



# Newsletter

FRIDAY 3RD OCTOBER 2025

Dear Families,

Another great fortnight of hard work at school. We have started a new technique for teaching writing called "Talk for Writing", where children get the chance to verbally rehearse and act out texts. I'm sure if you ask them at home, they will be able to recite some of them for you! We look forward to seeing an improvement in the children's writing as a result of this.

We're now looking at **Friday 7th November** for our new date to celebrate, as we'll be joining the IMAT from the beginning of November and will 'officially' become Willow Tree Primary School. It's a bit confusing in the meantime, but we are excited about the changes over the next few weeks - look out for our new school signs coming soon.

We had a fantastic day yesterday with photos being taken for our new Willow Tree website. The children looked incredibly smart and represented our school brilliantly. We even had a chance to take a whole school photo to go up in our school entrance! I look forward to sharing the new website with you soon.

This week, I have had the pleasure of meeting with headteachers from other Watford schools. We look forward to working closely with them and extending our community links, which will bring valuable opportunities for our children.

Please can I remind you that children should be wearing **black school shoes** and **dark grey school trousers**. We have noticed a number of children wearing different coloured trainers and tracksuit bottoms recently. Additionally, with the weather changing rapidly, it is also important that all children have a **coat in school** with them **every day**; they can keep them in their bags if they don't want to wear them in the morning. The children spend most of the lunch hour outside so we need to make sure they are warm and dry in the autumnal weather.

Wishing you all a lovely weekend.

Miss Mortlock



## Jumpers

We have a large number of jumpers being left in the playground. The vast majority of these are unnamed. Please ensure you are naming your children's clothing and encouraging them to store them in their bags. If they are outdoors, they can leave them at the classroom door.



## Medical

If your child uses an inhaler, or any other medication, please can you ensure that we have two in school. One will be kept in the classroom, and another locked in the office as a back up. We are in the process of contacting parents to ensure that we have the correct medication to keep the children safe.



**First aid**



# Online Safety

It is important to have open conversations with your child about being safe online, and treating people with the same respect they would in real life. We are having a number of reports about children being unkind and using unacceptable language towards each other outside of school. Please make sure that you know what your children are doing online and who they are speaking to. Most social media apps are for children beyond primary school age, so please monitor this as well. We will continue to educate the children about online safety and value your continued support to keep them safe online at home.

**BE SMART ONLINE** 

**S SAFE** Keep your personal information safe. When chatting or posting online don't give away things like your full name, password or home address. Remember personal information can be seen in images and videos you share too. Keep them safe to keep yourself safe.

**M MEET** Meeting up with someone you only know online, even a friend of a friend, can be dangerous as this person is still a stranger. If someone you only know online ever asks you to meet up, for personal information or for photos/videos of you then tell an adult straight away and report them together on [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

**A ACCEPTING** Think carefully before you click on or open something online (e.g. links, adverts, friend requests, photos) as you never know where they may lead to or they may contain viruses. Do not accept something if you are unsure of who the person is or what they've sent you.

**R RELIABLE** You cannot trust everything you see online as some things can be out of date, inaccurate or not entirely true. To find reliable information compare at least three different websites, check in books and talk to someone about what you have found.

**T TELL** Tell a trusted adult if something or someone ever makes you feel upset, worried or confused. This could be if you or someone you know is being bullied online. There are lots of people who will be able to help you like your teachers, parents, carers or contact Childline - 0800 11 11 or [www.childline.org.uk](http://www.childline.org.uk)

**BE SMART WITH A HEART**  
Remember to always be smart with a heart by being kind and respectful to others online. Make the internet a better place by helping your friends if they are worried or upset by anything that happens online.

[WWW.CHILDNET.COM](http://WWW.CHILDNET.COM)

**CROXLEY GREEN PARISH COUNCIL**

COME & JOIN US FOR OUR  
**CHARITY DOG SHOW & FETE**

**SUNDAY 5TH OCTOBER**  
**AT STONE'S ORCHARD**  
**11.00 AM - 4.00 PM**

Activities: Face Painting, Dog Treats and accessories, Tombola, Garden Games, Raffle, Street Food, Inflatables, Agility Course, Stall Holders, Test your Strength.

For more information:  
[events@croxleygreen-pc.gov.uk](mailto:events@croxleygreen-pc.gov.uk)  
[www.croxleygreen-pc.gov.uk](http://www.croxleygreen-pc.gov.uk) - 01923 710250

**JOIN US FOR A DAY OF FUN FOR ALL THE FAMILY**

**ALL PROCEEDS RAISED WILL BE DONATED TO:**

 



## South West Herts Partnership

### Tips & Advice:

## CHILD MENTAL HEALTH

### INTRODUCTION

Child mental health refers to the emotional, psychological, and social well-being of children, which influences how they think, feel and behave. Family life, school experiences and trauma are all factors that can significantly impact a child's mental health. Early recognition and support are essential to help build resilience and cope with lives challenges to enable them to grow into healthy, well-adjusted adults.

### IMPORTANT FACTS

- Mental health issues are common and can affect anyone regardless of age, genders and backgrounds.
- Most common mental health disorder in children is Anxiety & depression. Prevalent conditions include: ADHD, Autism, Conduct and Eating disorders
- Children with mental health conditions are more likely to struggle academically, experience bullying or exclusion, have poorer physical health and face difficulties in later life.
- Early intervention is crucial for improving outcomes and preventing long term affects. Help & support is available.
- Having strong supportive relationships are vital and can significantly impact mental health.

### TIPS/TOOLS

- **Open Communication** - provide a safe space - use active listening - non-judgemental - show empathy.
- **Healthy routines**— regular sleep, nutritious meals and limiting screen time.
- **Creative Activity**
  - ⇒ **journaling** - record thoughts, feelings and self-reflection.
  - ⇒ **Art therapy** - enable children to express themselves in a non-verbal way through various art forms e.g. painting, collage.
  - ⇒ **Music** - listening or creating music is a powerful way to reduce stress and improve mood.
- **Mindfulness Practices** such as mindful breathing or movement can help manage stress and overall well-being.
- **Positive Affirmation** - short positive statements that children can repeat to themselves to help boost self-esteem and confidence.

#### Access free printable resources:

- [GoZen.com/printables/](https://www.gozen.com/printables/)
- [Free Occupational Therapy Worksheets and PT Resources - Your Therapy Source](https://www.freeoccupationaltherapyworksheetsandptresources.com/your-therapy-source)
- <https://connect.kooth.com/for-families>

### SIGNPOSTING

- ⇒ [NHS https://www.nhs.uk/contact-us/out-of-hours-helpline/](https://www.nhs.uk/contact-us/out-of-hours-helpline/)
- ⇒ <https://www.hertsmindnetwork.org/services-for-young-people/>
- ⇒ <https://www.justtalkherts.org/just-talk-herts.aspx>
- ⇒ <https://www.childline.org.uk/>
- ⇒ <https://firststepsed.co.uk/>

#### We can offer support with mental health and emotional wellbeing (school referral only):

- We can support with **CAHMS/PALMS referrals**.
- We can provide emotional support with **1:1's, Drop-in sessions, Coffee mornings and group work**.
- We can provide **workshops in emotional wellbeing, exam stress, protective behaviours and transition**.
- Produced the **SWHP 'All About me Game'** to use with our schools and promote self-esteem, help relationships and support young people's sense of self-worth.



<https://www.southwesthertspartnership.org.uk/>

Please visit our website as above or click on the QR code and start following us for more guidance, support and signposting.

