

GROVE HOUSE SCHOOL



Newsletter, 26th January 2018

Lunch Time Clubs

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Coding Club	Mindfulness Club or Games Club (3E/3P/4H)	Colouring/Art Club or Games Club (2M/2R/3D)	Board Games Club	Library Club

We offer a variety of clubs during lunch time for our pupils. They are very popular with our pupils as they allow social interaction for our pupils across all age groups. On Fridays our Library club is run by Mrs Newton, Mrs Lang and Miss Peters (a volunteer from Becket Keys 6th form). The children do reading, quizzes and help catalogue our library books.



Building Resilience Workshop

On Wednesday 31st January the Children's Society are coming in to talk to parents and carers about building resilience in themselves and their child. This will take place at Grove House during our PTFA coffee & catch up morning at 9:15am. Please do come along as it will be a very useful session.



At Grove House we are looking to reduce our paper usage by sending out communication to parents & carer's electronically. Therefore we would like all parents to sign up to ParentHub. We have already started sending out letters, newsletters via this app to the parents who have signed up. This is a more cost effective, convenient way to send out information to our parents. Please help us reduce our carbon footprint and save the school money by signing up to ParentHub. Thank you.



admin@grovehouse.essex.sch.uk



www.grovehouseschool.co.uk



01277 361498



**Do you know of a young person aged 11-17
who is self harming?**

FLASH is a group course, free for parents/carers of a young person that is exhibiting self harming behaviour. The course aims to:

- Explain self harm and how to relate
- Demonstrate the developmental processes
- Deliver practical strategies
- Improve listening, praise and encouragement skills
- Set realistic expectations of parents/carer

For more information or to book your place, call CAVS Family Mentoring Service on 01268 638405, Family Solutions on 03330138939

email familymentoring@castlepointcavs.org.uk or Family.solutionsouth@essex.gov.uk



InterAct

On 22nd February 2018 InterAct will be hosting a soft play session followed by Quasar games at Robbie Rascals from 6-8pm. This is a free activity for ages 12 years and over. Refreshments are provided. Please wear long sleeves and socks. You can book online:

www.interact.org.uk/booknow/

[tending](http://www.interact.org.uk/booknow/tending) or call InterAct Young People Team on 01245 608206 for more information.

Dates for your diary

Wed 31st Jan: PTFA Coffee Morning & One off Workshop for Parents & Carers - Building Resilience

Tues 6th Feb: Safer Internet Day

Mon 19th Feb: Annual Review/EHCP meetings commencing

Thurs 1st Mar: World Book Day

www.kooth.com is a free, confidential, safe and anonymous way for young people aged 11-26th birthday to ask for help from a team of highly qualified and experienced counsellors and support workers. This is a service that has been commissioned by Southend, Essex & Thurrock CCGs, for all young people who live in Southend, Essex & Thurrock to be able to access.

Kooth.com is a well-established, award winning online counselling agency and is accredited by The British Association of Psychotherapy and Counselling (BACP). Founded in 2001, they are leading pioneers of online counselling in the UK, having won a number of prestigious awards.

It is a transformational lifeline that has successfully helped and continues to reach the very vulnerable, many of whom would never have access to face-to-face counselling.

KOOTH service includes:

- Drop in chats with counsellors
- Booked 1:1 chats with a counsellor
- Themed message forums
- Secure web-based email
- Articles regarding mental health

<https://xenzone.com/kooth/> for information about Kooth

<https://kooth.com/> for the site for young people

We would value your comments on any matters relating to your child's education at Grove House School. Please address these to Miss Christodoulides, Head Teacher