



Weekly Newsletter

Friday 9th September 2022

It was lovely to see everyone back in school this week and to welcome our new children, we hope that you had restful summer holidays and are ready to join us in all of the exciting activities we have planned for the Autumn Term.

Important Notice: Attendance & Punctuality

School **will not** authorise holidays in term time for **any** pupils.

If your child will be absent from school it is important that you contact the school via telephone or school App as soon as possible to report your child's absence even if you have informed the escort you still need to inform the school. Please also supply any appointment letters or cards. School begins at 8:55am and children should be in class and ready to learn at this time. We offer a breakfast club which operates from 8:30 each morning. **Attendance is key to your child's education.**

- Snack money is £1 per week sent into school in an envelope with your child's name, if you prefer you can pay for each term in advance which is £7 per term, thank you.
- Please ensure your child has a PE kit in school.
- Could parents please ensure that all footwear is black,
For those children who may need a change of clothes please ensure that they are sent in every day.
- Can you please let Mrs Brown know if any medical conditions / medication has changed over the summer holidays.
- Please ensure your child's name is written in all uniform, coats, lunch boxes, water bottles etc.
- **Please inform the school office if you have changed your mobile number or address so that we can update our records.**

FRIENDSHIP AWARD

The pupils and staff are identifying acts of kindness throughout the school.

This weeks award goes to:

Blossom: James
 Apple: Bailey
 Juniper: Blake
 Maple: Harry
 Willow : Orla
 Holly: Jacob
 Chestnut: Layton
 Mulberry: Ava
 Redwood: Anthony
 Rowan : James

DATES FOR THE DIARY

Friday 30th September—School photographer

Friday 30th September—Macmillan Coffee Afternoon 1.30pm-2.30pm, if you would like to attend this please can you let school know so that we have an idea of numbers, thank you.

SCHOOL HAIRDRESSER

If anyone is interested in getting their child's hair cut Tony the Barber will be in school on Tuesday 14th September, please let Vicky know via the school office asap if you would like to book your child an appointment, the cost is £5 per haircut.

Well done to classes:- Mulberry
 Apple + Rowan
 who have achieved 100%
 attendance this week!



This Weeks
Attendance

%

Blossom

99.0

Apple

100.0

Maple

90.0

Juniper

86.0

Willow

96.0

Holly

85.0

Chestnut

96.0

Mulberry

100.0

Redwood

99.0

Rowan

100.0

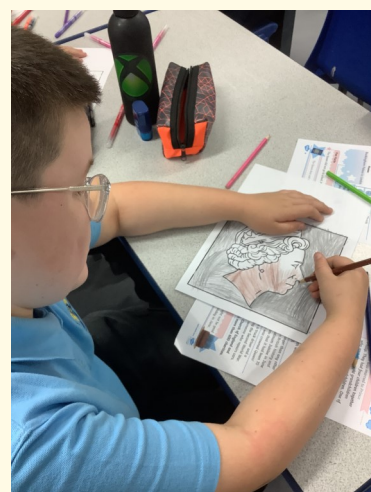
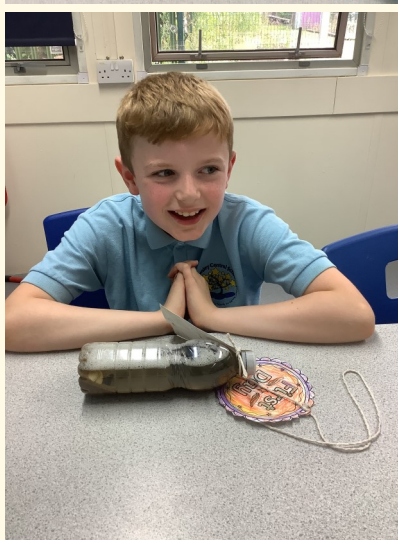
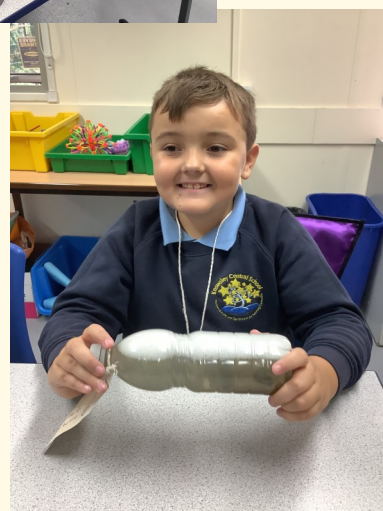
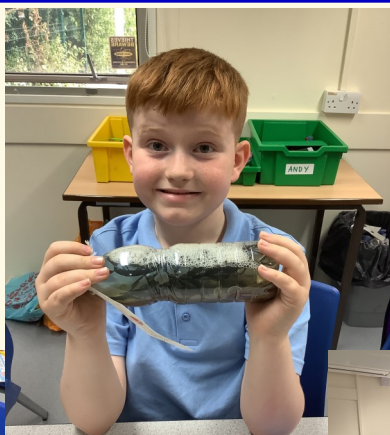
**Whole
School**

95.10

CLASS OF THE WEEK

CLASS REDWOOD

Class redwood have had a fantastic first week. All pupils have settled in really well and have enjoyed making 'seasides in a bottle' and dough disco. We also produced a lovely tribute to Queen Elizabeth in Art.





Free, safe and anonymous mental health and wellbeing support at your pace

What you'll find on Qwell

Live chat support from a mental health practitioner

Our team are online* between:

- **Weekdays:** 12pm - 10pm
- **Weekends:** 6pm - 10pm

Or you can send us a message at anytime and someone will respond when they are back online.

*Hours may vary over the Christmas and New Year period.

Find support from our community

Connect with others by sharing your experiences and gaining valuable self-care tips through our discussion boards.

Try our self-help toolkit

Set personal goals, write in your journal, or browse through our themed collections.

Read helpful articles

Helpful articles, personal experiences and tips from both the community and our professional team.

Visit www.qwell.io and get access to our online platform today.

Alt Bridge School

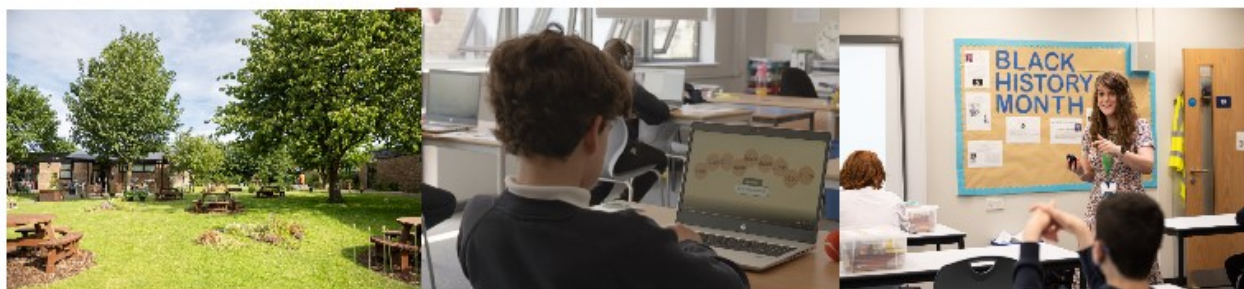


OPEN EVENING

Wednesday 21st September 2022

4pm - 6pm

Headteacher's talk at 4pm & 5pm



For more details please contact: Miss N Richards

Alt Bridge School, Wellcroft Road, Huyton, L36 7TA

Tel: 01514778310

naomi.richards@altbridgeschool.com

Website: www.altbridgeschool.com

Self-Care September 2022

MONDAY



5 Forgive yourself when things go wrong. Everyone makes mistakes

12 Get active outside and give your mind and body a natural boost

19 Notice what you are feeling, without any judgement

26 Find a new way to use one of your strengths or talents

TUESDAY



6 Focus on the basics: eat well, exercise and go to bed on time

13 Be as kind to yourself as you would to a loved one

20 Enjoy photos from a time with happy memories

27 Free up time by cancelling any unnecessary plans

WEDNESDAY



7 Give yourself permission to say 'no'

14 If you're busy, allow yourself to pause and take a break

21 Don't compare how you feel inside to how others appear outside

28 Choose to see your mistakes as steps to help you learn

THURSDAY

1 Find time for self-care. It's not selfish, it's essential

8 Be willing to share how you feel and ask for help when needed

15 Find a caring, calming phrase to use when you feel low

22 Take your time. Make space to just breathe and be still

29 Write down three things you appreciate about yourself

FRIDAY

2 Notice the things you do well, however small

9 Aim to be good enough, rather than perfect

16 Leave positive messages for yourself to see regularly

23 Let go of other people's expectations of you

30 Remind yourself that you are enough, just as you are

SATURDAY

3 Let go of self-criticism and speak to yourself kindly

10 When you find things hard, remember it's ok not to be ok

17 No plans day. Make time to slow down and be kind to yourself

24 Accept yourself and remember that you are worthy of love

31 Remind yourself that you are enough, just as you are

SUNDAY

4 Plan a fun or relaxing activity and make time for it

11 Make time to do something you really enjoy

18 Ask a trusted friend to tell you what strengths they see in you

25 Avoid saying 'I should' and make time to do nothing

32 Remind yourself that you are enough, just as you are



ACTION FOR HAPPINESS

Happier · Kinder · Together

Meet and Greet Parent Meeting

Now that the children are settling into school it is an opportunity to meet with their class teacher.

	Monday 3rd October	Tuesday 4th October	Wednesday 5th October	Thursday 6th October	Friday 7th October
9.15 – 10.15	Redwood	Mulberry	Holly	Maple	Blossom
10.30 - 11.30	Chestnut	Rowan	Juniper	Willow	Apple

Activities week commencing 12th September 2022		Class	<p><u>FLU VACCINATIONS</u></p> <p>Annual Flu Nasal Vaccinations will be taking place on Thursday 22nd September, they are being offered to those children in Reception through to year 6. A link to the consent form from the NHS has been sent via our school app.</p> <p>The link is to the consent form for the routine Flu programme. https://econsent.merseycare.nhs.uk/</p>
Mon	Soft Play Swimming	Apple, Blossom, Willow Rowan	
Tue	Soft Play	Maple Holly Juniper	
Wed	Soft Play	Chestnut, Mulberry, Redwood	
Thu			
Fri			

Holidays Dates 22/23	Date School Closes	Date School re-opens
School Starts for Pupils		Monday 5th September 2022
October Half Term :	Friday 21st October 2022	Monday 31st October 2022
Christmas:	Wednesday 21st December 2022	Wednesday 4th January 2023
February half term:	Friday 10th February 2023	Monday 20th February 2023
Easter Hols:	Friday March 31st 2023	Monday 17th April 2023
May half term Hols:	Friday 19th May 2023	Monday 5th June 2023
Break up for Summer	Friday 21st July 2023	