

Longfields Weekly Communication



10th January 2025

Dear families,

Happy New Year! As we step into 2025, I am delighted to welcome you and our children back to Longfields Primary and Nursery School. I hope you all had a restful and enjoyable break.

Engagement and Participation

We believe that active engagement and participation from both children and parents are crucial to our school community's success. Here are some upcoming events where we encourage your involvement:

- **Annual Parent-Teacher Meetings:** Scheduled for 11th and 13th February. This is an excellent opportunity to discuss your child's progress and any concerns.
- **Volunteer Opportunities:** We are always in need of parent volunteers for various school activities. We will be running some coffee mornings to share some of the different ways you can volunteer with us, watch this space!

Our Commitment

At Longfields Primary and Nursery School, our commitment remains to provide quality education and support for all students. We strive to create an inclusive and nurturing environment where every child can thrive.

Next Steps

- **Stay Informed:** Please ensure your contact details are up-to-date with our school office to receive all communications.
- **Feedback:** We value your feedback. Please feel free to share any suggestions or concerns by contacting the school directly. Our office team are only too happy to help.

Thank you for your continued support and collaboration. We are looking forward to another successful year with you and your children.



★ Stars of the week! ★



Dates for your diary:

- 16.01.2025—Year 4 Meeting re Everdon (after school)
- 29.01.2025—Year 1 to Oxford Science Centre
- 06.02.2025—Year 5 to Hampton Court Palace
- 11.02.2025—Parents Evening
- 13.02.2025—Reception and Year 6 height and weight measuring
- 13.02.2025—Parents Evening
- 14.02.2025—Last day before February half term
- 24.02.2025—First day back after half term

Please see School Life Calendar for full dates



Dear Parents/Carers

FLU VACCINATIONS CONTINUE TO BE AVAILABLE

Has your child received their free Flu vaccination? It is not too late to vaccinate your child against Flu and the Flu season is just getting started. Remember that by vaccinating your child, you are not just helping to protect them, but you are also helping to protect your friends and family, too, some of whom could be at a greater risk from flu. If your child is vaccinated it will reduce the chance of others “catching” flu from them.

If your child hasn't been vaccinated and you would like to arrange an appointment, please see below how you can do this.

If you have already completed a vaccination Consent Form but your child has not yet had their vaccination please go to the `Parent and Carers` area of our [website](#), to arrange a Clinic booking. To be able to book an appointment you will need the unique booking reference that you received via email when you submitted the Consent Form. This email will be from school.immunisations@nhs.net and may have gone direct to your junk folder.

If you have not completed a Consent Form please go to the `Parent and Carers` area of our [website](#), where you will be able to access both the Consent Form and the school code you will need to complete the Form. Once you have submitted the Consent Form, you will receive an email from school.immunisations@nhs.net which will include your unique booking reference and a link for you to book the clinic appointment.

You may also have received previous reminders from us, to submit a Consent Form and/or book a clinic appointment, either via email, text message or both! These messages will also contain the links you need to get your child vaccinated. If you have not been able to find a convenient clinic appointment, please keep looking as we will be continuing to add more dates and locations throughout January.

If you require an interpreter to help you get your child vaccinated, please email the following information to immunisationteam@oxfordhealth.nhs.uk and we will then call you with an interpreter.

Childs Name,

Parents Name,

Language spoken

Telephone number

If you have any queries please email us at immunisationteam@oxfordhealth.nhs.uk and include your Childs name, DOB and the school they attend.

Thankyou

Oxfordshire School Aged Immunisation Team

Website address- <https://www.oxfordhealth.nhs.uk/imms>

HOW Nurturing Programme Parent Groups have helped other parents

"I am a much more confident, positive and understanding parent. I feel much more able to cope now."

"We are having less family arguments and the household is a lot calmer."

"The group was fun. It's the only two hours I have for myself each week."

"The atmosphere was really relaxed. No-one judged anyone and everyone was listened to and respected."



Check out emotionalhealth.org.uk for more information on *The Parenting Puzzle* book and The Nurturing Programme

The 10-week Nurturing Programme for parents and carers

Where:

Brookside Primary School, Bucknell Road, Bicester, OX26 2DB

This is a course for parents of pupils from Brookside, Launton and Longfields Schools

When:

The course will run from the 25th of February to the 13th of May every Tuesday (excluding the Easter Holidays) at 12.30pm- 2.30pm. Tea and coffee and biscuits will be available.

Contact details:

Please email familylinks@brookside.oxon.sch.uk to book your space.



emotionalhealth.org.uk
Registered charity 1062514



The Nurturing Programme

Information for Parents and carer

How to get the best out of family life



What is the Nurturing Programme?

Children are rewarding, stimulating and fun, but looking after them can be stressful and challenging.

The Nurturing Programme helps deal with those challenges so that you can have a calmer, happier life.

A tried and tested programme, it helps us think about what we do, why we do it and how it makes us feel.



What does it cover?

Over the 10-week Programme, you will look at lots of different topics, including:

Understanding why children behave as they do

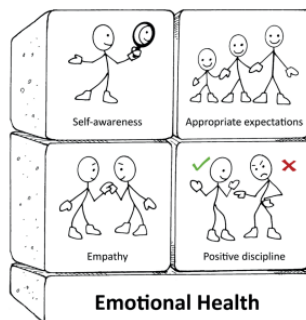
Recognising the feelings behind behaviour (ours and theirs)

Exploring different approaches to discipline

Finding ways to develop co-operation and self-discipline in children

Learning the importance of looking after ourselves

The Four Constructs of the Nurturing Programme



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Practical information

Partners are welcome and it's also fine to come on your own or with a relative or friend

There are ten 2-hour sessions with a tea and coffee break

8-10 parents are invited and there are two trained group leaders

Some groups provide a creche; check with group leaders beforehand

You need to come to all ten sessions as they fit together like a puzzle



Katie Swinburn our Home School Link worker alongside Karen Ariss from adult education at Abingdon and Witney College will be running a free 10-week nurturing programme for parents. It is a fantastic course that supports parents in building emotional health for the whole family. It can help provide strategies to understand, recognise and regulate children's behaviour at home. You are more than welcome to come along to the first session before deciding if you want to attend the whole course.

The course will run from the 25th of February to the 13th of May every Tuesday (excluding the Easter Holidays) at 12.30pm to 2.30pm at Brookside School. Tea, coffee, and biscuits will be available. Please email familylinks@brookside.oxon.sch.uk to book your place or ask any further questions