



**DODFORD FIRST SCHOOL  
NEWSLETTER**  
*Every Day, a Learning Journey*

Fockbury Road.  
Dodford,  
Bromsgrove, B61 9AW  
office@dodford.worcs.sch.uk  
Headteacher: Mrs Lisa Parkes

'We are thinking about the value 'resilience' this half term...

What is resilience?

Resilience is the process of adapting well in the face of adversity, trauma or stress.

## BUILDING RESILIENCE

Resilience is our ability to cope in the face of adversity, trauma or stress. This is something we begin to learn in childhood.



Here are some top tips for helping children build resilience.

- ✓ Remember, bad feelings don't last, have a purpose and prompt us to do things differently.
- ✓ Try to normalise setbacks. Help your child to see that it is not unusual to have difficulties in life.
- ✓ Help them to see that problems can be solved.
- ✓ Encourage young people to keep things in perspective – the problem is usually confined to only one part of their lives.
- ✓ Remember the value of humour – laughing can be a great release (but only if it is well-intentioned).
- ✓ Encourage children/ young people to accept responsibility for their actions.
- ✓ When reading stories, or discussing events, point out how people manage to overcome difficulties.
- ✓ Remember that learning is often frustrating. Encourage children/ young people to persist and believe they can get there.
- ✓ Provide support. Help them to see there are people who care about them and can give them help and advice when needed.
- ✓ Create a positive environment emphasising the importance of relationships and having a sense of purpose.

For more resources on mental health visit  
[www.parentingni.org/family-wellness-project](http://www.parentingni.org/family-wellness-project)



### **CLUBS**

**THURSDAY 3.15—4.15**

**SCANDANAVIAN SPORTS**

**FRIDAY 3.15—4.15**

**FOOTBALL CLUB**

### **ATTENDANCE**

**WRENS— 98%**

**ROBINS 1— 95%**

**ROBINS 2— 96%**

**OWLS 3— 97%**

**OWLS 4— 97%**

### **STAR AWARDS:**

**WRENS: MEILA**

**ROBINS 1: ALEX**

**ROBINS 2: WILLIAM**

**OWLS 3: WILLIAM**

**OWLS 4: ISLA**

### **HOUSE POINTS:**

**AVON: 67**

**TEME : 41**

**SEVERN: 53**



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### Feel Good Friday

This coming Friday is our monthly Feel Good Friday. The theme this month is **resilience**. The children will participate in games with Jon, our sports coach, which will encourage them to be resilient!



### Big Garden Birdwatch

During the weekend of **28th-30th January**, people across the UK are asked to take just one hour of their time to count the birds seen in their gardens and outdoor areas. Over the past 30 years it has generated some interesting results, which then helps provide a valuable insight into the national population of garden birds. We will be watching out for the birds around school and will be asking you to do the same at home. Please do click [here](#) to find out more information about how to take part.

### Inventions Day Superstars

Inventions day was a great success and the children embraced the theme fully, dressing up in all sorts of wonderful and wacky costumes and also bringing in a wealth of knowledge to share with others in their class. Alongside this, each class also studied a particular invention—we hope they told you all about their findings when they got home. Take a look on our Twitter page for more information and pictures of our Dodford Inventors!

### Lateness

We are still experiencing high numbers of late arrivals to school and ask that you allow for extra travel time to ensure your child is in school for 8.50am. The icy mornings and numerous roadworks around Bromsgrove are slowing everyone down!

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#### Friday 28th January

Feel Good Friday—theme  
'resilience'

#### Friday 28th January

Big Garden Birdwatch

#### Friday 4th February

National Number Day (NSPCC)  
(Dress up for digits NSPCC theme)

#### Tuesday 9th February

Safer Internet Day

#### Monday 14th February

Love & Gratitude Day  
(Dress in a colour that represents  
love to you)

#### COMING SOON!

14th—18 March

STEM Week



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### **Staying Covid safe**

Staff will continue to lateral flow test twice a week and changes are happening next week from Thursday 27th January in regards to mask wearing allowing organisations to make decisions on how to keep their communities safe. Staff at Dodford will continue to wear masks in communal areas and will personally choose whether they wish to wear a mask at other times. If you believe your child is displaying any of the signs of COVID 19, then please do follow public health guidance and notify school via [keepingintouch@dodford.worcs.sch.uk](mailto:keepingintouch@dodford.worcs.sch.uk) Children must not come into school if they are symptomatic as we work together to keep our community and families safe. Thank you for continuing to work with us.

### **Launched last week**

The government's New Better Health campaign, including a new NHS Food Scanner App, launches today to help parents improve their children's diet. Click [here](#) for more information or visit the new Food Scanner App.

### **Young People's Health and Emotional Wellbeing Survey**

Healthwatch Worcestershire would like to find out what young people think about health and social care services in the county. The survey which runs until the end of January 2022 wants to hear the views and experiences of young people (age 13 to 19) in Worcestershire about their health and wellbeing, the impact of COVID-19 and what they think about online information and support for emotional wellbeing. For those with older children, this may be of interest to you. The survey can be completed online at: <https://www.surveymonkey.co.uk/r/HWW-YP>

Paper copies of the survey and prepaid reply envelopes can be requested by phoning 01386 550264 or emailing [info@healthwatchworcestershire.co.uk](mailto:info@healthwatchworcestershire.co.uk).

Printed copies of the survey can be returned to: Freepost RTEE-GKAT-SRLR, Healthwatch Worcestershire, Civic Centre, Queen Elizabeth Drive, Pershore, Worcestershire, WR10 1PT

### **New Mental Health Site Launched**

We all recognise the importance of healthy bodies and minds. It is good news to see that a new Mental Health site has been launched, designed in collaboration with mental health professionals from child and adolescent mental health services (CAMHS) and young people, the site acts as a one stop shop for children, young people, families and professionals who are seeking advice and support about mental health. The new site can be accessed at <https://camhs.hacw.nhs.uk/>