

Hemingford Grey Primary School

Newsletter 17th November 2023



There is no message from Mrs Marriott this week as she is unfortunately unwell but wishes you a lovely weekend

What's on during the week commencing Monday 20th November

Tuesday 21st November

Choir - 8:15am.

Wednesday 22nd November

Hemingford Harriers Running Club 8.05am-8.35am (meet past the bike shed on the school field).

Dance Club - 3:15pm - 4:15pm

Friday 24th November

Unfortunately the Pilates Fundraiser which was scheduled for today has been cancelled and will take place in the Spring instead.

Additional Information for Families

Due to parents/carers continuing to park in the car park in front of pre-school at pick up and drop off and a further 'near miss' this week, the car park will be locked for the duration of the day. Please do not park in the car park at the front of school. Should you have a disability and require parking, please do contact the school office and alternative parking arrangements will be made for you.

The children's Christmas lunch will take place on Thursday 14th December and is available to book via your Select account. If you have already booked a lunch for this day, could we please ask that you amend your child's meal choice.

A festive poster for a Christmas Lunch. The background is red with a white central rectangle. At the top, there's a string of Christmas decorations including lights, stars, a snowflake, and a gift box. A green circular ornament with the text 'Christmas LUNCH' and snowflakes is centered at the top. The date '14th December' is prominently displayed. Below it, the menu options are listed in bold and regular text. At the bottom, 'FOOD FESTIVAL' is written in large red letters, with 'By Aspens' in a small blue banner below it.

Christmas LUNCH

14th December

Chicken Christmas Lunch
Roast Chicken with Roasties &
Gravy
Or
**Roasted Vegetable, Cranberry &
Cheese Puff Pastry**
with Roasties, & Gravy

and

Christmas Pudding Rice Krispie Ball
or
White Chocolate Snowball Cookie

FOOD FESTIVAL
By Aspens

New mental health text line - HEAR 85258

A new mental health free text messaging support service has launched in Cambridgeshire and Peterborough to help those who are struggling to cope.

Launched by NHS Cambridgeshire & Peterborough and in partnership with the national service SHOUT¹, the free to use text service HEAR 85258 provides real-time support to people of all ages who are struggling with their mental health.

When texting the word HEAR to 85258, the person will be connected to a trained volunteer who will take them from a place of crisis to a place of calm. During the confidential and anonymous conversation, the texter will be supported and signposted to local and national mental health services.

Texting HEAR to 85258 is free, discreet and runs 24/7. It won't appear on any bills and requires no app, data, password, or registration. It is available for anybody who lives, works, or studies in Cambridgeshire and Peterborough.

For more information about what mental health services are available in Cambridgeshire and Peterborough, visit www.keep-your-head.com².

If you feel your or somebody's life is at risk due to their mental health, dial 111 and listen for the option for the mental health crisis team.

¹<https://giveusashout.org/>

²<http://www.keep-your-head.com/>

Book an appointment with our school EIFA

Leanne Martin


Education Inclusion Family Advisors offer you an opportunity to ask for information, advice and support on any issue affecting your family life in a relaxed environment. These areas include:

- Challenging behaviour
- Routines
- Supporting emotions and wellbeing
- School transitions
- Parenting strategies
- Building resilience and confidence
- Any other family challenges you might be facing

Hemingford Grey Primary School
Friday 24th November 2023
09:15-11:30

To book please email MParker@hemingfordgrey.cambs.sch.uk

For more information speak to your school office or contact me directly:

 leanne.martin@cambridgeshire.gov.uk