



Dear Parents,

We have had another busy week this week, with the Scholastic book fair every night after school. Many thanks to those who supported us by making a purchase.

#### Parent Governor

I am pleased to inform you that following our parent governor election process we will be welcoming Dr Nicola Lasikiewicz onto Mickle Trafford Village School Governing Body. Nicola is mum to Orlaith in Year 1. She has an academic background, she is a Senior Lecturer in Psychology, so brings a number of transferable skills to this role. We are looking forward to working with Nicola.



Childcare Choices: Get the help that fits your family, so you can juggle work and life. Thousands of families could be saving money on their childcare costs. But some simply don't know what support they might be eligible for.

The Childcare Choices website <https://www.childcarechoices.gov.uk/> brings together all the existing childcare offers in one place, so parents can get the help that fits their family. This could be through Tax-Free Childcare, 30 Hours Childcare, or Universal Credit Childcare. Some families might be eligible to use more than one childcare schemes together and get the most out of it.

And from next year even more help is on the way.

Don't miss out on getting the support you are entitled to. Visit the Childcare Choices website to check what offer you might be eligible for and sign up to our newsletter to get the latest updates about the childcare support expansion.

#### Christmas Holiday Club

Please contact the school office if you would like to receive details of clubs taking place over the Christmas holidays as we receive many over the coming weeks.

Please note, these clubs are not vetted by school, we are merely sharing the information to those who request it.

#### Children In Need

Is on Friday 17<sup>th</sup> November. Children may wear their own clothes with something spotty and/or Pudsey merchandise in exchange for a suggested donation of £1 towards Children In Need.

## Y4 Cake Sale

Y4 will be holding a cake sale after school on Friday 17th November. Funds raised will be given to Children In Need. Please can any cake donations from Y4 families be brought in no earlier than Thursday 16<sup>th</sup> November and of course, they must be nut free!

## Poppy Appeal



Our Year 6 children have done a brilliant job selling poppies this week, thank you for supporting such a special cause.

## Anxiety Tips from the Happiness Club

This can also be found on our school website under the Mental Health and Wellbeing tab for future reference.

**Our Top 4 Tips...**

...if you are feeling anxious or worried right now

There are a lot of things going on in the world and in your life that might be making you feel worried or anxious about the future.  
The exercises below will help you to calm those feelings down:

- 1 Breathe easy:**  
Close your eyes.  
Take a lovely slow, deep breath in through your nose.  
Hold the breath for the count of two and then really slowly breathe it back out.  
Repeat that as many times as you feel the need to, until you feel your body and mind relaxing.
- 2 Be in the moment:**  
Ask yourself if what you are worried about is actually happening right now.  
Anxiety very often appears when we are thinking about things that **might** happen in the future. That doesn't mean those things **will** actually happen.  
So ask yourself, is this actually happening right now? If not, where am I right now and what am I actually doing right now? Rooting yourself in the present moment will help to calm those feelings down.
- 3 Get active:**  
Pick an activity and focus all your attention on doing it.  
It might be drawing or painting, it might be reading or playing a game.  
Move all of your attention away from whatever it is you're worrying about and on to something you enjoy instead, it will have the effect of rooting you in the present moment again instead of in those future worries.
- 4 Express yourself:**  
Allow yourself to express those worries.  
Get them out of your mind by talking to someone you trust or by writing them down for yourself.  
Expressing your worries can help to release them, and talking to someone else allows them to reassure you that you are safe.

the happiness club

And if you want to talk to someone confidentially then please get in touch with us right here: [help@thehappinessclub.co.uk](mailto:help@thehappinessclub.co.uk)

Have a lovely weekend

*Wendy Lyon*