



Pastoral Focus

Sometimes it can be difficult to know where to turn to, to get help and advice. Our Pastoral Team want to share some of the support there is available over the holiday period and also what we are doing in school.

Hand to Mouth

'An Amazing Journey' with Hand to Mouth is a series of about six short tasks set out for pupils and staff to explore a theme. In a journey, children are offered a stimulus and a short activity to give them the opportunity to think and reflect for themselves. This week both Year 5 and 6 had the opportunity to partake in 'An Amazing Journey'. Year 6 focused on 'Moving On' which is an excellent opportunity to take a moment to reflect on their own journey. Other year groups have enjoyed these experiences throughout the year.



Support throughout the year

As a school we engage with lots of other external agencies to support our families and pupils. As a Mental Health Support Team school we have regular meetings with our excellent 'Education Mental Health Practitioner', Lyndsey Bradley. As an ex teacher Lyndsey brings a wealth of experience to her role of implementing evidence-based interventions for mild-to-moderate mental health issues as well as liaise with external specialist service to help children and young people to get the right support and stay in education.

Invictus Wellbeing

Invictus is a service that support children's wellbeing.

Invictus offer to both Calderdale and Bradford the BREW Project. This a new and simple concept: A child or young person (aged 5-17) can access a confidential and non-judgmental one-to-one support session via telephone, video call, face to face or walk-and-talk sessions.

[Invictus Wellbeing](#)



Invictus Wellbeing assembly which was delivered to teach us how to look after our mental health.

Healthy Minds Calderdale

Most year groups have had input from Healthy Minds Calderdale. Here our Year 4's enjoying a self-esteem workshop learning about what it is and how they can increase their own levels of self-esteem. They took part in various activities that aimed to show each child their individual talents and how everybody is good at something.



Worried about a child or family in the holidays?

Often parents contact us as they are worried about families or a child and don't know how to help. The NSPCC has links and our school website has local links too. It's so very important we all work together to safeguard children. [NSPCC Reporting Abuse Page](#) [St Michaels Safeguarding Page](#)

Transition Week

Our teachers have already started to have transitional conversations and some children have already begun transitional activities as we know that some need that little extra. For those heading to Secondary School we've already liaised with teams and again, some have started their transition and extra transition is in the diary for others! We finish the end of our summer term with transition into pupils new classes so they are already to hit the ground running in September and hopefully alleviate any worries they may have.

Don't forget...

Before returning in September you can contact our Pastoral Team from our website by clicking [here](#) for any updates you wish to share that may occur over the summer holiday. You will also find many links there to support families pastorally.

Family Hubs Calderdale North Halifax Partnership
A better future for all generations

Family Support Telephone Advice Line

Call our advice line to request a call to speak to one of the Family Support Team for advice and support on issues that are affecting you and your family.

Wellbeing support
Signposting to services
Parenting Advice
Behaviour support

Call us on: 01422 251090

Locala Health & Wellbeing SINGLEPOINT OF CONTACT

0300 304 5555

The School Nursing Team in Calderdale can provide a range of support to children, young people, families and carers.

Healthy Futures Calderdale
For advice and support about any physical health or emotional wellbeing concerns.
Young People: 07480635297
Parents/ Carers: 07507332157
Text to start a conversation
ChatHealth

Relationships Matter

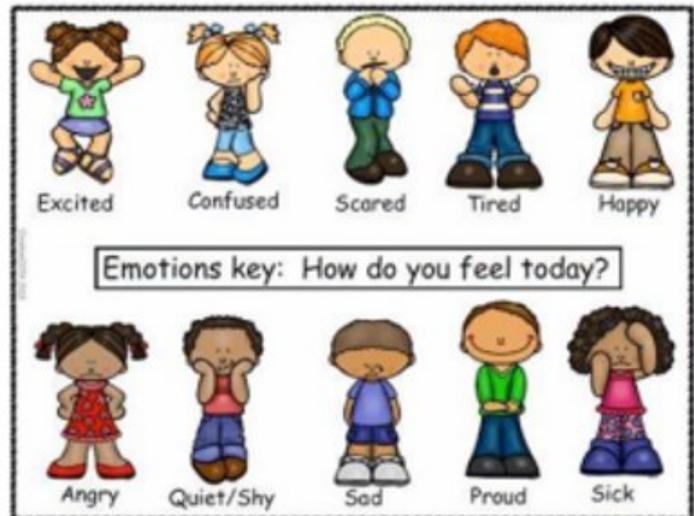
Please can we ask families to take the time to look at the following website. This is extremely supportive for families. It's a great tool to helping families and couples whether together or separated to understand and build healthy relationship. [Home - Relationship Matters](#)

The ZONES of Regulation

| The BLUE zone | The GREEN zone | The YELLOW zone | The RED zone |
|---|--|--|---|
| | | | |
| How might you feel? | How might you feel? | How might you feel? | How might you feel? |
| sad tired bored moving slowly | happy okay focussed ready to learn | nervous confused silly not ready to learn | angry frustrated scared out of control |
| What might help you? | What might help you? | What might help you? | What might help you? |
| Talk to someone Stretch Take a brain break Stand Take a walk Close my eyes | The goal of this exercise is to get to the GREEN zone. What can you do to be happy, calm and ready to learn? | Talk to someone Count to 20 Take deep breaths Squeeze something Draw a picture Take a brain break | Stop what I'm doing Make sensible choices Take deep breaths Ask for a break Find a safe space Ask for help |

Why is regulation important?

- Regulation is something everyone continually works on whether we are aware of it or not.
- If we can recognise when we are becoming less regulated, we are able to do something about it to manage our feelings and get ourselves to a healthy place.
- This comes more naturally for some, but for others it is a skill that needs more attention and practice.
- This is the who The Zones of Regulation can help



Sorting Emotions into Four zones

- Feelings are complicated. They come in different sizes, intensities, and levels of energy that are unique within our brains and bodies.
- To make them easier to talk about, think about, and regulate, The Zones of Regulation organises our feelings, state of alertness, and energy levels into four coloured Zones – Blue, Green, Yellow, and Red.
- The simple, common language and visual structure of Zones of Regulation helps make the complex skill of regulation more concrete for learners and those who support them.
- We learn to regulate our Zones to meet our goals and task demands, as well as support our overall well-being.

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Some reminders of support that is available, not just in the holidays

Try High HOLIDAY CLUBS!

FOR AGES 7-11

FUN-PACKED HOLIDAY CLUB FOR CHILDREN WITH SPORTS, GAMES & CREATIVE ACTIVITIES!

- FREE for children eligible for free school meals.
- BREAKFAST and hot LUNCH provided.
- 4 day programme 10am-2pm.

CALDER COMMUNITY SQUASH

INVICTUS well-being

FIND OUT MORE & BOOK NOW

invictuswellbeing.com/tryhigh

HEALTHY HOLIDAYS CALDERDALE

COMMUNITY FOUNDATION FOR CALDERDALE

Calderdale Council

Family Hubs Calderdale

North Halifax Partnership
A better future for all generations

ONE FOR ALL SEN GROUP

Ash Green Family Hub & Kevin Pearce Family Hub
To book your place please call 01422 243941

OUR 2025 DATES AND TIMES

| | | |
|---------------------|------------|--------------|
| APRIL 12TH 2025 | 10-11.30AM | ASH GREEN |
| APRIL 26TH 2025 | 10-11.30AM | KEVIN PEARCE |
| MAY 10TH 2025 | 10-11.30AM | ASH GREEN |
| MAY 17TH 2025 | 10-11.30AM | KEVIN PEARCE |
| JUNE 7TH 2025 | 10-11.30AM | ASH GREEN |
| JUNE 21ST 2025 | 10-11.30AM | KEVIN PEARCE |
| JULY 5TH 2025 | 10-11.30AM | ASH GREEN |
| JULY 26TH 2025 | 10-11.30AM | KEVIN PEARCE |
| AUGUST 2ND 2025 | 10-11.30AM | ASH GREEN |
| AUGUST 30TH 2025 | 10-11.30AM | KEVIN PEARCE |
| SEPTEMBER 6TH 2025 | 10-11.30AM | ASH GREEN |
| SEPTEMBER 27TH 2025 | 10-11.30AM | KEVIN PEARCE |
| OCTOBER 4TH 2025 | 10-11.30AM | ASH GREEN |
| OCTOBER 25TH 2025 | 10-11.30AM | KEVIN PEARCE |
| NOVEMBER 8TH 2025 | 10-11.30AM | ASH GREEN |
| NOVEMBER 22ND 2025 | 10-11.30AM | KEVIN PEARCE |
| DECEMBER TBC 2025 | 10-11.30AM | ASH GREEN |
| DECEMBER TBC 2025 | 10-11.30AM | KEVIN PEARCE |

ASH GREEN FAMILY HUB, SUNNY BANK ROAD, MIXENDEN HX28RQ
KEVIN PEARCE FAMILY HUB, OVENDEN ROAD, HX55RQ