

Monday 15th January 2024

Make this year
a year of finding,
of fulfillment,
of joy,
peace,
and purpose.



If you have any interest in attending the YGAM session being held at school on Wednesday 31st January, please scan the QR Code or you can follow this link to sign up:

https://parents.ygam.org/bespoke-parents-workshop/?crb_workshop=31.01.24%20Parents.%20Tonacliffe%20Primary%20School%2014:15-15:15

GAMING AND GAMBLING AWARENESS SESSIONS FOR PARENTS, CARERS AND GUARDIANS



WHAT MIGHT INFLUENCE A YOUNG PERSON TO GAMBLE?

WHAT IS A LOOT BOX?

WHY ARE IN-GAME ITEMS SO IMPORTANT TO YOUNG PEOPLE?

Ygam are working with Tonacliffe Primary School to offer an information session to help develop your understanding of gaming and gambling harms, enabling you to have open conversations with your children.

Workshop overview:

- **Gambling: exploring the influences on children and young people**
- **Gaming: discussing the benefits and concerns**
- **The blurred lines between gaming and gambling**
- **How to spot the signs of harm**
- **Useful tips to create a healthy gaming balance**
- **Where to get help and support**

We also have a dedicated Parent Hub which aims to provide information and guidance to help you safeguard your children against the potential harms of gaming and gambling. Find out more here: parents.ygam.org

Book your FREE place now!

DATE: Wednesday 31st January

TIME: 2:15pm - 3:15pm

VENUE: Tonacliffe Primary School

To register, please scan the QR Code





Please remember to visit our website for long term dates. Thank you.

Friday 19th January: Friends & Families of Tonacliffe bags to school to be collected from school.

Monday 29th January: Robinwood parent's meeting– 5pm.

Tuesday 30th January: Purple Class parent's assembly.

Wednesday 31st January: YGAM parent's meeting– 2:15– 3:15pm

Tuesday 6th February: Gold Class parent's assembly.

Tuesday 6th February: Safer Internet Day.

Wednesday 7th February: Year 6 trip to Robinwood.

Friday 9th February: Year 6 return from Robinwood.

Friday 9th February: End of Spring Term 1.

Monday 19th February: School reopens for Spring Term 2.

Thursday 7th March: World Book Day and School Disco.

Monday 11th March: Easter raffle tickets go on sale.

Tuesday 12th March: Parent's Evening, 3:45– 6:30pm.

Thursday 14th March: Parent's Evening, 3:45-6:30pm.

Wednesday 20th March: Orange Class parent's assembly.

STAR PUPILS

Nursery:	Ernie H. & Iona M
Green Class:	Arthur L.
Pink Class:	Albie K.
White Class:	Oliver B.
Red Class:	Seb M.
Yellow Class:	Hughie C.
Orange Class :	Leo G.
Lime Class:	Charley M.
Turquoise Class:	Edie H.
Gold Class:	Maisie B.
Purple Class:	Harry H.

HOUSE POINTS

Dolphin: 270

Octopus: 282

Seahorse: 248

Starfish: 280

Well done

to the Octopus Team who are this week's winners!

ATTENDANCE

We aim for at least 97% attendance each week; here are the attendance figures for last week:

	Yellow Class:	88.4%	
Green Class:	93.3%	Orange Class:	94.6%
Pink Class:	91.3%	Lime Class:	97.4%
White Class:	94.6%	Turquoise Class:	92.7%
Red Class:	99.2%	Gold Class:	98.2%
	Purple Class:	95.7%	

Our overall school attendance figure for week ending Thursday 21st December 2023 is 93.4%

FRIENDSHIP AND KINDNESS AWARD



Zach V.

For noticing another child struggling with their coat and helping.



Baby and You

Meet with other new parent to share your experiences of caring for your baby together in a family environment with a range of play activities to engage babies in development play. No need to book—just turn up.

Infant Massage

6 weeks to crawling. The sessions will help you to feel the relaxing effect of giving your baby a massage. Infant massage has many benefits some of which are to strengthen the bonding process. Also helps physical needs e.g., tummy trouble, problems with bowel movements or trapped wind. Requires Booking. 5 weekly sessions.

Development Matters

This activity session is a great way for parents to learn and play with their children in a fun friendly environment with other families, with a particular focus on developing language and communication skills through fun activities and play. Centre staff are on hand to support and encourage families attending and signpost to other activities and services. No need to book—just turn up.

Chat, Play and Read

These special groups held in a centre are to support your child's speech and language, which is a crucial skill that supports all other areas of learning and development. This includes the ability to listen, understand and communicate verbally and non-verbally, supporting language development. No need to book—just turn up.

Move and Groove & Mini Move and Groove

A fun programme, to help young children develop healthy, active lifestyles. Each session will focus on physical play and activity through music and movement, Aimed at primary school children. No need to book—just turn up. **Also provide mini move and groove for under 5s.**

Colourful Footsteps (5-11)

Groups for children with SEND, covering ages 5-11. We provide games, crafts and other activities, with advice from Centre staff. Requires Booking. 12 weekly sessions.

Inside Out (5-11)

After school session for children aged 5-11 years, who are deemed vulnerable, or struggling to express and manage their feelings and emotions. By creating a [safe space children](#) will have the opportunity to take part in activities including games, art and crafts, breathing and stretching exercises that focus on building resilience, healthy relationships, safety, boundaries and self-esteem. Requires Booking. 8 weekly sessions.

Triple P Parenting Courses

Everyone who becomes a parent will experience times when they need some extra advice and support; after all, children don't come with a handbook. A range of parenting programmes will allow you to explore and develop strategies for parenting. Requires Booking. 9 weekly sessions.

Freedom & Freedom for Children

The Freedom Programme is a relaxed, informal group for women who have experienced domestic abuse, from a partner or family members and would like to be able to recognise abusive behaviours and understand what makes a healthy relationship. Freedom for Children helps children to work through their fears, anxieties, and emotions, providing them with coping strategies, resilience building their self-esteem and confidence.

Rossendale What's On January – March 2024



Follow us at:
Rossendale Family Zone



**Our Neighbourhood Centres
Where we are:**

The Maden Centre
Rochdale Road, Bacup
OL13 9NZ
01706 237780

The Zone
The Old Fire Station,
Rawtenstall BB4 8EW
01706 237788

Haslingden Link
Bury Road, Rossendale
BB4 5PG
01706 237782

Whitworth Library
Lloyd Street, Rochdale
OL12 8AA

To book please email rossendalegroupwork@lancashire.gov.uk

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Triple P Group 9.30 – 11.30 The Maden Centre</p> <p>Infant Massage 1.30 – 2.30pm The Maden Centre</p> <p>Mini Move & Groove 9.30 – 11.00am The Zone.</p> <p>Home start Group 1.00 – 2.30pm The Zone.</p> <p>Freedom for Children For details about programmes running please email RossendaleGroupWork@lancashire.gov.uk</p> <p>Inside Out 3.30 – 5pm The Maden Centre</p> <p>Post Natal Wellbeing drop in. 1:00-2:30pm Haslingden Link.</p>	<p>Colourful Footsteps (Preschool) 9.30 – 11.00pm The Maden Centre</p> <p>Home start Group 10:00 – 11.30am Haslingden Link.</p> <p>Inside Out 3.30 – 5pm Haslingden Link.</p> <p>Chat Play Read 1:00- 2:30pm Haslingden Link.</p> <p>Home start 1:00-2:30pm AB&D Centre</p> 	<p>Freedom Programme For details about programmes running please email: RossendaleGroupWork@lancashire.gov.uk</p> <p>Development Matters 10.00 – 11.30am Whitworth Library</p> 	<p>One Stop Shop 10 - 12pm The Maden Centre</p> <p>Parents to Be 10.00 - 11.30am The Maden Centre</p> <p>Development Matters 9.30 – 11.00am Haslingden Link.</p> <p>Baby & You 10.00 – 11.30 The Maden Centre</p> <p>Colourful Footsteps (5-11 yrs.) 3.30 – 5.00pm The Maden Centre</p> <p>Triple P Steppingstones 3.30 – 5.00pm The Maden Centre</p> <p>Bumps Birth and Beyond - 11th & 18th Jan 5.30-7.30pm. The Maden Centre</p> <p>Speech and Language Walk in 1st Thursday of every month 12.30-1.30pm- The Zone</p>	

Top Tips for... MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE BOX

The National College



National Online Safety

#WakeUpWednesday



Term Dates – 2023-2024

September 2023						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

October 2023						
S	M	T	W	T	F	S
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

November 2023						
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19	20	21	22	23	24	25
26	27	28	29	30		

December 2023						
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

January 2024						
S	M	T	W	T	F	S
	1	2	3	4	5	6
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

February 2024						
S	M	T	W	T	F	S
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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

March 2024						
S	M	T	W	T	F	S
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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

April 2024						
S	M	T	W	T	F	S
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

May 2024						
S	M	T	W	T	F	S
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12	13	14	15	16	17	18
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26	27	28	29	30	31	

June 2024						
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

July 2024						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

August 2024						
S	M	T	W	T	F	S
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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

	Training Days (children do not attend school)
	Holidays