



Larchfield Primary & Nursery School



Friday 17th April

www.larchfieldschool.co.uk

'Be the family you want'

Dear Parents and Care givers,

I hope you all had a good family Easter break. It is good to have the children back in school and learning. This is a very big half term for our Year 6 as they are very close to their SATs, starting in only 3 weeks time!!

We welcome Miss Choudry as our Y4 teacher for this coming term and new pupil, Avneet in Year 2. Welcome to the family!

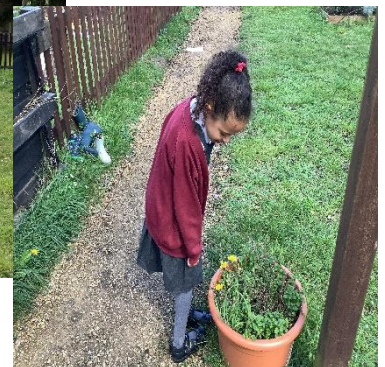


It is also great to see the children starting their new topics. As you know we have a different approach to other schools with regard to home learning, we do expect that for our children to achieve their potential by the time they leave us we do need your help in hearing them read every night, learning their phonics or spelling and completing TTRS regularly. Most other school also issue traditional style written home learning in the forms of writing essays, completing comprehensions or completing pages of Maths problems.

Our more targetted, creative and family style learning is there to benefit our children and families to make home learning more meaningful and family centred.

Can we please ask that you help us to help your child by completing the home learning grid? There are around 12-13 weeks in a term to do this.

Year 1 had a super learning opportunity investigating flowers and plants this week getting outside. So many observations and questions! We thank Mrs Mee for all the planting at the front of the school, not only do they look great but they provide learning oppurtuinies too! 😊



Year 3 have now planted their sunflower seeds; we are seeing which class grows the tallest sunflower. They are making good use of our Learning Garden.

Great to see Year 5 on the home learning case straight away, really helping to support their all-round learning.



How To Get Support:

As a parent/carer you can refer your child by requesting a referral form via: Email, Phone or Post, or Contact the Mental Health Lead in school and request a referral to the MHST

CAMHSGettingHelpEast@berkshire.nhs.uk

0300 247 3002 (Mon to Fri 9am – 5pm)

CAMHS Getting Help East Service, Fir Tree House, Upton Hospital Albert Street, Slough, SL1 2BJ

If your child requires urgent out of hours mental health support, please call our urgent helpline 0300 247 0000. This phone line is open 24 hours a day, 7 days a week.

Your child should be taken to A&E (or call for an ambulance) if they require urgent medical attention that is life-threatening such as:

- Recent overdose (medication, harmful liquids etc)
- Significant cuts (deep cuts) and/or bleeding profusely
- Stims that are misappropriated
- Loss of consciousness

Please remember that 999 is for life-threatening medical emergencies only. This is when someone is seriously ill or injured and their life is at risk. Other sources of support available are ChildLine on 0800 1111, Samaritans on 116 123

<https://cypf.berkshirehealthcare.nhs.uk/mhst>

This leaflet has been adapted from Bournemouth and Dorset MHST, Midlands Partnership NHS Foundation Trust with kind permission.

CAMHS Mental Health Support Team (MHST)
Mental Health Support for Children of Primary School Age

Early intervention in childhood has long-term benefits such as improving self-esteem, social development and performance at school.

If you would like to hear more about our service, please contact us via: CAMHSGettingHelpEast@berkshire.nhs.uk

Thank you to everyone who attended Parents' Evening and to the teachers for going well beyond the school day. It is always good to be able to catch up with you and have more informal chats about how things are going for you as well as the children.

On the Thursday we were joined by Smmea Khan. Smmea works with us to provide mental health support for our children and families. Please have a look at the flyer to see

About our service

Who Are We?

Mental Health Support Team (MHST) supports children and young people (5-18) with emerging, mild or moderate mental health difficulties which may be affecting day to day life.

In selected schools, our Education Mental Health Practitioners (EMHPs) offer the following:

Peer Mentoring	Consultations for staff	Mental Health Network meetings
Staff training and support schools to have more of a focus on emotional wellbeing and mental health	Interventions to support children with mild to moderate mental health difficulties	Online access to resources and peer support on emotional wellbeing and mental health for parents/carers and professionals via digital platforms called Strathdown

Depending on the age of the child or young person, we may work either directly with them or with their parents/carers. We also work with school staff supporting them to have a greater focus on emotional health and wellbeing in the various aspects of school life. To view the list of MHST Schools we support, please visit: cypf.berkshirehealthcare.nhs.uk/mhst

Ways We Can Support You

- Managing fears and worries
- Separation anxiety
- Panic attacks
- Phobias eg: dogs, the dark
- Behavioural and sleep difficulties
- Problem solving

What To Expect

After an initial assessment with both you and your child, we work collaboratively with you, the parent/carer, over 6-8 sessions. These sessions may consist of:

- Learning about the cause and maintenance of anxiety/behavioural difficulties in children
- Setting and working towards goals that your child would like to achieve
- Developing techniques in sessions that you can use at home when supporting your child

We can also signpost to other services that may be able to better support the child/young person. We can support them to access more intensive CAMHS support if it is needed.

Why Is My Child Worrying?

Worries/fears are normal. Worries come and go. Sometimes worries can grow over time and stop your child from doing something or going somewhere. For example, they may make your child:

Avoid going upstairs on their own at home	Avoid speaking to new people	Have sleep difficulties
Avoid going to a park where there may be dogs that frighten them	Feel less confident in themselves, thus unable to do their best or enjoy activities.	

Working Together To Create Positive Change

We can think of all behaviour as a form of communication. When we hold this in mind it's important we try to understand what drives behaviour. This can often be difficult for children and young people to express or identify themselves.

Through our interventions we will work together with you to help identify needs and emotions underlying the behaviour. This greater understanding offers the opportunity to explore helpful coping strategies to create positive changes over time.

if it may help you or your child. You can self-refer, it can be quicker than maybe going through the Early help route, let us know if you would like support in applying and we will sit alongside you throughout. Mrs Russell's email is senco@larchfieldschool.co.uk.

Message from GEMS

We are excited to announce a new date for our sleep workshop with the wonderful Parenting Special Children.

This workshop is open to families in East Berkshire whose children have or are suspected to have autism and/or ADHD. It explores children's sleep cycles and sleep needs. Reasons behind night settling and night waking. Strategies to feel less stressed when sleep training. Strategies for settling your child to sleep, and staying asleep. Booking can be found here: <https://parentingspecialchildren.co.uk/events/sleep-autism-and-adhd-berkshire-east-june-2026/>

We hope you find this helpful and look forward to seeing you there. Best wishes,

The GEMS team

www.gems4health.com

Facebook: <https://www.facebook.com/Gems4Health>

Instagram: <https://www.instagram.com/gems4health/>



We have popped in a date for the Happy School Bags day. Please save all your old clothes for us, bag them up and bring them in from Monday 8th June. Please note we cannot accept any clothes after 8.45 on the 9th.

An update on Wraparound Care.

Please bear with us, we are working behind the scenes really hard on getting this set up for September, we started the process before Christmas! It is way more complicated than was thought as we have to ensure and consider that the contract, we sign into works for us as a school. The RBWM solicitors will not work on our behalf and so we are having to employ our own solicitors to ensure we get a good agreeable deal for us. We will have to change our cleaning times of the school, potentially reduce free after school clubs and change holiday club provision to name a few. So many things to try to get right! Thanks for being patient, believe me if we could get things agreed quicker, I would be much happier.



Hopefully if you applied to our Reception 2026 intake, you will now know if your child has a place with us. Please be mindful that we are not allowed to make contact with any new allocations until the appeal processes have been completed by RBWM. **But you must accept or they will allocate to someone else.** Once we are through that we

will contact you to arrange the transition of your child into Reception.

Well done to all our certificate winners this week, including Phillip for amazing Rubik cube skills, Alisia for winning a trophy in ballet and Daniela for super swimming, these being outside school achievements.



Have a lovely weekend

Mrs Kearney

Headteacher

Please remember all questions to teachers or home learning communications should be sent to asktheteacher@larchfieldschool.co.uk. Absences and other enquiries go to the school office email larchfield@larchfieldschool.co.uk **All new entries/changes are in green. Please note that events organised/supported by the PTFA can only go ahead if parents become more active members of the PTFA.

Date	Event
Mon 4 th May	Bank Holiday
W/C 11 th May	KS2 SATs Week
Tues 19 th May – 9.00	Y5 Sharing assembly

Mon 25 th May	Half term (1 week)
Mon 1 st June	INSET Day
W/C Mon 1 st June	Start of Y4 Multiplication Check
Thurs 4/5 th June	Year 5 Camp
W/C 8 th June	Phonics Screening Check
Tues 9 th June	Happy School Bags – please save your old clothes and bring them in from Monday 8 th June
Thurs 11 th June – 9.00	Year 2 Sharing assembly
Fri 12 th June	School Games Day (25 th reserve date)
Fri 19 th June – 2.15	Fathers' Day Scavenger Hunt – YR/1
Fri 19 th June	Mufti day – donations for Summer Fair please
Mon 15-17 th June	Y6 Paccar
Sat 4 th July	Summer Fair 11-2.30 TBC
Thurs 9 th July – 6.00	Y5/6 production
Thurs 9 th July – 4.00	2026 Reception children Teddy Bear Picnic
Wed 15 th July – 9.30	iRock concert
Thurs 16 th July – 6.00	Meet the Teacher evening
Fri 17 th July	End of year reports
Fri 17 th July	Y6 Afternoon Tea
Monday 20 th July – 6.00	Y6 Awards night
Tues 21 st July	Whole school trip TBC
Wed 22 nd July – 1.30	End of term

