

# Perton Middle School

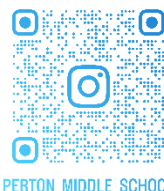
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## NEWSLETTER 08.02.24



Finally, during week 4 of the Summer Term, we have been able to open the school field for use over lunch time. Hopefully, the weather is just taking its time to build up to a summer of warm, sunny days and we will have plenty of opportunities to use it as the term progresses. We will keep our fingers crossed.

There have been lots of opportunities so far this term for enrichment and we

are really pleased to have reinvigorated our house system, starting with the Great Perton Knowledge Bank Quiz which was won by Challenger House. There are lots more opportunities approaching, including academic, sporting and fun events to cater for a range of interests. We encourage our children to work hard in lessons, but we really value opportunities to have to have fun together and to build a sense of team. Suggestions from students and parents/carers for future events are welcomed.

Year 6 SATS will take place in the week commencing 13<sup>th</sup> May and they have been working hard to prepare for the tests. Resources are available on the website to further support them.

Children's safety on the roads is always a priority. We shall be revisiting this area again in school to reinforce the need for riding bikes and scooters carefully and courteously and for generally behaving sensibly around roads, avoiding the distraction of mobile phones in particular. Please remind children of these points to help us raise their awareness.

Your input to school life is valued and you can keep in touch via our website, email or via reception.

Wishing you an enjoyable bank holiday weekend.

*Michelle Burrington*

Acting Headteacher

## UPCOMING EVENTS

- Mon 13<sup>th</sup> -Thurs 16<sup>th</sup> May: SATs week
- Mon 20<sup>th</sup> – Fri 24<sup>th</sup> May Wellbeing and movement week
- Thurs 23<sup>rd</sup> May: Year 8 Visit Shrewsbury Prison
- Fri 24<sup>th</sup> May: break up for Half Term

## ARC ECO CLUB



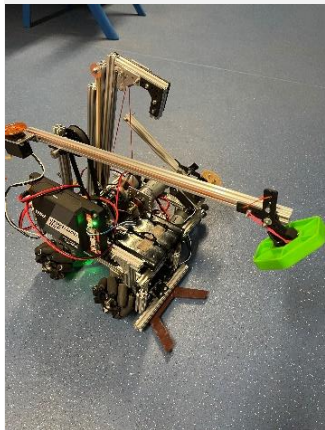
We are starting a brand-new Eco Club for students in Key Stage 3 on Thursdays after school

from 3:05 to 4:05.

The club is part of **ARC** (Accept, Respect, Celebrate) and is open to all students in years seven and eight. It will give them the opportunity to work on projects which will help our school become more environmentally friendly, improve the appearance of the school grounds and encourage bio-diversity. As well as this, it will promote teamwork, diversity and inclusion.

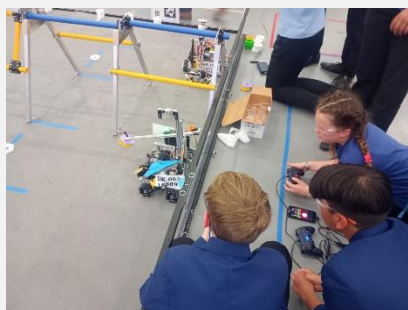
*Students should collect a letter from Mr McHale, if they wish to join.*

## FIRST TECH CHALLENGE



Team Snapwire, our Year 8 robotics team, took part in the First Tech Challenge Regional Championships last Wednesday at Aston University Academy with their robot 'Dave'. They competed against 15 other schools and after several hard-fought matches, managed to win the event with their alliance teammate Bishop Perowne School. They also won the Design Award for the several nifty features that they have designed for 'Dave'. They have now advanced to compete at the National Championships at the University of Cambridge in June.

**Good luck Team Snapwire!**



## ARTS AWARD GROUP



Mrs. S. Williams' Arts Award group got involved in producing a piece of work for 'We Are Staffordshire Day'. We worked with artist, Roz from Complex Simplicity to explore all the things we love about Perton and displayed our images in a collaborative piece.

It is on display at

Lichfield Cathedral for the public to view until 6<sup>th</sup> May.

The Arts Award students also visited Walsall Gallery to find out about various careers linked with galleries and museums.

Not only did they see some exciting artwork, they put themselves in the shoes of the artists to find out what it is like to exhibit in a gallery and they also experienced life behind the scenes of the gallery as a technical assistant; learning how to store, move and prepare valuable pieces of artwork for display.

## MENTAL HEALTH SUPPORT TEAM

### TRAINEE EDUCATION MENTAL HEALTH PRACTITIONER

#### What does the MHST do?

Support can be offered in the following ways:

- One to one meetings between young person and practitioner
- Groupwork (in person)
- Groupwork (online)
- Parent support / workshops

We offer 4 to 8 sessions of guided self help, informed by Cognitive Behavioural Therapy (CBT) principles.

Our sessions are confidential but we hope to foster open communication. We follow confidentiality policies, therefore if we have any immediate concerns with your child these will be discussed with you.

#### Where can I get further support?

We are a low intensity early intervention support team. If you feel your child needs more urgent support, please find further information via the QR code below.

SCAN ME

Open the Camera app on your smartphone

Scan the QR code to find out more about the support we offer

The QR code will take you to the MHST website

## Mental Health Support Team

Information for parents

#### Who are MHST?

We are a team of Mental Health Practitioners that work with children and young people.

We understand the difficulties young people can face and how this can affect their mental health.

We offer low intensity CBT based support to give children and young people the skills they need to manage these difficulties.

#### Who MHST can support

We support young people aged 5 to 18 when there is a clear mental health need present, such as:

- Low mood
- Anxiety
- Sleep difficulties
- Worry
- Planic

Our interventions work best when a young person wants to access support and is willing to put the work in both in and outside of our sessions.

#### Who MHST can't support

In the absence of a mental health need, we can't support young people who are struggling with:

- Trauma
- Autism or ADHD
- Difficult family dynamics
- Bereavement
- Self-harm / confidence issues
- Drug or alcohol addiction

#### How can I refer into MHST?

Contact the Senior Mental Health Lead at your school if you feel your child would benefit from support from the Mental Health Support Team.

We are excited to let you know that Hayley Hoten, a trainee Education Mental Health Practitioner will be joining us to work alongside the Pastoral Team in supporting students with low-level mental health/wellbeing needs.

Hayley will be with us for 3 hours each Thursday morning and will work with children on a 1-1 or small group basis, depending on need. Her role is fully funded by the NHS. If you feel that your child may benefit from a referral, please contact Mrs. Marsden (Mental Health Lead).

