



# Germander Park, Southwood and Downs Barn Schools' Newsletter February 2024

## PLEASE PARK SAFELY

Please help us keep children safe at all our BPP schools, by **not parking on the roundabouts/yellow lines near the schools**. There is plenty of space to park safely and most of our parents and carers are doing this!



### Germander Park Consultation to Lower the Age of Admission

We would be very grateful for your email responses to [office@germanderpark.com](mailto:office@germanderpark.com). Thank you to all those who have contributed so far. The consultation closes on Friday 8th March 2024.

Governors of Boulevard Primary Partnership Schools are writing to you regarding the start of a consultation to lower the age of school admission for Germander Park School from 4 years old to 2 years old.

This would mean that:

- Parents and carers would be able to enrol children at a Nursery in their local community, which is attached to the school that their children will attend
- Germander Park Nursery will replace the previous Pre-School, which was judged as Inadequate by Ofsted
- Eligible working parents of 2 year olds will be able to access 15 hours of childcare support from April 2024 and these would be available at the Germander Park Nursery
- Many parents and carers who currently have siblings split across Downs Barn Nursery and Germander Park School would be able to have all their younger children in the same setting again

We believe that this is a good idea because:

- We already have a dedicated Nursery space, with all appropriate facilities
- Our recent June 2023 Ofsted confirmed that Early Years Provision is Good within the school
- Current pupil projection numbers show that there is a need for Nursery provision in the area

**Should the changes be approved, our Germander Park Nursery will open after the 2024 Easter Holidays.**

**The results of the proposal will be released on Friday 15<sup>th</sup> March 2024.**

### Facebook

We share regular news about upcoming events on our Facebook page. This is the link if you'd like to follow us too:

<https://www.facebook.com/Boulevard-Primary-Partnership-114657664463501>

## MK MENTAL HEALTH SUPPORT TEAM REFRAME: BEHAVIOUR AS COMMUNICATION

This group introduces parents to a parenting approach that aims to promote family relationships and reduces parent-child conflicts. We use ideas of 'mentalising' which is the ability of the parent to understand the thoughts and feelings behind the behaviour of both themselves and their child.

Parents can expect to develop a better understanding of their child's emotions and behaviours, helping the child to feel both understood and of value. The approach also helps to de-escalate difficult situations and reduces behavioural and emotional outbursts.

The group will focus on the parent role in supporting child's emotional development and how they can support their child to increase their emotional literacy and learn co-regulating and self regulation strategies.

### WHO IS THE GROUP FOR?

- Primary age parents who want to improve their parent-child interactions
- They might observe:
  - their child regularly experiencing emotional distress
  - regular arguments with their child
  - 'meltdowns' which they struggle to manage
  - behaviour that challenges
  - struggle to regulate their responses to their child
  - learn skills and strategies of emotional regulation and mindfulness

### FEEDBACK FROM PARENTS.....

'Friendly, informative, thought-provoking'

'For me personally, learning new techniques that I'll be able to use to help my child, some of which I have already put to good use. Also, I have learnt a lot about how our reactions and general behaviour as a parent has a big impact on my child. This is probably the biggest element I have taken from the group and something I didn't think about too much before. I have been adapting my approach when my child has been misbehaving or upset and already seen improvements. I also found it useful to hear the experiences of other parents in the group and how they were very similar to ours.'



Next Group starts:

18th April 2024  
13:00-14:30  
Zoom

If you feel the group would be suitable for you, please speak to your child's teacher or school mental health lead who will complete a referral to the MHST

Are you aged 11 - 18 \* living in Milton Keynes?

Are you feeling low, worried or sad?

Then we can help!

Our new service can offer you:

- A safe and confidential space to talk
- Tools to overcome the issues
- Skills to help you cope and bounce back
- Confidence building
- Mindfulness activities
- Group activities and one to ones

Send an email to us:  
[cnwl.mkwellbeing@nhs.net](mailto:cnwl.mkwellbeing@nhs.net)  
and we will get back to you

\*Available up to the age of 25 for young people with special educational needs and/or disabilities and young people who are care experienced



[cnwl.nhs.uk/camhs](http://cnwl.nhs.uk/camhs)

If you are running late at Southwood School and need to collect your child after the gates have closed, please come down the steps at the front of school and press the ACERS buzzer, so your child can be brought to you from the After School Club.

# RED NOSE DAY IS BACK FOR 2024!

Friday 15 March 2024. Do Something Funny for Money.



We will be supporting Red Nose Day in all three schools on Friday 15th March 2024—children will be able to wear home clothes (with an item of red) for £1, or an affordable contribution.

## World Book Day 2024—Friday 8th March



Please support your child to come dressed as a book character on Friday 8th March, when we will be celebrating World Book Day 2024 in all three schools.

### **MK MENTAL HEALTH SUPPORT TEAM HELPING YOUR CHILD WITH FEARS AND WORRIES PARENT GROUP**

This is a parent-led, guided self-help intervention which aims to provide parents with an increased understanding of anxiety and how it is maintained. It will encourage you to identify triggers, explore the role of anxious thoughts and how you can respond to them and support you with step-by-step practical strategies to help your child overcome specific fears or general worry.

#### **WHY ARE WE NOT WORKING DIRECTLY WITH YOUR CHILD?**

When you're the parent of an anxious child, of course you want to support and protect a child who is distressed and, as much as possible, avert their suffering. But in fact, when it comes to a child who is experiencing distressing anxiety, trying to shield them from things that trigger their fears can be counterproductive for the child.

Parents have a key role in supporting their child to challenge and overcome their anxiety. You will be able to provide consistent support and guidance to your child that direct therapy could not do. This is particularly important in primary age children.

Next Group starts:

Summer Term 2024

#### **WHO IS THE GROUP FOR?**

- Parents of children (reception to Year 6) whose child is experiencing increased anxiety in one or more settings that is impacting daily life.
- You may experience your child....
  - avoiding situations that make them feel worried?
  - having trouble getting to sleep because of fears or worries?
  - having difficulties in separating from a parent when they come into school?
  - experiencing physical symptoms of worry such as a tummy ache or feeling sick in certain situations?

If you feel the group would be suitable for you, please speak to your child's teacher or school mental health lead who will complete a referral to the MHST

## Mother's Day

Mothers (or other family members) are invited to spend time in Downs Barn School on 6th March and in Germander Park School on 8th March with children in the afternoon to share some activities (further details will be on Class Dojo for each school).



## Whole School Attendance to end of January 2024

93%	Germander Park
92%	Downs Barn
96%	Southwood

## Easter Holidays

The last day of this term is Thursday 28th March 2024 and children will return to school on Tuesday 16th April 2024.