THE CRANLEIGH
CHRONICLE
INCLUSION & WELL-BEING

Nurturing Belief and Ensuring the Highest Standards of Learning for All

Friday 12th January 2024

INCLUSION:

EVERY LEARNER MATTERS AND MATTERS EQUALLY

THE INCLUSION TEAM'S WELCOME

Happy New Year to you all.

Welcome to another edition of our 'Inclusion and Well-Being newsletter.' This half-term, we are focusing further on promoting positive behaviours around the school. We have introduced a new Recognition Board system which the children have responded so well to, and which we describe in some detail below. Do ask your children all about it!

Last week, we all thought about how the New Year gives us the chance to choose something we are going to work on improving. In Worship, lots of children talked about how they are going to get better at tidying their rooms or helping their parents (do keep us up to date on how this goes at home!!)

If you have any questions regarding your child's behaviour or additional needs, please do not hesitate to speak to one - or both - of us.

Mrs J Mills and Miss K Meade

Positive Behaviour

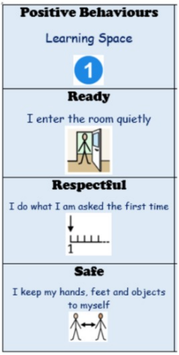
As a school, we agreed we were going to work on three positive behaviours that will help us follow our rules below:

We are Ready.
We are Respectful.
We are Safe.

In each classroom, there is now a Recognition Board. Children may be moved onto bronze, silver or gold if they are showing us these positive behaviours.

If your child is on silver at the end of the day, they will be given a silver star sticker. If your child is on gold at the end of the day, they will be given
a Star Note to go home.

Keep an eye out for these and do give your child lots of praise!



Positive Behaviours

Learning Space

1

Ready

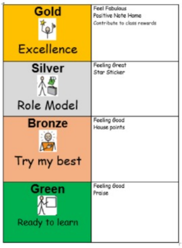
I enter the room quietly

Respectful

I do what I am asked the first time

Safe

I keep my hands, feet and objects to myself



Gold Excellence	Feel Fabulous Positive Note Home Contribute to class rewards
Silver Role Model	Feeling Great Star Sticker
Bronze Try my best	Feeling Good House points
Green Ready to learn	Feeling Good Praise

よくやった!

Multilingualism is an Asset!

How incredible are our learners who use English as an additional language?!

Here's Towa, Year 3, using an iPad to support him to read and write in English from Japanese.

Well done, Towa!

Learn more about the benefits of learning a second language HERE.

COMMUNITY COHESION MEETING

Headteacher Mrs Pelazza has secured a meeting with **Angela Richardson MP**, **Surrey Police** and **Surrey County Council** to discuss community cohesion within Cranleigh. She will be discussing ways to further develop the social relationships within our wonderful village with the aim of bringing all communities together.

Mrs Pelazza would love you all to be a part of this discussion. Therefore, if you have any concerns, questions or points you'd like raised, please complete this very short **form** by 6pm next Wednesday.

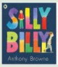
Check out the following **books** which aim to support children with their wellbeing:

Books for EYFS /Key Stage 1 Mental Health and Wellbeing

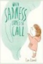
Go Yogi!: Everyday Yoga for Calm, Happy, Healthy Little Yogis by Emma Hughes Go Yogi! introduces simple yoga asanas (postures) to children, encouraging children to make yoga practice part of their everyday lives. Through full-page illustrations and simple instructions, children will be deep-breathing and doing downward dog in no time!

What does the crocodile say? By Eve Montanari What Does The Crocodile Say? is a colourful picture book about noise and sound, that manages to express all the anxieties, along with a happy reassurance that nursery is actually quite fun.

Striker, Slow Down!: A calming book for children who are always on the go by Emma Hughes Striker, the cat who is always in a hurry, is halted by a bump to the head as he rushes out the house on the way to the park. Will he listen to his mama's advice and find time for a little calm? This book is perfect for busy children, helping them to identify the differing feelings of chaos and calm and how to strike a balance.



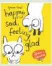
Silly Billy by Anthony Browne Billy worries obsessively about everything until Grandma suggests that worry dolls might help him to cope better. This book takes a sensitive and gentle approach to dealing with childhood anxiety.



When Sadness comes to call by Eva Eland When Sadness arrives, try not to be afraid: give it a name, listen to it and spend some time together. Maybe all it wants is to know that it's welcome. A book dealing with uncomfortable emotions.

The Huge Bag of Worries by Virginia Ironside Wherever Jenny goes, her worries follow her - in a big blue bag. They are with her all the time - at school, at home, when she is watching TV and even in the bathroom! Jenny decides they have to go, but who will help her get rid of them?

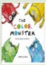
Kaya's Heart Song by Diwa Tharan Sanders and illustrated by Nerina Canzi Kaya is looking for her heart song – the song that happy hearts sing. This joyful story set in the vibrant jungles of Malaysia is grounded in the principles of mindfulness, with a helpful information section at the back of the book.



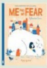
Happy sad, feeling glad by Yasmeen Ismail An endearing and engaging look at emotions and how different situations cause different feelings. A range of fun art activities encourages young readers to explore their feelings and express themselves with drawings, doodles and decorations.

The Bear who stared by Duncan Beedie. A funny and humorous book about a socially awkward bear who realises that sometimes a smile is all you need to turn a stare into a friendly hello. Great for showing children how to make friends.

Ruby's Worry by Tom Percival Ruby loves being Ruby. Until, one day, she finds a worry. At first it's not such a big worry, and that's all right, but then it starts to grow. It gets bigger and bigger every day and it makes Ruby sad. How can Ruby get rid of it and feel like herself again?



The Colour Monster by Anna Llenas. One day, Colour Monster wakes up feeling very confused. His emotions are all over the place; he feels angry, happy, calm, sad and scared all at once! To help him, a little girl shows him what each feeling means through colour. A gentle exploration of feelings for young and old alike.



Me and My Fear by Francesca Sanna When a young girl has to travel to a new country and start at a new school, her Fear tells her to be alone and afraid. A heart-warming story that shows us the importance of sharing your Fear with others - after all, everyone carries a Fear with them.

Books for Key Stage 2 Mental Health and Wellbeing

Black Dog by Levi Pinfold The youngest and bravest member of the Hope family is the only person who tames the Black Dog, a metaphor for depression, which grows bigger and bigger each time you try to ignore it .

The Girl with the Lost Smile by Miranda Hart Chloe Long has lost her smile. She's looked everywhere for it. She's tried everything to bring it back. But nothing seems to be working! Until one night, something utterly magical happens – and Chloe finds herself on an adventure that is out of this world and true friendship.

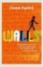
You are awesome by Matthew Syed This positive and empowering guide, by best-selling mindset author Matthew Syed, will help boys and girls build resilience, fulfil their potential and become successful, happy, awesome adults.

Boy under water by Adam Baron Cymbeline has never been swimming so he's a bit nervous at the prospect of his first school swimming lesson ever. But how hard could it be? He's totally ready for this. But he's not ready for an accident at the pool to reveal a family mystery that turns his life completely upside down.

The Colour Thief by Peters and Peters. A simple, heart-warming tale which helps to open up the conversations around depression and to support children whose families have been affected. effects of depression.

The land of Never Endings by Kate Saunders. Moving, raw and funny in all the right ways. The Land of Never endings is a riproaring adventure, but it also gives an honest portrayal of grief for young readers. The book shows that whilst sadness does exist in the world, it doesn't have to cancel out happiness, or silliness, even when you lose someone you love.

The Truth Pixie Goes to School by Matt Haig The Truth Pixie and her human friend go to school, face a bully and learn the importance of friendship and being yourself.

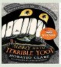


Walls by Emma Fischel Ned's world is collapsing – even discovering he can walk through walls isn't helping. Original and quirky, this story will help children understand the impact of family difficulties and how we all can choose how we behave, even in the most difficult and unusual of circumstances

Fergal is Fuming by Robert Starling A dragon with a short temper is not a good combination, as Fergal's family and friends soon find out. It is only when he starts to notice other animals have clever tricks to calm down that Fergal begins to win back his friends., especially when he discovers dragons can cool off in a very handy way.

The Illustrated Mum by Jacqueline Wilson This classic children's story is an optimistic, heart breaking tale about family, mental health and strong sisterly love.

The Same Inside: Poems about Empathy and Friendship by Liz Brownlee, Roger Stevens and Matt Goodfellow Fifty poems that deal sensitively with feelings, empathy, respect, courtesy, bullying, disability and responsibility. They are the perfect springboard to start conversations



Aubrey and the Terrible Yoot by Horatio Clare Aubrey's father, Jim, has fallen under an horrendous spell, which Aubrey is determined to break. Everyone says his task is impossible, but Aubrey will never give up and never surrender - even if he must fight the unkillable Spirit

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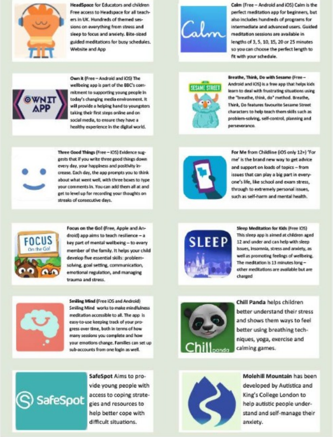
Check out the following **apps** which aim to support children with their wellbeing.

Apps for pupils



HeadSpace for Educators and children Free access to Headspace for all teachers in UK. Hundreds of themed sessions on everything from stress and sleep to focus and anxiety. Bite-sized guided meditations for busy schedules. Website and App

Calm (Free – Android and iOS) Calm is the perfect meditation app for beginners, but also includes hundreds of programs for intermediate and advanced users. Guided meditation sessions are available in lengths of 3, 5, 10, 15, 20 or 25 minutes so you can choose the perfect length to fit with your schedule.

Own it (Free – Android and IOS) The wellbeing app is part of the BBC's commitment to supporting young people in today's changing media environment. It will provide a helping hand to youngsters taking their first steps online and on social media, to ensure they have a healthy experience in the digital world.

Breathe, Think, Do with Sesame (Free – Android and IOS) is a free app that helps kids learn to deal with frustrating situations using the "breathe, think, do" method. Breathe, Think, Do features favourite Sesame Street characters to help teach them skills such as problem-solving, self-control, planning and perseverance.

Three Good Things (Free – IOS) Evidence suggests that if you write three good things down every day, your happiness and positivity increase. Each day, the app prompts you to think about what went well, with three boxes to type your comments in. You can add them all at and get to level up for recording your thoughts on streaks of consecutive days.

For Me from Childline (iOS only 12+) 'For me' is the brand new way to get advice and support on loads of topics – from issues that can play a big part in everyone's life, like school and exam stress, through to extremely personal issues, such as self-harm and mental health.

Focus on the Go! (Free, Apple and Android) app aims to teach resilience – a key part of mental wellbeing – to every member of the family. It helps your child develop five essential skills: problem-solving, goal setting, communication, emotional regulation, and managing trauma and stress.

Sleep Meditation for Kids (Free IOS) This sleep app is aimed at children aged 12 and under and can help with sleep issues, insomnia, stress and anxiety, as well as promoting feelings of wellbeing. The meditation is 13 minutes long – other meditations are available but are charged

Smiling Mind (Free IOS and Android) Smiling Mind works to make mindfulness meditation accessible to all. The app is easy-to-use keeping track of your progress over time, both in terms of how many sessions you complete and how your emotions change. Families can set up sub-accounts from one login as well.

Chill Panda helps children better understand their stress and shows them ways to feel better using breathing techniques, yoga, exercise and calming games.

SafeSpot Aims to provide young people with access to coping strategies and resources to help better cope with difficult situations.

Molehill Mountain has been developed by Autistica and King's College London to help autistic people understand and self-manage their anxiety.

Name: Lola
Age: 86
Advice for the younger generation:
Slow down

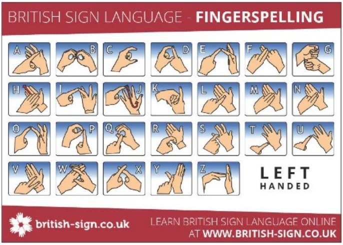
Department for Education
BSL

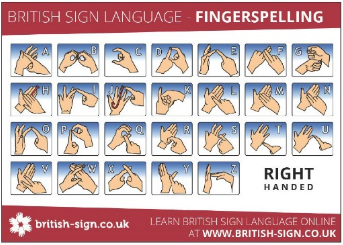
British Sign Language

Pupils will soon be able to study British Sign Langugage (BSL) as a GCSE. This is incredibly positive news for our children, and society as a whole.

Please click HERE to find out more information.

In the meantime, perhaps you could practise the BSL alphabet and then challenge yourself in the 2-minute game! We'd love to know how you get on.


BRITISH SIGN LANGUAGE - FINGERSPELLING
A B C D E F G
H I J K L M N
O P Q R S T U
V W X Y Z
LEFT HANDED
british-sign.co.uk
LEARN BRITISH SIGN LANGUAGE ONLINE AT WWW.BRITISH-SIGN.CO.UK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LEARN BRITISH SIGN LANGUAGE ONLINE AT WWW.BRITISH-SIGN.CO.UK

Name: Lois
Age: 93
Advice for the younger generation:
Try to love, not hate

SAFEGUARDING

If you have any concerns regarding a child, please ask to speak to one of our safeguarding team below straight away by telephoning the school on 01483 273286:

Mrs S Salter: Deputy Headteacher / Designated Safeguarding Lead

Mrs K Pelazza: Headteacher / Deputy Designated Safeguarding Lead

Mrs T Church: ELSA / Deputy Designated Safeguarding Lead

Mr C Williamson: Chair of Governing Body / Safeguarding Governor

You can also contact one of the following:

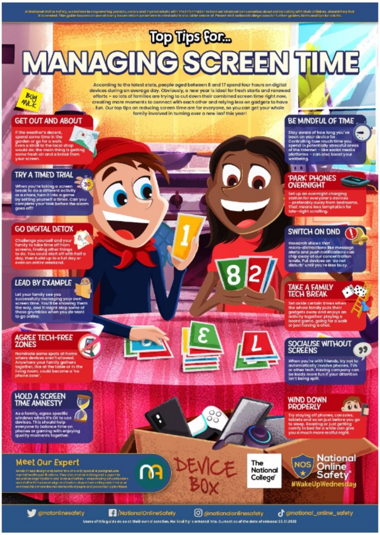
C-Spa (Surrey Children's Services):

- **Phone:** 0300 470 9100
- **Email:** cspa@surreycc.gov.uk

NSPCC: 0808 800 5000

Police: 999 (where you believe a child is at immediate risk of harm)

ONLINE SAFETY



At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit nationalcollege.com for further guides, hints and tips for adults.

Top Tips for...

MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their setting into inclusive communities where the mental health of pupils and personnel is prioritised.

The National College®

National Online Safety®
#WakeUpWednesday

@natonlinesafety /NationalOnlineSafety @nationalonlinesafety @national_online_safety

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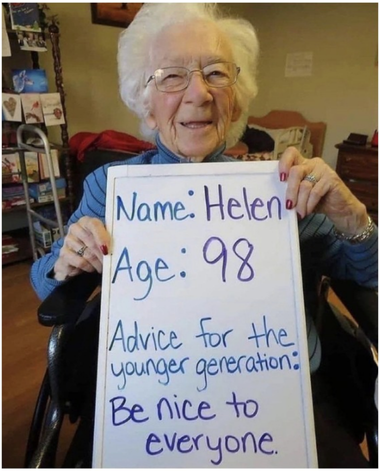

Name: Helen

Age: 98

Advice for the younger generation:
Be nice to everyone.

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let's

Celebrate!

HOUSE POINTS

Check out our total to date on the website's Home Page, too!

HOUSE	Weekly TOTAL	TOTAL To Date
Otters	755	7,831
Porpoises	**1,002**	**8,975**
Dolphins	597	7,217
Whales	781	6,889

House Point Winner	Class
Casey, Otto, Willow, Shay	Reception
Darcey, Hebron, Penny, Tommy-Lee	Year 1
Amelia, Rose, Aaron	Year 2
Daniel, Brielle, Benjamin, Sidney, Ruby, Phoebe	Year 3
Carolina, Davut, Jax	Year 4
Ayla, Alex, Naz, Lenny	Year 5
Michael, Zach B, John, Daryna, Mark, Alizza	Year 6

OUR WEEKLY WINNERS!

READY, RESPECTFUL, SAFE	SPOTLIGHT AWARD	Class
Casey	Otto	Reception
Hebron	Clara	Year 1
Lincoln	Sophia	Year 2
Benjamin	Towa	Year 3 OJ
Andrew	Evelyn	Year 3 JT
Thalia	Saneem	Year 4
Elsie	Paddy	Year 5
Arham	Michael	Year 6 AM
Sienna	Baxter	Year 6 MM

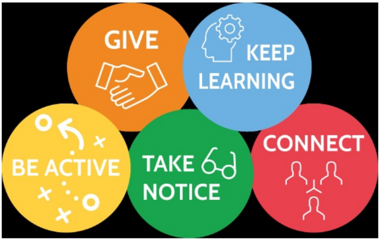
ATTENDANCE CHAMPIONS

CLASS	WEEKLY ATTENDANCE %	ATTENDANCE TO DATE
Reception	85%	88%
Year 1	87%	89%
Year 2	88%	87%
Year 3 OJ	95% (both classes)	92% (both classes)
Year 3 JT		
Year 4	92%	91%
Year 5	86%	89%
Year 6 AM	87% (both classes)	90% (both classes)
Year 6 MM		

Well done to Year 3 for having the highest attendance this week! We're so proud of you!

Well done to Year 3 again for having the highest attendance to date this academic year. Keep up the great effort!

And please remember, the following 5 steps have been recognised as effective in improving mental health. School provides ALL of these. So....



...let's keep our children attending school, **and learning**, regularly.

If you would like any support in getting your child to school regularly and on time, please make an appointment to speak with Attendance Lead, Miss Newman.

CHECK OUT OUR SOCIAL MEDIA ACCOUNTS!
FACEBOOK
X (FORMERLY TWITTER)

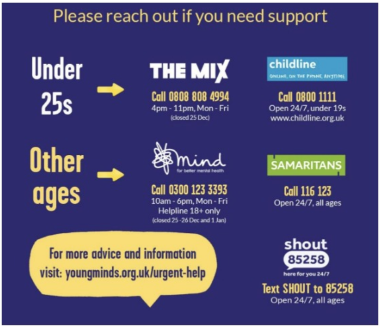
Do check out our social media accounts to stay up-to-date with all the latest information:

Facebook

X (Formerly Twitter)

Mental Health Support

It's ok not to be ok...



Please reach out if you need support

Under 25s →

THE MIX
Call 0808 808 4994
4pm - 11pm, Mon - Fri
(closed 25 Dec)

childline
ONLINE, ON THE PHONE, ANYTIME
Call 0800 1111
Open 24/7, under 19s
www.childline.org.uk

Other ages →

mind
for better mental health
Call 0300 123 3393
10am - 6pm, Mon - Fri
Helpline 18+ only
(closed 25 -26 Dec and 1 Jan)

SAMARITANS
Call 116 123
Open 24/7, all ages

For more advice and information visit: youngminds.org.uk/urgent-help

shout 85258
here for you 24/7
Text SHOUT to 85258
Open 24/7, all ages

INSPIRATIONAL, and a long time coming...

Mar Galcerán makes history as Spain's first parliamentarian with Down's syndrome.

Check out her story HERE.

COMMUNITY NOTICES

CRANLEIGH • EWHURST • SURREY

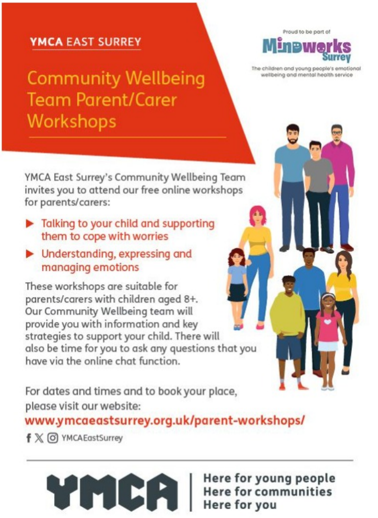
Deadline for Reception and Year 3 Admission Applications

A reminder:

The closing date for Reception and Junior applications for September 2024 entry is **MONDAY.** If you haven't already completed an application, please do so as soon as possible.

Surrey encourages online applications. Please click HERE to complete.

However, you can also request a paper application form or seek impartial help in completing an application via the Surrey Schools & Childcare Service (0300 200 1004, Mon-Fri 9am-5pm). Full information is available on Surrey's website.



YMCA EAST SURREY

Community Wellbeing Team Parent/Carer Workshops

Proud to be part of Mindworks Surrey

The children and young people's emotional wellbeing and mental health service

YMCA East Surrey's Community Wellbeing Team invites you to attend our free online workshops for parents/carers:

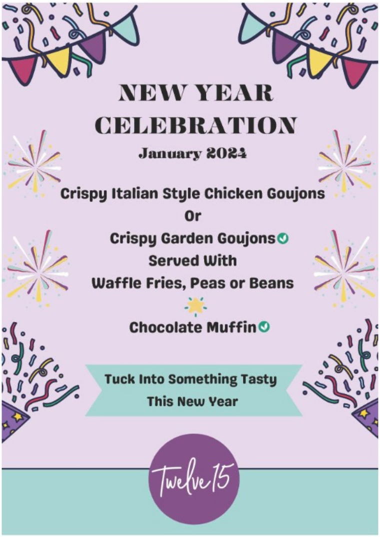
- Talking to your child and supporting them to cope with worries
- Understanding, expressing and managing emotions

These workshops are suitable for parents/carers with children aged 8+. Our Community Wellbeing team will provide you with information and key strategies to support your child. There will also be time for you to ask any questions that you have via the online chat function.

For dates and times and to book your place, please visit our website:
www.ymcaeastsurrey.org.uk/parent-workshops/

YMCAEastSurrey

YMCA | Here for young people
Here for communities
Here for you



NEW YEAR CELEBRATION

January 2024

Crispy Italian Style Chicken Goujons
Or
Crispy Garden Goujons ✓
Served With
Waffle Fries, Peas or Beans

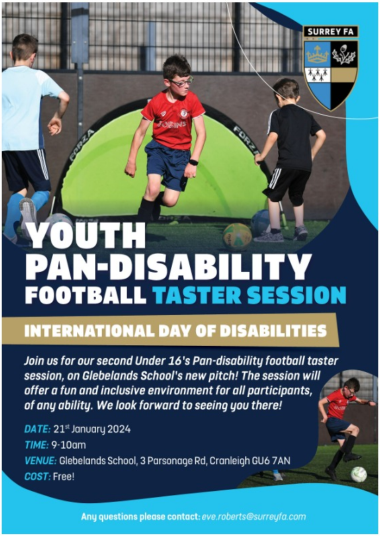
Chocolate Muffin ✓

Tuck Into Something Tasty This New Year

UNESCO Global Inclusive Schools' Forum, Paris

We are delighted to announce that Headteacher Kate Pelazza has been selected to attend this event at UNESCO's headquarters in Paris in March.

One of 400 attendees, she'll be learning all she can about the best in inclusive practice in worldwide schools, as well as sharing our inclusive practice, and will be bringing this back to Cranleigh Primary School to support all our pupils.



YOUTH PAN-DISABILITY FOOTBALL TASTER SESSION

INTERNATIONAL DAY OF DISABILITIES

Join us for our second Under 16's Pan-disability football taster session, on Glebelands School's new pitch! The session will offer a fun and inclusive environment for all participants, of any ability. We look forward to seeing you there!

DATE: 21st January 2024
TIME: 9-10am
VENUE: Glebelands School, 3 Parsonage Rd, Cranleigh GU6 7AN
COST: Free!

Any questions please contact: *eve.roberts@surreyfa.com*

OUR SCHOOL CALENDAR

Full calendar dates can be found on our website.

Classical/Jazz Concert for 20 Pupils at the Arts Centre 12:30PM – 2:00PM	16 January

Illustrator Michelle Russell Workshop 1:30PM – 3:00PM	17 January
Year 5 Spaceship Earth Interactive STEM Show 1:30PM – 2:30PM	18 January
Year 4 Parent Meetings (Rescheduled) 3:30PM – 6:00PM	18 January
Pre-Loved Uniform Sale with Coffee/Cake 3:30PM – 4:30PM	05 February
Half-Term Holiday ALL DAY From 12 Feb until 16 Feb	12 February
Staff Development Day - No School for Pupils ALL DAY	19 February
Children's First Day Back ALL DAY	20 February
World Wildlife Week ALL DAY From 26 Feb until 01 Mar	26 February
Guildford Bee Keepers Association Workshops 1:00PM – 3:00PM	26 February
The David Shepherd Wildlife Foundation Workshops ALL DAY	27 February
British Wildlife Animals (Sayers Croft) in All Day ALL DAY	29 February
Science Week ALL DAY From 11 Mar until 15 Mar	11 March
Music Works Spring Performance for Parents 9:00AM – 10:00AM	13 March
Red Nose Day ALL DAY	15 March

Have a nice
WEEKEND