



Welcome to the 10th issue of Fountain Head House School's 'The Splash'!

Headteacher update

Dear Parents & Carers,

February has passed so quickly with the half term break, I hope that you all managed a well-deserved rest and enjoyed the chance to recharge.

We have focused particularly on the mental health of our pupils this month, thanks to 'Children's Mental Health Week'. The theme for this year was 'Let's Connect', so we looked at how it is completely normal for our relationships with others to change and fluctuate over time.

We are looking forward to 'World Book Day' on Thursday 2nd March, more details of our plans for this day can be found below.



I would also like to urge parents to take a look at the information below around keeping your children safe online - a hugely important topic for us all.

With kind regards,

Thereza de Lucca

Headteacher

World Book Day

We are looking forward to celebrating World Book Day this year with your child on **Thursday 2nd March**.

The main focus for the day is to encourage children to explore different genres of books and develop a passion for reading. This is because there are many benefits which include:

- increased vocabulary,
- heightened empathy
- improved concentration.

If children would like to dress up for World Book Day as a favourite character, or even perhaps a word, then they may, but this is not compulsory.

To celebrate World Book Day this year we would love it if your child could bring in their favourite book. This may be a favourite childhood book, or a book they are currently reading. It could even be a book they plan to read. We will encourage children to share their books with their peers and adults in the school over a reading picnic.

We have emailed a book voucher to parents/carers, together with information on how this can be redeemed to receive a free book. If anyone didn't receive this, or needs this information re-sent, please let us know.



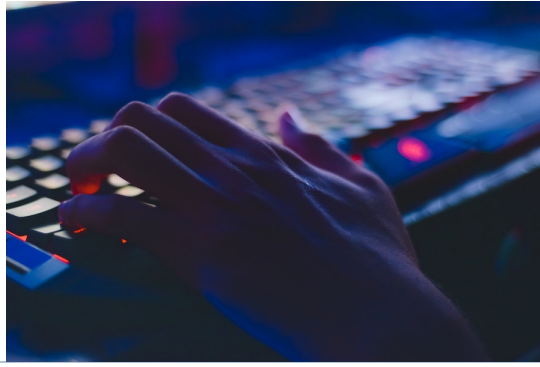
Online safety

Following on from the information in last month's newsletter about online safety and parental controls, we have written a blog article which focuses on a number of additional ways that you can help to keep your child safe online.

We have also included some information about starting the conversation with your child about how they are using the Internet, and how important it is to tell you if they have seen something online that made them feel uncomfortable or concerned.

Please click on the button below to read the full blog article:

[Read the blog article](#)

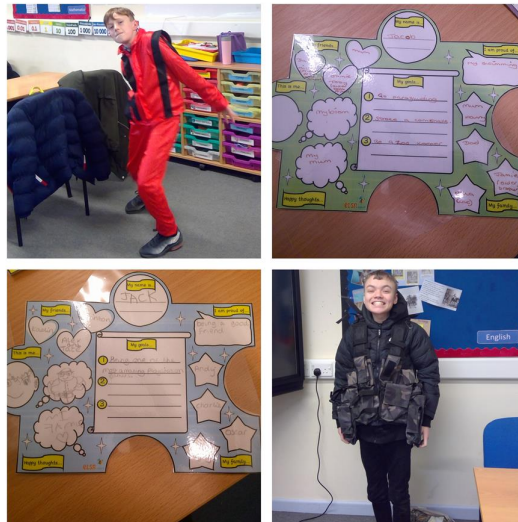


Children's Mental Health Week

Before the half term break, we celebrated 'Children's Mental Health Week', which is led by Pace2be, a children's mental health charity that provides counselling and mental health support and training in UK schools.

This year's theme was 'Let's Connect', so we looked at considering our own friendships and relationships, and how it is completely normal for these connections to change all the time, including getting stronger, or can even stretched and torn.

On the last day of term, the children could 'Dress to Express' for the day, and were able to wear something that expresses who they are, their favourite colour or even a feeling.



Upcoming dates for your diary

Please see below some important upcoming events that we have planned for the school, which parents and carers are most welcome to attend:

- **Monday 6th to Friday 10th March - CAREERS Week** – theme: How am I going to make a difference? My aspirations and dreams
- **Friday 31st March - School Community Day (Easter Picnic)**

- **Wednesday 26th April** - Coffee morning
- **Wednesday 24th May** - Afternoon Tea
- **Wednesday 28th June** - Coffee morning
- **Friday 7th July** - Sports Day
- **Thursday 20th July** - School Community Day (Achievement Day)

We look forward to seeing you there!



Update from the Chair

Hello everyone,

Hope you are all keeping well.

I was delighted to see photos from the 'Dress to Express' day in February to celebrate the end of Children's Mental Health Week by students and staff expressing who they are, their favourite colour or a feeling.

I was also very pleased to see many parents and carers attending the end of February coffee morning at the school because parental engagement is very important to us, and we always welcome your views on what we

do to provide the very best learning opportunities for all our children.

With kind regards, as always.

Julie

Dr Julie Smith

Chair of the Board

Survival Skills

Our pupils have been learning outdoor survival skills and basic first aid, in preparation for their Duke of Edinburgh expedition.

The weekly sessions are led by 'Footsteps of Discovery', a team of expert instructors. You can read the full story by clicking on the button below:

[Read the full story](#)



County Lines Drug Gangs

Devon and Cornwall Police have recently published information about the ways that County Lines Drug Gangs are increasingly targeting young people to move money and drugs around the country.

Vulnerable children and young people, for example those who are homeless or living in care, have special educational needs or mental health problem, are targeted by gangs and are recruited, often via social media.

Please take a minute to look at the poster below to what the signs are that you should look out for.



Children are being exploited by gangs involved in drug crime. Know the signs to spot.

County lines gangs use children to courier drugs and money across the country. Children are targeted for recruitment by these gangs in public spaces, such as shopping centres and high streets.

Have you seen:

-  A child, sometimes as young as 12, alone in a shopping centre or high street either during school hours or unusual hours (early in the morning, late at night)
-  Are they obviously being approached or intimidated by a controlling, peer or group?
-  They could be receiving excessive texts or phone calls
-  They might seem unfamiliar with the local area, or not have a local accent
-  Are they deliberately avoiding authority figures such as police officers or security guards?
-  Some may be with older individuals who are purchasing tickets for them or giving them money for tickets

If you spot a vulnerable young person you should immediately take steps to safeguard the young person in line with your company's safeguarding policies.





Where else can you find information, help and support?

Parenting and family support - Family Lives:
www.familylives.org.uk

Anna Freud National Centre for Children and Families:
www.annafreud.org

Young Minds: www.youngminds.org.uk

SEND IASS Cornwall: www.cornwallsendiass.org.uk/

Plymouth PIAS: www.plymouthias.org.uk/



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