23 and 27 December



Up to 3 households can join up to form a 'bubble'



A 'bubble' can meet in homes, places of worship and outdoor spaces



[www.catshillfirst.co.uk](http://www.catshillfirst.co.uk)



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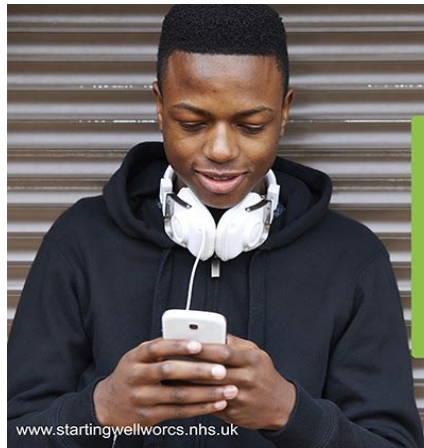


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## CHAT HEALTH

IF YOU'RE AGED 11-19 YEARS YOU CAN TEXT THE NUMBER BELOW TO SPEAK TO A SCHOOL NURSE FOR CONFIDENTIAL ADVICE AND SUPPORT ON A RANGE OF HEALTH AND WELLBEING ISSUES

**text: 07507331750**

www.startingwellworcs.nhs.uk

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## SUPPORT FOR YOUNG PEOPLE

<https://www.kooth.com>

Provider of online mental health services for children, young people and adults. Kooth, from XenZone, is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.

<https://www.nhs.uk/apps-library/chathealth>

ChatHealth is a secure and confidential text messaging service for young people. It allows patients to easily and anonymously get in touch with a healthcare professional for advice and support.

<https://www.childline.org.uk>

We're here for you, whatever's on your mind. We'll support you. Guide you. Help you make decisions that are right for you.

[www.samaritans.org/about-us](http://www.samaritans.org/about-us)

Talk to us any time you like, in your own way, and off the record - about whatever's getting to you. You don't have to be suicidal.

<https://youngminds.org.uk/find-help/looking-after-yourself/take-time-out/>

Some mental health problems, such as anxiety and depression can be caused by "too much work and not enough play". And not taking time out for relaxation may make any existing mental health issue worse. Relaxation is an important part of maintaining positive mental wellbeing.

[www.hacw.nhs.uk/healthy-minds](http://www.hacw.nhs.uk/healthy-minds)

Worcestershire Healthy Minds.

[worcestershire.wellbeinghub.org.uk](http://worcestershire.wellbeinghub.org.uk)

Directory of local support and wellbeing groups for all areas of life.



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