



Trust Perseverance Respect Forgiveness Friendship Compassion Truthfulness

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Weather permitting - Reception and Year 1 will be doing forest school on Friday 16th October. Please send in their wellies and waterproofs.



Under normal circumstances we would welcome children bringing in cakes or sweets on their birthdays to share with their friends. However, we are unable to allow children to bring these items in at this moment in time.

## Piano/Keyboard Lessons Y2-6



Mandy Grant has a couple of spaces for pupils this term. Lessons are on Wednesday mornings and cost £9.50 for a 20 minute session. For more information please contact Mandy on 07847 395770 or email [mandygrant100@outlook.com](mailto:mandygrant100@outlook.com)

## Awards



### Learning Leaves

Class R – Alfie D

Class 1 – Izzy

Class 2 – Daisy

Class 3 – Benjie

### Dojo/House Point Champion

Class R – Rowan

Class 1 – Seb

Class 2 – Elliott

Class 3 – Katie

## Harvest

This year's harvest celebrations are a little different from previous years. Normally we would be practicing plays, writing poems and doing our harvest service at the church in front of our families.

This year we are still participating but within our own classrooms. Photos/videos of this will be uploaded to Class Dojo next week.



Strong in The Lord  
hannah dunnett





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## Shiny Bright Star Day Tuesday 20th October



What inspires you? Who inspires you? What would you like to be when you're older? On Tuesday 20th October we will be having a 'Shiny Bright Star Day' where children can come in dressed as who or what they aspire to be. This could include a dancer, family member, vet, writer, artist, athlete, rock star or explorer. Anything that inspires you!

## Bounce! Brighter Futures Foundation

### A registered mental health charity in Devon

We are so pleased to let you know that we are working in partnership with Bounce!

Bounce! aims to improve mental health and build resilience in children, their families and their wider school community, improving learning outcomes and creating happier learners.

BOUNCE! offers a number of services that can be tailored to meet the needs of the child, family and school. This mix and match approach means more support for more children and families and delivers better outcomes. Our team of experienced and highly skilled therapists offer a range of interventions.

Bounce! services include:

For children – short and long-term individual arts and play based counselling.

For parents, grandparents or carers – dedicated 1 to 1 counselling support and evidence based workshops to help families build relationships and raise emotionally intelligent and resilient children.

For Head teachers and school staff – tailored training, consultation regarding any child in the school and reflective practice support.

All of our therapists are experienced and appropriately qualified counsellors or psychotherapists. Our child therapists have received specialist training and use creative arts such as sand trays, clay, paints and puppets as well as play to engage and help children to explore and talk about their feelings.

### Children

1 in 10 children have a diagnosable mental health disorder, that's roughly 3 children in every classroom (Mind). Experiencing a mental health problem in childhood is one of the biggest barriers to achieving wellbeing yet only one quarter of children affected are getting specialist help (Green et al, 2005).

Early Intervention is key

Half of all mental health problems manifest by the age of 14. Without help many of these mental health problems persist into adulthood.

School based counselling has many benefits ...



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There is a large body of evidence showing that not only does counselling significantly reduce psychological distress in primary school children but also that their social and emotional behaviour, as perceived by their teachers and parents, improves.

Research also indicates that school-based counselling is perceived as highly accessible, non-stigmatising and effective not only in reducing psychological distress but in improving attainment, attendance and behaviour.

However, currently only a minority of primary-aged children benefit from therapeutic services in their schools.

BOUNCE! offers 1 to 1 long and short term specialist child counselling as part of a raft of measures to support mental health in school communities.

## Teachers

Teachers are already overburdened in what they are expected to do. Responding to the needs of children with significant mental health difficulties adds to this burden. A recent survey found that 96% of teachers believe they have come into contact with pupils experiencing a mental health problem.

The mental health foundation has suggested that:

- In order for teachers to feel comfortable supporting children with their emotional wellbeing and mental health needs, they needed sustained and long-term training.
- Teachers need support in looking after their own mental health
- All schools should have independent, trained counsellors on site for children who need their support.

Budgetary constraints and difficulty in identifying appropriate support can make it difficult for school leaders to deliver this.

At BOUNCE! we recognise the challenges and offer a whole school approach that aims to go some way to meeting the needs of school communities by offering a low-cost multi-dimensional service that not only provides specialist 1 to 1 counselling for children, but also offers attachment and trauma focused tailored training to educational staff, support for educational staff in the form of supervision or reflective practice and consultation regarding any child in the school experiencing mental health difficulties.

## Parents

Being a parent or carer can be one of the hardest jobs in the world. Some children are harder to parent than others and parents and carers can often face very challenging life circumstances whilst trying to look after their own mental health. Sometimes life can feel overwhelming. To make matters worse friends and family might not always understand the problems or have any idea how to help.

At BOUNCE! we offer 1:1 counselling for parents and carers and workshops to help your child to have greater understanding and control of their emotions; behave in ways that help them to build friendships; have stronger and more positive relationships with their family members, peers and others; have more enthusiasm and be more receptive to learning.

<https://www.bouncebrighterfutures.co.uk/>