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www.beaverroad.org.uk



@BeaverRoad_Pri

BEAVER ROAD M20

Beaver Road Primary School
Beaver Road
Didsbury
Manchester
M20 6SX

Friday 21st April 2023

Dear Parents and Carers,

I hope you all enjoyed a break over the Easter Holidays. I wish all of our school community celebrating Eid this weekend a very happy and peaceful time together.

We have had a positive start to our term this week and we look forward to a few whole school special events coming up this half term.



Diary dates and events

All class year group information and details of events continue to be sent to you through your child's year group staff team. These are also made available on our website and school app

<https://www.beaverroad.org.uk/events>

Please see below a few whole school dates and events this half term. The dates for the school year are also available on our school website and app. These are updated regularly each half term, so please do continue to check the website and app for updates.

Whole school event dates this half term include....

- Thursday 27th April – NEU teacher strike day
- Monday 1st May – School closed for the Bank Holiday
- Tuesday 2nd May – NEU teacher strike day
- Friday 5th May – Grandparent/'Grandfriend' Day as part of our Coronation Celebration Day
- Monday 8th May – School closed for Coronation Bank Holiday
- Monday 15th May – Mental Health Awareness Week and Walk to School Week
- Friday 26th May – School closes at the end of the day for the half term break
- Monday 5th June – School Closed for Staff Training Day
- **Tuesday 6th June 2023 – Children return to school**



M20 Learning Trust
Excellence Collaboration Respect





Grandparent/'Grandfriend' Day as part of our Whole School Coronation Celebrations – Friday 5th May

On Friday 5th May, the children will be enjoying special activities in school to celebrate the Coronation of King Charles III. There will also be a special themed lunch on this day, which will be available to order in advance through School Grid. As part of our celebrations, Grandparents and 'Grandfriends' are invited into school at varying times throughout the day. Please see the separate letter from Miss Fox and Mrs Horan for more detailed information of how to arrange for your child's Grandparent/'Grandfriend' to attend.

Mental Health and Wellbeing

This month is Stress Awareness Month

Stress and poor mental health are one of the biggest public health challenges that we're facing. Sadly, even though that is the case, we are still not taking its impact seriously enough. We continue to separate mental health from physical health and vice versa. The reality is they cannot be separate – they are two sides of the same coin. There is no health without mental health and stress can lead to numerous health problems. From physical problems, like heart disease, insomnia, digestive issues, immune system challenges, etc to more serious mental health disorders such as anxiety and depression.



Stress Management Society
from distress to de-stress

The Stress Management Society have some brilliant resources specifically created for the month of April.

<https://www.stress.org.uk/national-stress-awareness-month/>

You can download the 30 Day Challenge, a Daily De-Stressing Planner, a Stress Guide, 7 Steps Achievement Plan, useful infographics on stress as well as videos and much more!

15th to 21st of May is Mental Health Awareness Week

The theme for Mental Health Awareness week this year is Anxiety. Anxiety is a normal emotion in us all, but sometimes it can get out of control and become a mental health problem.

During the week at school, we will be increasing the children's awareness and understanding of anxiety, in an age appropriate way. We will be focusing on the things that everyone can do to help prevent anxiety from becoming a problem.

15 to 21 May 2023

**Mental Health
Awareness Week**



#ToHelpMyAnxiety

Dealing with anxiety can be hard. However, there are some things we can do to manage these tough feelings. Follow the link to the Mental Health Foundation and have a read through their suggestions to find out what might work for you.

<https://www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week/what-can-we-do-cope-feelings-anxiety>

Mums for Lungs supporting our Walk to School Week

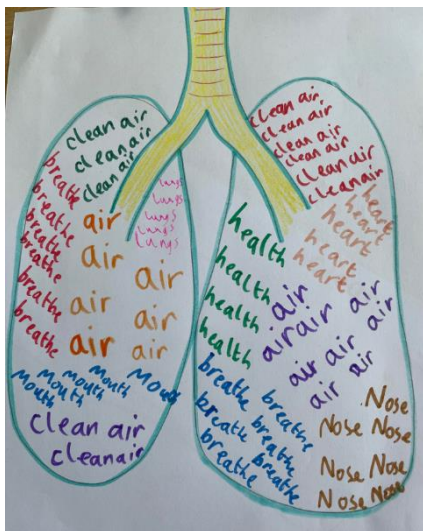
Join a Clean Air Movement with Mums for Lungs Manchester

Air pollution is the number one environmental risk to health in the UK, and permanently damages children's lungs. Right now, Greater Manchester has one of the highest annual mean levels of nitrogen dioxide (NO₂) pollution in the UK and childhood hospital admissions for asthma are more than 3x times higher than the national average. So, what can be done?



Mums for Lungs is a grassroots campaign group that wants a revolution in the way we move around our cities, making it safer and easier for us to get out of our cars. We also want people to understand the health implications of open fires and wood burning stoves as well as other sources of air pollution.

Mums for Lungs has recently expanded to Manchester and is delighted to be working in partnership with Beaver Road, so that together we can make the air in and around our school safer for all pupils, parents and staff. You can do your bit by:



- Trying to walk, scoot or cycle to school.
- If you need to drive to the Juniors, use the Park and Stride at The Didsbury
- Don't idle – one minute of idling produces enough emissions to fill 150 balloons
- Let your child walk at least 1m away from the curb – this can vastly reduce their intake of vehicle emissions.
- Remember, sitting inside a car does not protect your child from vehicle emissions – air pollution can be 3 x higher inside the car.
- At morning peak, 1 in 4 cars on the road are on the school run.

Mums for Lungs is a positive friendly campaign group that is committed to raising awareness of air pollution. If you would like to join, we are always looking for new members so please get in touch!

For further information please visit www.mumsforlungs.org/manchester
Or contact manchester@mumsforlungs.org

Musical concerts

We are happy to announce that there will be four concerts coming up at the end of May and beginning of June, for instrumental and ensemble students:



- Strings Concert
- Piano and Choir Concert
- Guitar Concert
- Brass and Woodwind Concert

More specific information will be sent out shortly, to parents of those students. We very much look forward to sharing some beautiful music with you, and to celebrating some incredible achievements and progress.



E-safety update



We want everyone to get the most out of tech and enjoy happy and safe digital lives. With regularly updated articles and expert advice,

Vodafone's digital parenting section of their website provides plenty of resources and support – helping everyone make the right digital choices for your family. Here is the link to their website

<https://www.vodafone.co.uk/newscentre/smart-living/digital-parenting/>



If you have any further questions or queries about anything this half term, please do not hesitate to contact us via the school office.

Best wishes,

A handwritten signature in black ink, appearing to read 'Liz Hardy'.

Mrs Liz Hardy
Executive Headteacher



Article 5 (parental guidance and a child's evolving capacities):

Governments must respect the rights and responsibilities of parents and carers to provide guidance and direction to their child as they grow up, so that they fully enjoy their rights. This must be done in a way that recognises the child's increasing capacity to make their own choices.