

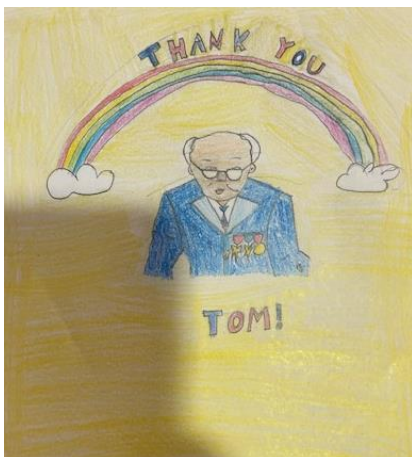


# MEADOWS FIRST SCHOOL WEEKLY NEWSLETTER

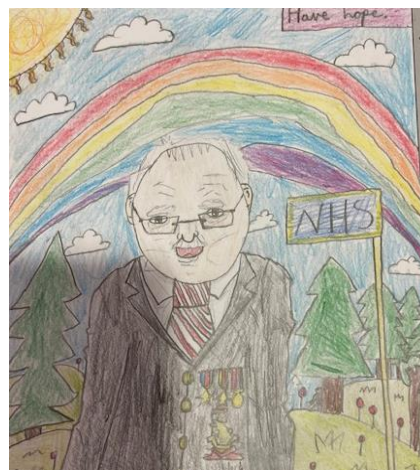


## A Message from Mrs Hewitt

We have entered the Royal Mail's Heroes Stamp Design competition. All of our children were asked to design a stamp to represent who they felt had been their hero during the pandemic. Here are some of the amazing designs that have been created. All the entries from across the school have been sent off; let's hope we have a winner in Meadows! Have a lovely weekend everyone.



Evie P in year 4 thought Captain Sir Tom Moore was her hero. Evie took so much care drawing her hero.



Tommy A in year 4 also thought Captain Sir Tom Moore was his hero. Tommy spent a long time adding the detail to his picture.



Bobbie in year 4 said that nurses were her heroes. Her picture shows how sad our earth felt during the pandemic.



Freyja in year 4 said that nurses were her heroes. She used rainbow colours, which we so often saw as a sign of hope during the pandemic.



Cobie in year 4 said that NHS workers were his heroes. His picture also depicted a rainbow, alongside the virus which he wanted to stop.

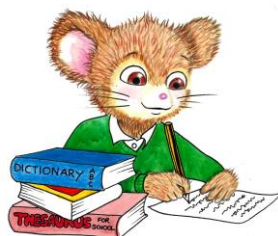
## Key messages for parents re COVID

**Although life is slowly returning to normal, guidance for schools remains the same (except the use of face masks for secondary pupils).**

### Asymptomatic testing information for parents and adults in households with children

NHS Test and Trace have announced that all adults in households with school and college age children without symptoms can now access regular rapid coronavirus (COVID-19) testing. Test kits can either be collected or ordered online, as set out below. Tests are fast, easy and completely free. There are different ways (<https://www.gov.uk/guidance/rapid-lateral-flow-testing-for-households-and-bubbles-of-school-pupils-and-staff>) for a household, childcare or support bubble to collect their test to take at home, twice-weekly:

- by collecting a home test kit from a local test site – anyone aged 18 or over can collect 2 packs of 7 tests. <https://find-covid-19-rapid-test-sites.maps.test-and-trace.nhs.uk/>
- by ordering a home test kit online – please do not order online if you can access testing through other routes, this frees up home delivery for those who need it most. <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>
- through your employer, if they offer testing to employees.



## Meadows Mouse Awards

Goslings	Joshua D - super independent writing. Benjamin D - being an excellent Mathematician.
Cygnets	Harlow and Xavier - trying so hard with writing.
Caterpillars	Harry - making a great contribution to class discussions and offering good advice. Ella - adding lots of detail to her story.
Dragonflies	Alana - writing an excellent story in English. Reuben - great skills in PE.
Owls	Evie C - great enthusiasm with her reading. Oscar M - super instruction writing.
Hedgehogs	Oscar J - enthusiasm in writing and his wonderful manners. Mia H - being focused and always ready to learn.
Sharks	Olly A E - sharing more answers in class. Naz O - always being so determined.
Dolphins	Georgina R - being helpful, trustworthy and reliable. Lola W - being so thoughtful and kind towards others.
Jaguars	Billy - great fielding in rounders. Harvey - being kind & supportive to others.
Tigers	Nefeli - wonderful graffiti art work in paint. Henry - amazing acting skills when acting out scenes from the Twits.

Break The Rules Day is on Friday 28th May. Please email [friendsofmeadowsbromsgrove@gmail.com](mailto:friendsofmeadowsbromsgrove@gmail.com) if you need the information about the rules and fees for the day.

Please find attached some useful leaflets on autism and wellbeing



**autism**  
west midlands

# Autism and Anxiety

on-line training for Herefordshire and Worcestershire families

**FREE**  
for  
Parents and  
Carers

Ways autism can affect social imagination

- Difficulty coping with change/unpredictability
- Preference for rigid rules/structure
- Lack of empathy – the ability to imagine things from someone else's perspective
- Narrow interests
- Unusual interests

A series of two FREE on-line training workshops (multiple dates) for parent/carers of autistic children or children waiting to be assessed for autism

**NHS**  
Herefordshire and  
Worcestershire  
Clinical Commissioning Group

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Clinical Commissioning Group

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### Autism and anxiety session 1

- An overview of the autism spectrum
- How autism is diagnosed
- How autism impacts daily life
- Introduction to autism and anxiety

### Autism and anxiety session 2

- What anxiety is
- Common difficulties which create anxiety
- How it can affect individual children
- Ways to support autistic children who are anxious

This training is aimed at Herefordshire and Worcestershire parent carers of children who have been accepted for assessment on the ASD diagnosis pathway or who have received a diagnosis of autism.

**Thursday 27th May 10:00 - 11:30 am - Session 1**  
**Tuesday 8th June 10:00 - 11:30 am - Session 1**  
**Wednesday 16th June 1:00 - 2:30 pm - Session 2**  
**Thursday 1st July 10:00 - 11:30 am - Session 1**  
**Monday 12th July 1:00 - 2:30 pm - Session 2**

To book please visit our eShop:  
<https://shop.autismwestmidlands.org.uk/collections/events>  
 You will be sent a link to join the sessions once booked.

For more information please contact:  
 Email: [info@autismwestmidlands.org.uk](mailto:info@autismwestmidlands.org.uk)  
 Phone: 0121 450 7575

## SOCIAL PRESCRIBING

**Lots of things in life can make you feel unwell or overwhelmed**

Social Prescribing can support you to deal with issues such as:

**ISOLATION • LONELINESS • MONEY • FAMILY HEALTH • DEPRESSION • ADDICTION • BENEFITS WELLBEING • ANXIETY • HOUSING • WORRIES SMOKING • DRUGS • ALCOHOL • UNEMPLOYMENT**

**Come along & meet your new Bromsgrove Social Prescribing Team**  
 Drop in 9am - 3pm, Tuesday 25th May  
 at Bromsgrove Library  
 Parkside, Market St, Bromsgrove B61 8DA



You can talk to our friendly team in confidence & we will work with you to create a plan to overcome the difficulties you are facing.

By listening to you and understanding your situation we can connect you to the right support and your community.

## SOCIAL PRESCRIBING

**Lots of things in life can make you feel unwell or overwhelmed**



One in five people who visit their GP or health care professionals have problems that can't be solved by medical treatment.

A Social Prescriber may be able to help

Social Prescribing can support you to deal with issues such as:

**ISOLATION • LONELINESS • MONEY • FAMILY HEALTH • DEPRESSION • ADDICTION • BENEFITS WELLBEING • ANXIETY • HOUSING • WORRIES SMOKING • DRUGS • ALCOHOL • UNEMPLOYMENT**



You can talk to our friendly team in confidence and we will work with you to create a plan to overcome the difficulties you are facing

**If you think a Social Prescribing Link Worker can help you, call or email us**

**HELPING YOU TO FEEL BETTER** **ONSIDE**  
 HARMONY CARE CHARITY  
 Charity no: 1102202

Call: 0300 303 5291  
 Email: [rbccg.spbromsgrove@nhs.net](mailto:rbccg.spbromsgrove@nhs.net)

**NHS** **Bromsgrove District Council**  
[www.bromsgrove.gov.uk](http://www.bromsgrove.gov.uk)

**Putting People at the Heart of Social Prescribing**

