



Highlights

This week has been a particularly busy one! Thank you to the parents and carers who attended the Puberty Workshop. Year 1 loved their Space Explorers Wow day, Year 2 did incredibly well in their assembly and enjoyed the Fire of London Wow day. Our Year 4 children went to the Royal Festival Hall to listen to classical music and some children represented the school in a football tournament!

Of course, the wonderful weather has also given us all a boost this week. The children have really enjoyed learning outside.

Puberty Resources

Thank you to those who attended our Puberty Workshop this week. It was so good to see so many of you there. You will find many resources on page 3 of this newsletter. If you would like re-visit our RSE Policy, you can find it here. You have given us some great ideas that we look forward to putting into practice as soon as possible.

SEND

This week we invited parents and carers of those children on the SEND register to come and meet our governors. Thank you to those who booked sessions. It was a valuable experience and has allowed us to receive honest feedback on which we can continue to improve. If you missed this opportunity and would like to email our governors, please write to them via the school office or at governors@handsworth.waltham.sch.uk

Handsworth Summer Club

25th-29th - July

1st-5th - August

We are considering the possibility of school staff running a Summer Club. We would like to gauge the level of interest and get an idea of the types of activities the children would like to do.

[CLICK HERE](#) to register your interest.





All Stars will start on the 11th May for the first time at our home ground of Bancroft Playing Fields, Ray Lodge Road, Woodford Green IG8 7NZ

[Click here for more information](#)

Dynamos will start on the 10th of May at Britannia playing fields, Walthamstow , E175BF for ages 8-12.

[Click here for more information](#)





<https://www.nhs.uk/live-well/sexual-health/stages-of-puberty-what-happens-to-boys-and-girls/>

Please review these websites and resources before sharing them with your child to ensure they are suitable for your child's level of maturity and understanding. Each child is a unique individual, and all children mature at different rates.

Websites that include videos as teaching aids:

Health promotion: a series of videos, including one on puberty

Amaze: Age-appropriate information, clear and accurate language with many short videos that help explore various topics around puberty, body changes, periods, etc.

BBC's the Big Talk: using video clips, older primary school children pose questions about puberty and how our bodies change.

Websites that include lesson plans as teaching aids:

Outspoken Education: Online resources, including free home-schooling lessons for different age ranges, to support parents to talk openly about bodies, body image and relationships.

Betty for Schools: Curriculum linked lessons for 8-12year olds, which encourage open, respectful and honest conversations about periods and the way they affect girls.

Brook Learn: Parents, carers and teachers can sign up to Brook Learn for free online modules on a range of RSE topics.

Websites and resources for children with additional learning needs:

National Autistic Society: Good advice from the National Autistic Society on how to talk about puberty with a child who has autism.

Books Beyond Words: Books on growing up for parents, to share with children with learning disabilities.

[Autistic children preparing for puberty | Raising Children Network](#)

Books on puberty & growing up

The Book About Periods: For All Young People by Olivia Brinkley-Green: This book is for all young people growing up and wanting to learn about periods, as well as parents, carers and teachers.

The Period Book: Everything you don't want to ask but need to know by Karen Gravelle: This book answers questions about menstruation and will guide you through all the physical, emotional and social changes that come with periods, as well as related issues such as; dealing with spots, mood swings and new expectations from friends and family.

Susan's Growing Up by Sheila Hollins and Valerie Sianson: This is a story about a young woman with a learning disability who starts her period and doesn't know what is happening. Susan receives reassurance from both her teacher at school and her mum, once she returns home.

Hair in Funny Places by Babette Cole: This book uses cartoons of a girl and her teddy bear to explain the changes that happen to our bodies as we grow up.

The Girls' Guide to Growing up Great: Changing Bodies, Periods, Relationships, Life online by Sophie Elkan: An accessible, clear and empowering book for girls going through puberty, or wanting to know more, Looks at body changes, emotions, staying safe and having fun, with advice from other girls and women about growing up.

Questions Children Ask and How to Answer Them by Miriam Stoppard: This book provides age-appropriate answers to a large range of questions that children ask. The author draws on research in child development and addresses what children can handle at each age.

Where Willy Went by Nicholas Allan: By using cartoon and humour, this book explains how sperm meets an egg in reproduction.

Let's talk about the Bird and the Bees by Molly Potter: This book uses clear, easy to understand language to answer questions about sex and relationships. It covers subjects from puberty to consent with accuracy and honesty.

Helping your Kids with Growing Up by Robert Winston: This book demystifies puberty for parents and their children and covers issues such as social media and sexting, while also explaining mood swings, periods and 'breaking' voices.

What's Happening to me? by Susan Meredith: A series of books to help children aged 9 and above understand body changes during puberty and adolescence.

It's Perfectly Normal: Changing Bodies, Growing Up, Sex and Sexual Health by Robie H Harris: A book about changing bodies and growing up, covering a range of topics from puberty, gender identity, sex, masturbation, birth and sexual abuse.

What's happening to me? Usbourne books. Girls & boys editions are available.

If we could look into each other's hearts and understand the unique challenges each of us faces, we would treat each other much more gently, with more love, patience and care.



World Autism Awareness Week: A message to the public

Amazing Things Happen



Child Friendly Safeguarding Policy



Panda knows when to be calm. She understands when to step out of an argument and does not raise her voice if it isn't needed. We encourage everyone to follow Peaceful Panda and respect others if they disagree with your opinion. It is better to discuss your problems with an adult rather than continue arguing.



Unicorn accepts other cultures and stands up for them. She empathises with her friends and tries to comfort them when they are not feeling their best. Although we all like happiness, it's good for your mental health to experience all emotions, and it can make you fully enjoy the good emotions.



Lion is always trying his best, and he learns from his mistakes and knows they can help him. He also respects all his classmates. When he is learning, he always listens and never gives up. We encourage everyone to follow learning lion and make this school a better place by embracing their mistakes.



Squirrel knows how to be safe online and offline. He takes risks but knows how to be careful. We encourage everyone to follow Safety Squirrel by using the internet wisely and listening to trusted adults. If anything happens at school, tell a teacher because they can help you.



Equity Elephant knows that fairness is not always equal but does meet every person's needs so that they can learn together. Meaning that the help given to one child might not be enough for someone going through a rough time at home or a child with special needs.



Our House Captains have visited classes this week to talk about our child friendly Safeguarding Policy. Please share this again with your children at home. It is important they understand how we can keep ourselves and others safe.

Children never, ever **CHOOSE** dysregulation, or any other anxiety related behaviour, in the same way we would never choose to have a meltdown in front of our family, colleagues or friends!

Extreme dysregulation is not a choice, it is a by-product of a brain that isn't coping with something. The brain needs to be showered in love, compassion and safety. Not punishment, fear and shame.



Friday 22nd April
Doors open 7pm

*The UK's best
Kylie Minogue tribute act!*

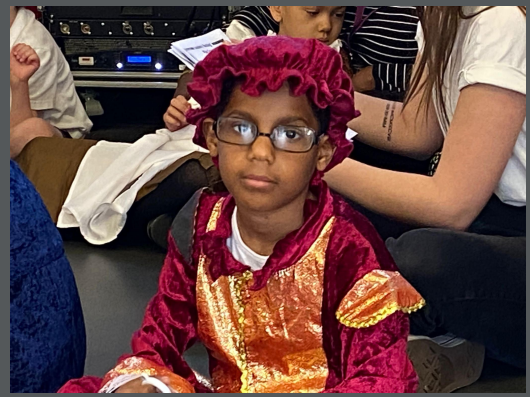
KYLIE on SHOW

At Handsworth
Primary School with
licenced bar & snacks

Tickets £12 buy at
pta-events.co.uk/friendsofhandsworth/

Kindly sponsored by

THE
STOW
BROS

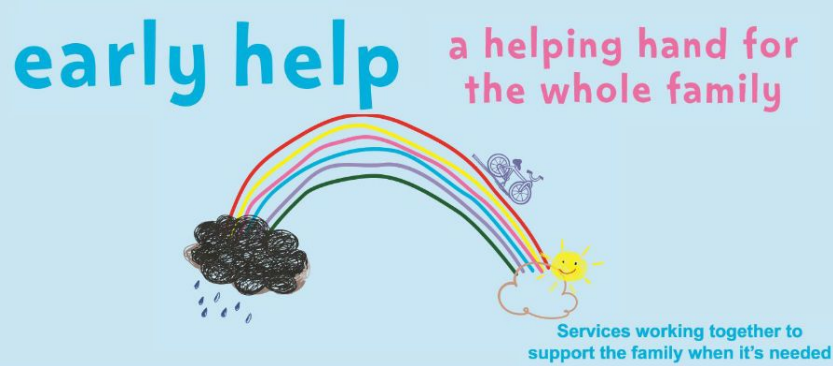


Congratulations to our Handsworth Bake Off winners!



Jaden guessed how many sweets were in the jar!





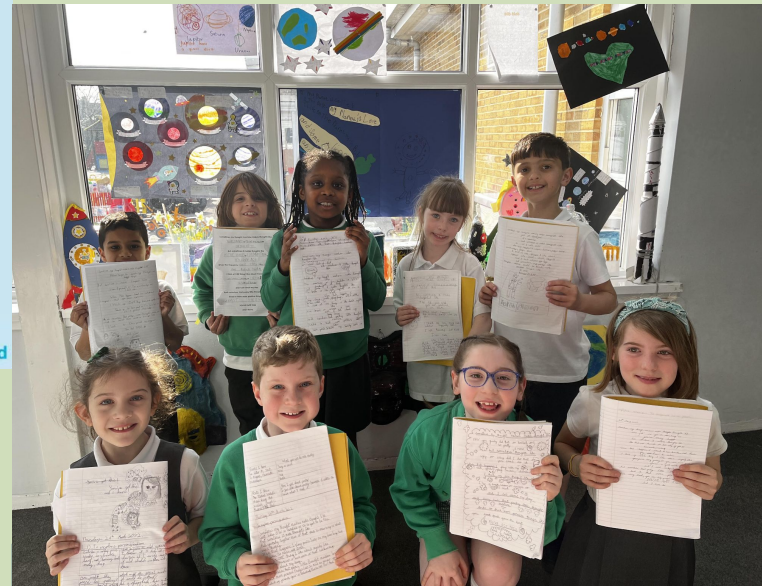
As a school, we sometimes refer families to Early help, also known as early intervention,

Early help support families when a situation first emerges. It can be provided at any stage in a child or young person's life.

There have been many examples of effective early help referrals supporting families at Handsworth.

If you feel you would like support from Early help, please get in touch.

[NSPCC Early Help Information](#)



Sometimes my thought machine makes thoughts like
Excellent! or Great Job! or
Wonderful!

but sometimes it makes thoughts like
What did you do!? or What just happened?! or
This is BAD!

When that happens, I sing, bounce, dance,
jump, skip, run, talk.

I think of ONE thing I like about myself like
Yeeeeesss!!! Your music is great or Fab drawing or
You're a fantastic bookworm!
and I set about my day.

And somehow, that pesky little thought machine
tends to think more positive things, like
Wow!!, Lovely!!
YOU'VE GOT THIS!

And I have.

By Ipek





Year 4 went to The Royal Festival Hall this week and had a great time.



Year 1 WOW Day!



What a wonderful photograph this is! The awe and wonder of Year 5 and Year 1 watching the Rocket Launch! This put a huge smile on my face!



Star of the Week



NHW

INOAH

1IL

FINN

RAO

MIRANDA

1MJ

ROHAN

RHH

PHOEBE

2KC

JONAS

2MW

VINNIE



3FB

ROEL

5TC

FELIX

3LB

CHIDI

5JG

KAVI

4BD

ANTONY

6RT

OLIVIA

4SN

ARDA

6SM

ZAINAB

The purpose of Star of the Week is for us to have the opportunity to celebrate every child in our community specifically. We encourage everyone to celebrate what is wonderful about that child. Children do not need to do anything to earn Star of the Week – each child deserves it and they will each get a turn. The stars also have the opportunity to have tea with Mrs Nairne and Ms Addai.

If your child is Star of the Week we encourage you to ask them to repeat to you some of the positive statements their classmates and teachers make about them and add your own!