



# Hunters Hall Primary School

## Snippets

Issue: 13  
December 2022

### Dates for the Diary

#### Autumn Term

**Tuesday 13<sup>th</sup> December** – Year 4 Christmas singing performance 2:15pm

**Thursday 15<sup>th</sup> December** – Jolly Jumper Day & Christmas Dinner Day plus Year 4 WWI workshop.

**Thursday 15<sup>th</sup> December** – Year 6 Disco 4:00-5:00pm, Dining Hall

**Friday 16<sup>th</sup> December** – Christmas Coffee Morning

**Monday 19<sup>th</sup> December** – Year 2 End of Topic Celebration

**Tuesday 20<sup>th</sup> December** – Christmas Community Carol Concert

**Wednesday 21<sup>st</sup> December** – Nursery finishes 11:30am / 3:15pm

**Thursday 22<sup>nd</sup> December** – Children finish for Christmas Holidays 1pm

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**Monday 9<sup>th</sup> January** – INSET Day (no pupils)

**Tuesday 10<sup>th</sup> January** – Children return to school

**Wednesday 11<sup>th</sup> January** – 4B start swimming

Dear Parent/Carer,

Earlier this week you were sent a message regarding absences being on the rise amongst both pupils and staff. We endeavour to keep the school open for education and appreciate the compassion and support that you have shown as we deal with this current problem. Within this edition of Snippets, you will see communication from our Director for Public Health which provides additional information about Scarlet Fever which, for the majority of people, is not serious.

The letter, following this page, clearly sets out symptoms and what you should do in response. It is important that we focus on the facts and not allow media sensationalism to impair our judgement or cause panic.

At the end of this term we will say, “au revoir” to three members of staff. Miss Betts has been with us for 10 years and supported many children during her years at Hunters Hall. She has secured a position closer to her home and we wish her every happiness and success. Mrs Twine was employed on a one-year contract and has made a tremendous contribution to the school in that time. We wish her every success in her new business venture. Mrs Hobday is stepping down from her role as Assistant Headteacher but will return to sharing her intervention expertise one day every week. Her dedication to our children over her 24 years of employment has been incredible and we will miss her contribution to the school management, teaching and wellbeing.

Next week, we begin our Christmas celebrations which can be found in our Dates for the Diary. Next Thursday is our Jolly Jumper and Christmas Dinner Day!

Best wishes,






Selina Frazer & Michael Kaitell,  
Co-Headteachers

**Thursday 15<sup>th</sup> December – Christmas Dinner Day**  
If you have a child in Year's 3,4 5 or 6 ~ don't forget to add credit to ParentPay if your child is not entitled to free school meals.

### Thrive School of Excellence



### Team Points

TEAM POINTS		
	<b>Tigers</b>	<b>706</b>
	<b>Bears</b>	<b>586</b>
	<b>Wolves</b>	<b>424</b>
	<b>Sharks</b>	<b>256</b>
	<b>Komodo Dragon</b>	<b>482</b>

### Attendance

Congratulations to 2D who achieved 91.03% this week and to 5D in Key Stage 2 with 92.14%

Class	Attendance %	Class	Attendance %	Class	Attendance %
RB	76.45	2D	91.03	4R	84.65
RH	93.33	2K	85.33	5A	88.89
RR	68.93	3G	79.47	5D	92.14
1H	88.85	3T	86.00	5Y	83.57
1K	88.28	3TB	73.79	6E	77.73
1L	85.67	4B	74.56	6L	88.36
2A	75.17	4G	86.44	6N	90.59



7<sup>th</sup> December 2022

Barking Town Hall  
1 Town Square  
Barking  
IG11 7LU

Dear Parent(s) / Carer(s),

**Re: Increase in scarlet fever**

We are writing to inform you of a recent [national/local] increase in notifications of scarlet fever to the UK Health Security Agency (UKHSA), above seasonal expected levels.

We would like to take this opportunity to remind you of the signs, symptoms and the actions to be taken if you think that you or your child might have scarlet fever.

**Signs and symptoms of scarlet fever**

Scarlet fever is a common childhood infection caused by *Streptococcus pyogenes*, or group A *Streptococcus* (GAS). It is not usually serious, but should be treated with antibiotics to reduce the risk of complications (such as pneumonia) and spread to others. The early symptoms of scarlet fever include sore throat, headache, fever, nausea and vomiting. After 12 to 48 hours, the characteristic red, pinhead rash develops, typically first appearing on the chest and stomach, then rapidly spreading to other parts of the body, and giving the skin a sandpaper-like texture. The scarlet rash may be harder to spot on darker skin, although the 'sandpaper' feel should be present. Patients typically have flushed cheeks and be pale around the mouth. This may be accompanied by a bright red red 'strawberry' tongue.

If you think you, or your child, might have scarlet fever:

- contact your GP or NHS 111 as soon as possible
- make sure that you or your child take(s) the full course of any antibiotics prescribed. Although you or your child will feel better soon after starting the course of antibiotics, you must complete the course to ensure that you do not carry the bacteria in your throat after you have recovered
- stay at home, away from nursery, school or work for at least 24 hours after starting the antibiotic treatment, to avoid spreading the infection

You can help stop the spread of infection through frequent hand washing and by not sharing eating utensils, clothes, bedding and towels. All contaminated tissues should be disposed of immediately.

**Invasive Group A Strep (iGAS)**

The same bacteria which cause scarlet fever can also cause a range of other types of infection such as skin infections (impetigo) and sore throat. In very rare cases, the bacteria can get into the bloodstream and cause an illness called invasive group A strep (iGAS). Whilst still very uncommon,

there has been an increase in iGAS cases this year, particularly in children under 10 years old. It is very rare for children with scarlet fever to develop iGAS infection.

As a parent, you should trust your own judgement.

Contact NHS 111 or your GP if:

- your child is getting worse
- your child is feeding or eating much less than normal
- your child has had a dry nappy for 12 hours or more or shows other signs of dehydration
- your baby is under 3 months and has a temperature of 38C, or is older than 3 months and has a temperature of 39C or higher
- your baby feels hotter than usual when you touch their back or chest, or feels sweaty
- your child is very tired or irritable

Call 999 or go to A&E if:

- your child is having difficulty breathing – you may notice grunting noises or their tummy sucking under their ribs
- there are pauses when your child breathes
- your child's skin, tongue or lips are blue
- your child is floppy and will not wake up or stay awake

### Stop the spread

During periods of high incidence of scarlet fever, there may also be an increase in outbreaks in schools, nurseries and other childcare settings. Children and adults with suspected scarlet fever should stay off nursery / school / work until **24 hours** after the start of appropriate antibiotic treatment. Good hygiene practice such as hand washing remains the most important step in preventing and controlling spread of infection.

Yours sincerely,



Director of Public Health

### Resources

[NHS – Scarlet Fever](#)

[Scarlet fever: symptoms, diagnosis and treatment](#)

## School Uniform

School uniform can be purchased every Monday from 3:00-4:00pm in the dining hall.

Uniform can also be purchased online:

[www.schooluniformdirect.org.uk/schools/product-category/schools-and-clubs/hunters-hall-primary/](http://www.schooluniformdirect.org.uk/schools/product-category/schools-and-clubs/hunters-hall-primary/)

Or

Telephone: 01992 763679

Email: [info@schooluniformdirect.org.uk](mailto:info@schooluniformdirect.org.uk)



## Parent Hub

We would like all parents/carers to join us on Parent Hub.

Parent Hub is a FREE app that helps keep you up to date with what's going on at school. You'll receive messages, pictures, documents and newsletters, all in one handy place.



1. Download the Parent Hub app from your app store (iPhone or Android).
2. Create yourself an account.
3. Choose "Add a School" and enter:

**@HuntersHallIPS**

### How to translate messages in the Parent Hub app (guidance for schools)

In the app, parents just tap the 'translate' button in the bottom right of a message.

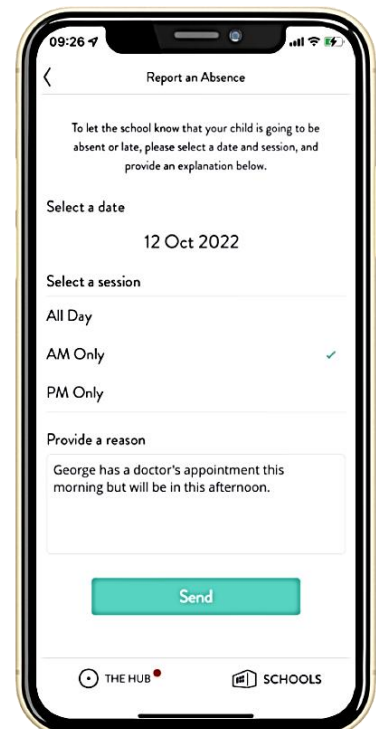
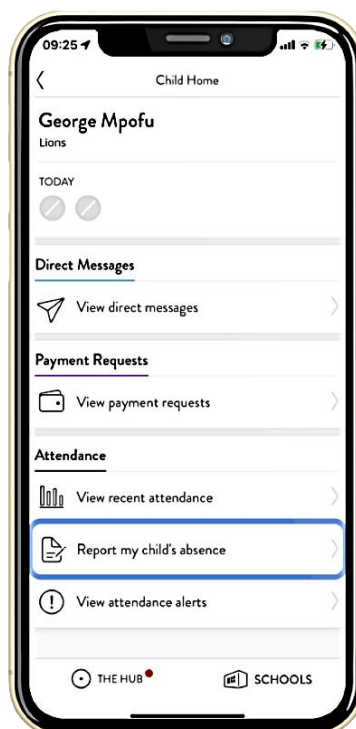
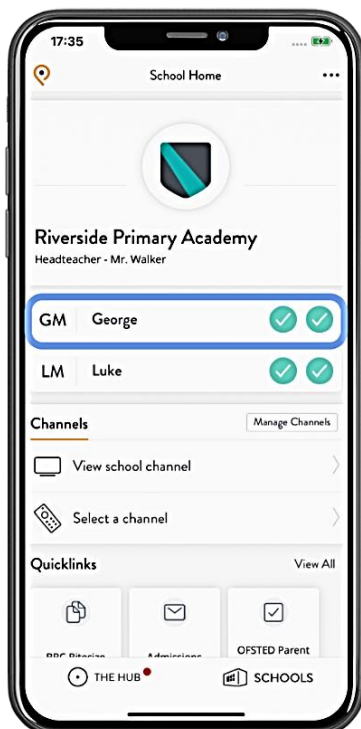
This applies to old messages, as well as new ones.

To find out more, click the link below for a useful guide.

<https://support.parenthub.co.uk/hc/en-us/articles/6172951020689-How-to-translate-messages-in-the-Parent-Hub-app>



## Reporting absence







On **Thursday 15th December**, an all day workshop for Year 4 will be taking place here at the school

Please remember to pay the **£6.50** cost through your child's ParentPay account.

<https://www.parentpay.com/>

<https://whiterosemaths.com/1-minute-maths>



**Year 4 - Times Tables**

Reminder for children in Year 4 to log onto the PiXL website and learn their times tables.



The children in each of the Year 4 classes were given the PiXL ID, individual usernames and passwords.

If parents need a reminder letter, please can they contact the class teacher at the end of the day so subsequent letters can be printed and distributed? The website can be found below.

**'PiXL Times Tables' and 'PiXL Unlock' (vocabulary) apps**

The children have free access to two apps: one to help them learn and practise their times tables and another to develop their vocabulary knowledge and understanding.

The apps can be downloaded via Apple or Android (please search for 'PiXL Unlock'), and the desktop versions can be found at these links: <https://timestable.pixl.org.uk> and <https://vocab.pixl.org.uk/>

Your child has been given a unique log-in, which works for both, and we would be pleased if you would download it to use straight away. Collaborating to support the children's learning both inside and outside of school has a greater impact and using these apps won't even seem like work to the children!

Many Thanks,

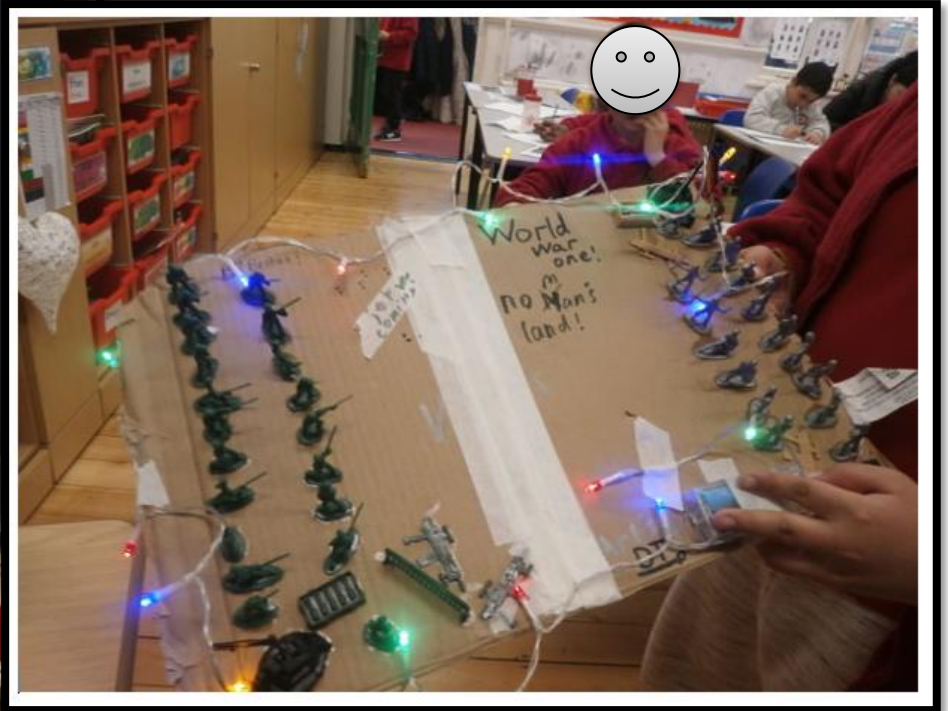
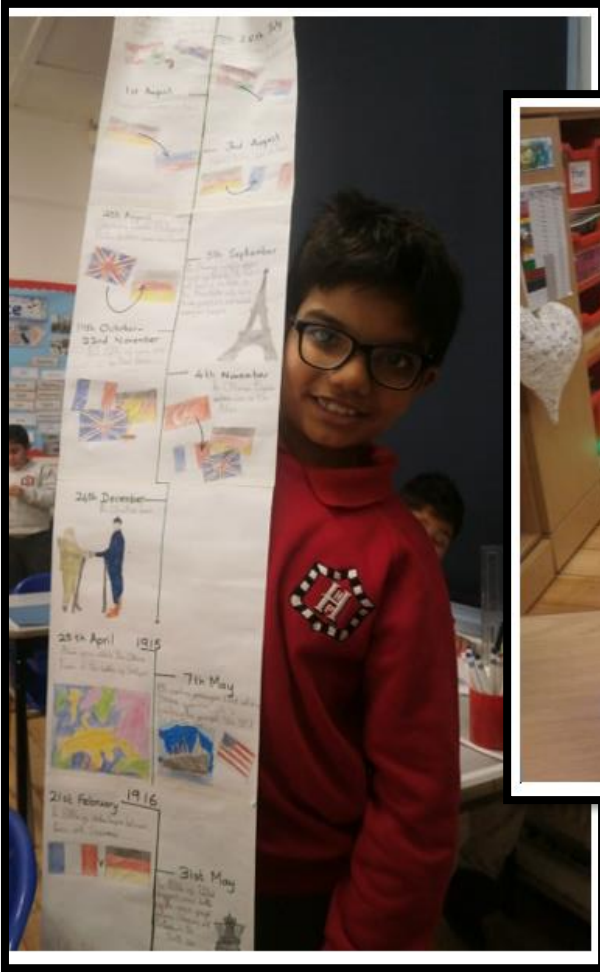
*Year 4 Team*

### Multiplication Square

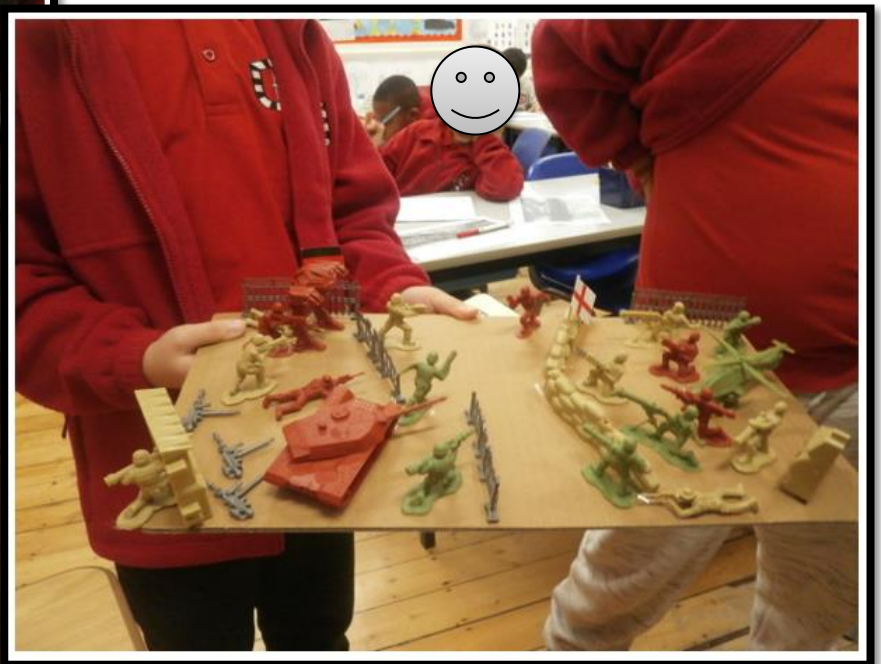
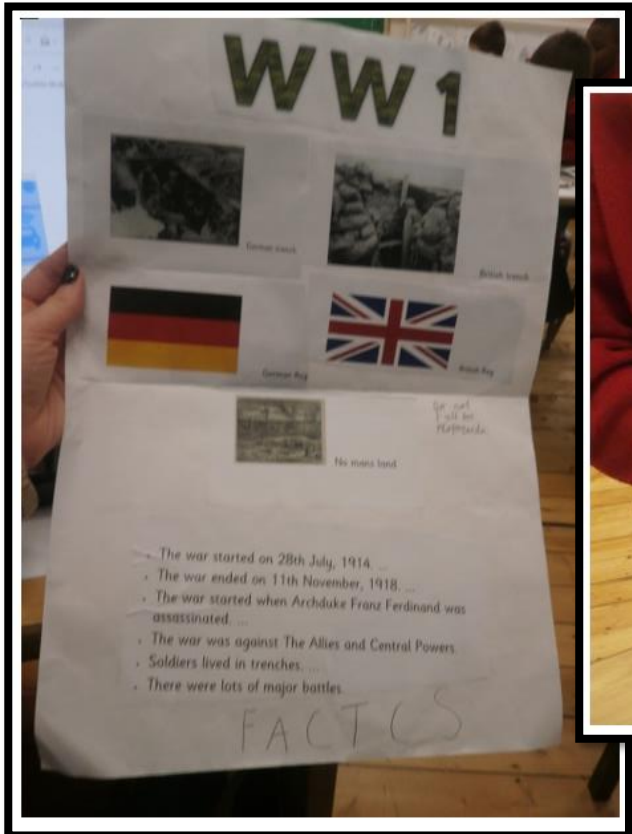
X	1	2	3	4	5	6	7	8	9	10	11	12
1	1	2	3	4	5	6	7	8	9	10	11	12
2	2	4	6	8	10	12	14	16	18	20	22	24
3	3	6	9	12	15	18	21	24	27	30	33	36
4	4	8	12	16	20	24	28	32	36	40	44	48
5	5	10	15	20	25	30	35	40	45	50	55	60
6	6	12	18	24	30	36	42	48	54	60	66	72
7	7	14	21	28	35	42	49	56	63	70	77	84
8	8	16	24	32	40	48	56	64	72	80	88	96
9	9	18	27	36	45	54	63	72	81	90	99	108
10	10	20	30	40	50	60	70	80	90	100	110	120
11	11	22	33	44	55	66	77	88	99	110	121	132
12	12	24	36	48	60	72	84	96	108	120	132	144

# Year 4 - WW1 Topic

Some of our wonderful WW1 homework completed by children in Year 4.



4R

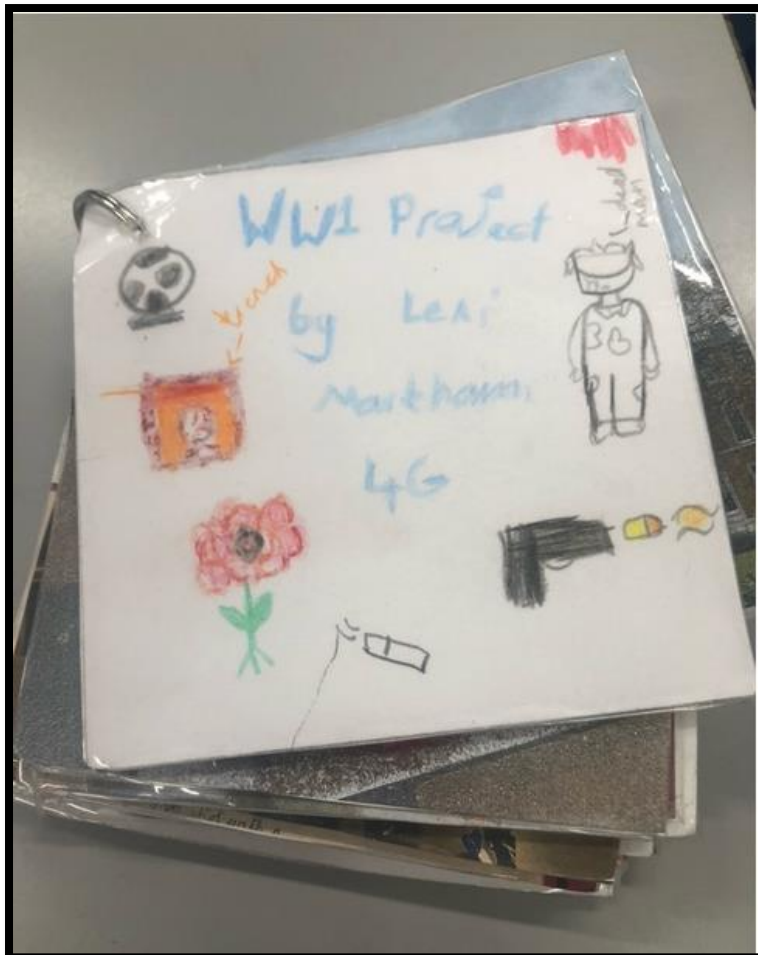




In 4G, Darla made a very realistic trench; Diale made a tank, and Lexi made a book about her visit to Imperial War Museum.



4G



## Swimming Achievements



Sophia (5A) won 3 gold medals for butterfly, front crawl and swimming individual medley and 2 bronze medals for breaststroke and, 100m front crawl at the "Ipswich Gala" swimming competition on the 4<sup>th</sup> December.

What an excellent achievement!

## Tots 'n' Tunes



# DADS ROCK

Playgroup for new and experienced dads, stepdads, grandads, uncles and men with parental responsibility. Mums welcome as well.

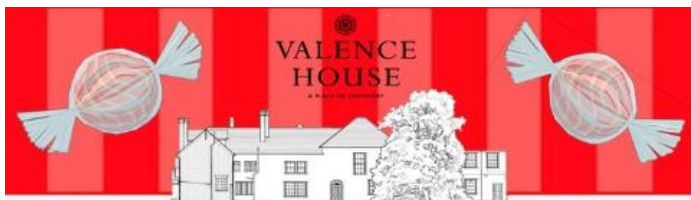
**EVERY SATURDAY  
10:00-11:15am**

**BARKING LEARNING CENTRE  
2 TOWN SQUARE BARKING, IG11 7NB**

 [totsntunes@hotmail.com](mailto:totsntunes@hotmail.com)



## Christmas Market at Valence House



# A Scrumptious Sweetie Christmas

**Saturday 10<sup>th</sup> December 2022  
11am – 5pm**

Discover sugar and spice and all things nice as you join us for a day of festive fun for all the family and pick up special treats from local stallholders in our Christmas market.

Mulled Wine & Mince Pies

Chocolate Fountain & Sweet Treats

Santa's Grotto - advanced booking essential

£3.50 per child

Christmas Market Over 30 stalls!

Christmas Tree Trail  
Children's Christmas Crafts

Valence House, Becontree Avenue, Dagenham, RM8 3HT  
020 8227 2034

[www.valencehousecollections.co.uk](http://www.valencehousecollections.co.uk)  
[@valencehouse](https://www.facebook.com/valencehouse) [@valencehouse](https://www.instagram.com/valencehouse) [@valencehouse](https://www.youtube.com/channel/UC...)



## Year 6 Disco

# Year 6 Disco



**4:00-5:00 on Thursday 15<sup>th</sup> December**  
(children will leave school as normal and return to school for the start time)

in the Dining hall (enter via the Pagoda playground)

The cost is £1.00 to be paid via ParentPay.

On Thursday 15<sup>th</sup> December all children who have a paid will receive a ticket during the school day which they will be required to bring with them when they return to school for entry to the disco.

All children must have an adult to collect them from the disco (this includes children who usually walk home after the school day independently)

Children's mobile phones will need to be handed in at the start of the disco and will be returned at the end.



# End Modern Day Slavery @ Dagenham & Redbridge FC







# Christmas Coffee Morning

Come join me for a coffee/tea and a chat

**Friday 16<sup>th</sup> December**

from 9:00-10:30am in our Dining Hall



*Christmas Jumper Competition*



Looking forward to seeing as many of you as possible

*Patrick Bellevue*

Family Support Worker



**CHRISTMAS  
COFFEE  
MORNING**







# Managing The Christmas Sensory Overload!

It's that time of year which for some of us is exciting: meeting and catching up with friends and family, putting up glittery decorations and sparkly lights, giving and receiving shiny gifts, parties, dressing up, singing songs and watching TV specials!



Yet for many children, young people and adults, this time of year can be filled with emotional and sensory overwhelm. An increase in noise, multiple voices, crowds, social expectations, changes in routine, flashing lights, different textures brought into the house, loud and busy music and surprise gifts.

So, what can we do to ensure a more joyful, or tolerable time for ALL the family?

The festive time brings with it many traditions, particularly around the food. It often involves lots of different textures and tastes. Party buffets, chocolates, sweets and socialising may mean some people may:

- Struggle to recognise when they are full
- Over-eat
- Horde and hide food away
- Be pre-occupied by the food and unable to leave the area alone

Food can be a complex and emotive topic so keep it simple:

- Offer small and regular portions of food and treats interspersed throughout the day
- Add regulating crunchy and chewy food.
- Encouragement to move away from food after eating
- Avoid labelling food as having to be eaten 'because it's Christmas'. It's perfectly acceptable to stick to your normal food routine.



## PREPARING FOR CHANGE IN ROUTINE

December

Many of us have all just settled back into the new school year. This means new routines, work, schools, peers, colleagues, teachers and classrooms. Then, enter Christmas! Often packed with lots of off-timetable, off-schedule changes, increased shopping trips, parties, dressing up days, nativities and carol services and trips to see Father Christmas!

Talk and think about what changes there might be:

Use the senses as guidance if it's helpful  
What might you see, smell hear, taste and touch that is different than usual?

What might help body and emotional regulation (adults too)?

A favourite soft toy or blanket, a scent on a sleeve or tissue, an attachment symbol like a heart drawn on the hand by a loved one, crunchy snacks, noise cancelling headphones, a weighted lap pad.

STICK TO NORMAL ROUTINE AS MUCH AS YOU CAN:

Routine doesn't mean 'boring'. It can be filled with nurturing and reliable rituals that make people feel safe and regulated.

REMEMBER THE AFTER!

Holding it together all day means potentially coming home overloaded. Favourite regulatory activities are essential here! A snuggle on the sofa wrapped up in a soft fluffy blanket, a walk in nature, a bath, hot chocolate, lying in bed having a cuddle and a story, listening to music or maybe wrapped up in a duvet in silence! Regulation is for parents too so if you are trying to support sensory overload in a child then you will need to safely off-load your feelings of being overwhelmed too!



Gifts can be a very exciting part of the festive period AND it can be a turbulent body and mind experience.

•Excitement alone can be overwhelming, just experiencing that erupting, bubbly feeling in the body can make the body feel unsafe and lead to dysregulation – it can feel like an explosion comes from nowhere right in the middle of a joyful moment!

•Anticipation of presents and who might be giving you what can trigger overwhelm and be especially hard for those who have experienced neglect, trauma, and loss in their early years as gifts can be linked to rejection, manipulation and hurt.

•Receiving unexpected gifts or surprise gifts can also evoke negative responses which appear ungrateful the giver.

Gift giving and receiving can be a collaborative experience:

- Manage the gift givers expectations if you know there are struggles around receiving gifts. Let them know the reason behind a potential response and how best they can accept this.
- Provide 'wish lists' to family and friends especially if the child has specific sensory sensitivities around fabrics or tastes.
- Practice gift giving with your child and how they might respond if they don't like a present, so they have a 'script' in their head. This scaffolds the experience for them so they are able to cope better with the feeling of disappointment in their body.
- Spread gifts across the festive period rather than just on Christmas Day or only have a couple of gifts visible at a time so it is less overwhelming
- Consider if it would be appropriate to tell a child what presents they will get. It may create calmer present opening if there was no anxiety around 'Will I/Won't I get something?'
- Think about the sensory experience of gifts. How does the wrapping paper feel? Is it easy or hard to unwrap the present? Is the tape too sticky? Is it noisy paper? Could you use a bag, tissue paper or even fabric as an alternative? How about paper tape?



# This Winter

Get involved in **healthy and fun** activities

From **podcasting** and **football** to **arts and crafts**, there is something for everyone!

Open to children and young people aged **4 to 18** – **FREE** if they are eligible

**EACH ACTIVITY INCLUDES A HEALTHY LUNCH**

To find out more and to book a place, visit [lbbd.gov.uk/free-holiday-activities](http://lbbd.gov.uk/free-holiday-activities)

#HAF2022  
This provision is free for children and young people who live or go to school in Barking and Dagenham and are eligible for benefits related free school meals.

Department for Education  
**Barking & Dagenham**

Take part in a **Winter holiday** to remember in Barking and Dagenham

Location	Venue	Dates	Age Group
RM10 7HX	Ultimate Vision Sports at William Bellamy School	Wednesday 21 December to Friday 23 December	5 to 11 years
RM8 3EX	Ultimate Vision Sports at Grafton Primary School	Thursday 22 December to Friday 23 December	5 to 11 years
IG11 7JA	Ultimate Vision Sports at Gascoigne Primary School	Wednesday 21 December to Friday 23 December	5 to 11 years
IG11 7JA	Ultimate Vision Sports at Gascoigne Primary School	Wednesday 28 December to Friday 30 December	5 to 11 years
IG11 7FP	Ultimate Vision Sports at Ripple Primary School	Wednesday 28 December to Friday 30 December	5 to 11 years
IG11 7FP	Ultimate Vision Sports at Ripple Primary School	Wednesday 4 January to Friday 6 January	5 to 11 years
RM8 1DN	Ultimate Vision Sports at Robert Clack	Wednesday 28 December to Friday 30 December	12 to 16 years
RM8 1DN	Ultimate Vision Sports at Robert Clack	Wednesday 4 January to Friday 6 January	12 to 16 years
RM9 6UU	Inspire Minds Through Sports at St Peters RC School	Wednesday 21 December to Friday 23 December	5 to 11 years
RM9 6UU	Inspire Minds Through Sports at St Peters RC School	Wednesday 28 December to Friday 30 December	5 to 11 years
RM10 9JS	Inspire Minds Through Sports at William Ford Junior School	Wednesday 21 December to Friday 23 December	5 to 11 years
RM10 9JS	Inspire Minds Through Sports at William Ford Junior School	Wednesday 28 December to Friday 30 December	5 to 11 years
RM9 4UN	Malearn at Jo Richardson Community School	Friday 23 December, Thursday 29 December and Friday 30 December	4 to 11 years
RM8 3AR	Ballerz at Valence primary School	Thursday 22 December to Friday 23 December	5 to 11 years
IG11 8JA	Ballerz at Northbury Primary School	Tuesday 3 January to Thursday 5 January	5 to 11 years
RM6 5NJ	Dagenham Eagles at Marks Gate Community Hub	Wednesday 21 December to Thursday 22 December	5 to 11 years
RM10 7YP	DABO at Prembroke Gardens	Friday 23 December	5 to 18 years
RM10 7YP	DABO at Prembroke Gardens	Wednesday 28 December to Friday 30 December	5 to 18 years
RM10 7YP	DABO at Prembroke Gardens	Tuesday 3 January to Wednesday 4 January	5 to 18 years
RM10 8UR	Learning Hive at John Perry School	Monday 19 December to Thursday 22 December	5 to 11 years
RM8 3AR	Artbash at Valence Primary School	Thursday 29 December to Friday 30 December	5 to 11 years
RM10 7FH	Everyone Active at Becontree Leisure Centre	Wednesday 28 December to Friday 30 December	5 to 11 years
RM10 7FH	Everyone Active at Becontree Leisure Centre	Tuesday 3 January to Wednesday 4 January	5 to 11 years
IG11 7HW	Everyone Active at Abbey Leisure Centre	Wednesday 28 December to Friday 30 December	8 to 12 years
IG11 7HW	Everyone Active at Abbey Leisure Centre	Tuesday 3 January to Wednesday 4 January	8 to 12 years
RM10 9JS	Company Drinks at Outdoor Bowls Pavilion	Monday 19 December to Thursday 22 December	8 to 11 years
IG11 7JR	Studio 3 Arts at Galleon Centre	Friday 23 December	10 to 16 years
IG11 7JR	Studio 3 Arts at Galleon Centre	Wednesday 28 December to Friday 30 December	10 to 16 years
IG11 8HE	Silver Music Entertainment at Make It Centre	Tuesday 3 January	12 to 16 years
RM9 4UN	Silver Music Entertainment at Jo Richardson Community School	Wednesday 4 January	12 to 16 years

Free Winter Camp for Students Eligible for Free School Meals

Learning Hive

**FREE WINTER CAMP**

For students eligible for Free School Meals

National Tutoring Programme  
Believe in children Barnardo's  
Department for Education  
HAF Holiday Activities & Food Programme  
Department for Education

**Awesome activities**

Limited spaces First come, first serve basis!

- Basketball
- Dance Classes
- Competitions
- Drama Club
- Sports Activities
- Nutritional Education
- Games & Prizes
- Cooking Workshops

**During the Christmas Holidays**  
19th - 28th December  
Check the dates in your area!

**How to register**  
It's simple, just click to get started!

**Register**

learninghive.co.uk  
info@learninghive.co.uk  
0207 112 8658

Use the link to register:  
[Events \(learninghive.co.uk\)](http://Events.learninghive.co.uk)



# BREAKFAST CLUB



Our breakfast club is open term time only Monday to Friday, 7:45 to 8:30am.

No booking is required, you can turn up on the day and pay.

The charge is **£3** per day, you are required to accompany your child into our breakfast club and stay with them until they have been marked in on our daily register.

You are required to have the correct money for payment.

Please note that payments in advance are non-refundable and non-transferable therefore if you choose to pay in advance and your child does not attend you lose that money.



# WANTED

## SECOND HAND UNIFORM

### DONATIONS NEEDED

A big thank you to everyone who has previously donated. We always need more good quality second hand uniform items. Has your child grown out of theirs? Please donate to the school and come along to one of our sales for bargain replacements!

Winter coats and shoes also welcome.

Please bring any donations in a bag to the school office.



*Thank you*



### DHP Scheme

**Are you struggling to afford your rent payments?**



**Do you have rent arrears?**

**Do you need help with a deposit?**

Help is available through the London Borough of Barking and Dagenham's Discretionary Housing Payment (DHP) scheme

Visit <https://www.lbbd.gov.uk/benefits-and-support/discretionary-hardship-support/discretionary-housing-payments-dhp>

To find out more and apply online

You must be in receipt of Housing Benefit or Universal Credit housing costs to qualify for a DHP



**Barking & Dagenham**

### Household Support Fund

**Are you struggling with the rising cost of living?**



**Do you have utility debts?**

Help is available to support the rising cost of living for energy & utility costs, food and other emergency need through the London Borough of Barking and Dagenham's Hardship schemes

Visit <https://www.lbbd.gov.uk/benefits-and-support/discretionary-hardship-support/hardship-payment-schemes/household-support-fund>

to find out more and apply online



**Barking & Dagenham**





# MINI ROCKERS

**FOR RECEPTION TO YEAR 2**

Fun and inclusive in-school rock and pop band lessons, for Reception, Year 1 and Year 2. No experience or instrument required.



# ROCK HEROES

**FOR YEARS 3 AND 4**

Fun and inclusive in-school rock and pop band lessons, for Years 3 and 4. No experience or instrument required.



# ROCK ICONS

**FOR YEARS 5 AND 6**

Fun and inclusive in-school rock and pop band lessons, for Years 5 and 6. No experience or instrument required.

<https://www.rocksteadymusicschool.com/info-for-parents>

- ✓ **Learn to play in a band**  
Learning an instrument should be fun. Your child can choose from the electric guitar, keyboard, drums or vocals and enjoy playing in a happy, supportive environment with their friends.
- ✓ **Lead by real musicians**  
Your child's music teacher should also be their role model. Which is why all Rocksteady Band Leaders are carefully chosen, extensively trained musicians who know how to inspire a life-long love of playing music.
- ✓ **In school time**  
Lessons are 30 minutes long and take place in school time with all instruments provided, making it hassle-free for parents.
- ✓ **From first notes to favourite songs**  
The Rocksteady Programme is for all children aged 4-11 and is proven to progress musicianship, confidence and teamwork skills with no prior experience necessary.
- ✓ **With regular live performances**  
Playing on stage is a huge confidence booster. With termly concerts at school assemblies, your child will be able to show off their progress to friends, teachers and parents with the rest of their band.
- ✓ **And happily affordable**  
Rocksteady is one of the most hassle-free ways to learn an instrument on a rolling subscription that you can cancel at any time. It's risk free too – cancel in the first month and you'll get a full refund.

**Call 0330 113 0330**



# The Power of PACE at Christmas Time

There are a lot of feelings flying around at Christmas time for children and adults alike. Finding the right balance for YOU is something to work towards. PACE can help. PACE - Playfulness, Acceptance, Curiosity, Empathy



**Playfulness** isn't the same as playing but is enjoying time with someone else or yourself in an unconditional way.

This can look like a 5 minute sofa snuggle with someone, walking hand in hand, swapping cringey cracker joke or even taking yourself off for a cry on your own if that's where you're at and trying to leave behind any guilt about it.

It's about showing a real interest in someone, or yourself, and finding something you really enjoy about them - or you. Even if that's 2 minutes alone with yourself outside the front door!



**Acceptance** means sitting with strong emotions or perspective of another and knowing that you might not be able to take these away. There may be no words of advice to give, strategies to implement or thoughts to share, only comfort by offering your safe presence.

It is allowing uncomfortable sensations and emotions to be in your own body without judgement. Accepting their existence.

For an example of this and Empathy, watch the YouTube clip called 'Brené Brown on Empathy' or find inspiration from the song 'Hold Space' by Ward Thomas.

Beacon House  
Therapeutic Services and Trauma Team



**Curiosity** isn't about asking "why?" even when this is exactly what we want to know! It's about wondering what is going on inside for someone or ourself.

It's about taking the risk of being wrong "Can I share my ideas with you... I wonder if... I might be wrong, so tell me if I am, but here are my thoughts..."

A way of letting someone know that your mind is on their mind and genuinely interested in anything at all that's going on in there without judgement.

It is practising this same non-judgemental curiosity within ourselves.



**Empathy** can take a lot of energy at

Christmas. Sitting with the disappointment of a child who hasn't got the gift they hoped for "I can see the sadness in your eyes that it's not what you wanted" or accepting our own disappointment that the time hasn't felt very festive "I am where I am and things are how they are and I'm going to do my best to feel okay with that".

A top tip is try to move away from reassurance or denial of feelings - others or your own. Naming what is happening for ourselves or another helps us in our offering of empathy.

**To PACE oneself: "To do something at a speed that is steady and that allows one to continue without becoming too tired."**