

# Nevill Road Junior News

## July 19th 2024



Dear Families,  
Our end of year show, "I am a Year 6 get me out of Here!!" was brilliant. Well done Year 6, we are going to miss you. We are proud to share that this year's SATs results are above national in reading, maths, SPAG and combined reading, writing and maths. A fantastic achievement!



We are fast approaching the end of another year and I would like to take this opportunity to thank you all for your kindness and support. It is a privileged to be the Headteacher of such an incredible school.

I hope you have an enjoyable weekend.  
Kind regards  
Mrs Cliff



### OUR CURRICULUM

In Year 3 we have been learning how to sew in our DT lessons. We learnt how to do a running stitch, a back stitch and cross stitch. We were lucky to have some expert Year 5 helpers. We can't wait to see the finished bookmarks!

The children in Year 4 have been creating their own Pentatonic melody during their music lessons. They have named their melody Enter the Dragon and they show pieces of their work to the rest of the class.



**Together Everyone Achieves More**

## More photos of the week



## KEEPING OUR CHILDREN SAFE

When it feels like the whole world's on your shoulders, sometimes all you need is a helping hand. This #WakeUpWednesday, we're looking at the impacts of worry and anxiety on children – and how best to help them manage these burdens.

**What Parents & Educators Need to Know about WORRY AND ANXIETY**

Worry and anxiety are common emotions experienced by children, often triggered by uncertainty or fear. While worry involves concerns about future events, anxiety is a persistent feeling of dread or apprehension. Current statistics indicate a rising prevalence of anxiety disorders among children, and this guide offers some expert advice on understanding and addressing these concerns.

**UNDERSTANDING WORRY AND ANXIETY**  
Worry and anxiety are emotional responses that can be triggered by a variety of factors, including environmental stressors, genetic predisposition, and personal experiences. While worry is often a normal part of growing up, anxiety can be a more persistent and distressing condition that may require professional support and intervention.

**DIFFERENTIATING WORRY FROM ANXIETY**  
While worry and anxiety share similarities, it's important to be able to distinguish between the two. Worry is typically a response to a specific situation or event, while anxiety is a more persistent and pervasive feeling of fear or apprehension. It's essential to recognize when a child's worry has become a more chronic and debilitating anxiety disorder.

**WHAT ARE THE RISKS?**  
Children with anxiety disorders may experience a range of symptoms, including excessive worry, panic attacks, and avoidance behaviors. These symptoms can significantly impact a child's academic performance, social interactions, and overall quality of life. Early identification and intervention are crucial for managing these risks and supporting a child's emotional well-being.

**LONG-TERM CONSEQUENCES**  
Untreated worry and anxiety in childhood can have long-term effects on a child's mental and emotional health. It may increase the risk of developing other mental health conditions, such as depression, in later life. Children with anxiety may also struggle with physical health issues, such as headaches and stomach problems, which can further impact their academic and social functioning. It's important to seek professional support and intervention to address these risks and prevent long-term consequences.

**THE EMOTIONAL TOLL**  
The emotional impact of worry and anxiety on children can be significant, affecting their overall quality of life and well-being. Children experiencing worry or anxiety may feel overwhelmed, stressed, and unable to focus on their schoolwork. They may also experience physical symptoms, such as headaches and stomach problems, which can further impact their academic and social functioning. It's important to recognize the emotional toll of anxiety and seek professional support and intervention to address these concerns.

**ACADEMIC & SOCIAL IMPACTS**  
Worry and anxiety can have a significant impact on a child's academic and social functioning. Children with anxiety may struggle to concentrate in class, miss school, and have difficulty completing assignments. They may also experience social withdrawal, isolation, and difficulty forming positive relationships with peers. These impacts can significantly affect a child's overall well-being and future success. It's important to recognize the academic and social impacts of anxiety and seek professional support and intervention to address these concerns.

**Advice for Parents & Educators**

**ENCOURAGE OPEN COMMUNICATION**  
Parents and educators can foster a supportive environment by encouraging children to express their concerns and emotions. Listen actively and validate their feelings, and provide reassurance and support. Encourage children to talk about their worries and fears, and help them identify coping strategies. Create a safe space for children to share their thoughts and feelings, and be patient and understanding. Encourage children to seek help when needed, and provide resources for professional support.

**CREATE A SUPPORTIVE ENVIRONMENT**  
Parents and educators play a crucial role in creating a supportive environment that promotes emotional well-being. Establish a routine and provide structure, and offer encouragement and praise for positive behaviors. Encourage children to engage in activities they enjoy, and provide opportunities for social interaction. Be patient and understanding, and provide resources for professional support when needed.

**TEACH COPING STRATEGIES**  
Empowering children with effective coping strategies is essential for managing worry and anxiety. Encourage children to identify their triggers and develop personalized coping plans. Teach relaxation techniques, such as deep breathing and mindfulness, and encourage children to engage in physical activity. Encourage children to seek support from friends and family, and provide resources for professional help.

**SEEK PROFESSIONAL HELP**  
Recognizing when to seek professional help is crucial for addressing significant or persistent worry and anxiety in children. If worry or anxiety significantly impacts a child's daily functioning, academic performance, or social interactions, it's important to consult with a healthcare professional. Early intervention and treatment can significantly improve outcomes for children's psychological well-being.

**Meet Our Expert**  
Alison O'Brien is Associate Vice President for Personal Development at The National College. She has extensive experience in working with students and staff on mental health issues.

**WakeUpWednesday**  
The National College

Twitter: @wakeup\_weds Facebook: @thenationalcollege Instagram: @wakeup.wednesday TikTok: @wakeup.weds

None of this guide is an official publication, its liability is limited. Content as of the date of release: 12.01.2024

If you would like to find out more about our curriculum and activities in school, follow us on twitter @NRJuniors



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# Diary Dates

**Wednesday 24th July - Y3 - Y5 transition morning  
Y2/Y3 transition disco 5 - 6pm**

**Thursday 25th July - Y3 - Y5 transition morning  
Y6 party 6 - 7.30pm**

**Friday 26th July - Y6 Leavers assembly 2pm**

**Monday 29th July - Last day of term (non uniform day)**

**Tuesday 30th July - INSET day**

*Please note there may be further dates added in red to the diary as more events are confirmed.*

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