



# Holly Grove School Newsletter

15th May 2023

[www.holly-grove.lancs.sch.uk](http://www.holly-grove.lancs.sch.uk) / [www.facebook.com/HollyGroveSchool](https://www.facebook.com/HollyGroveSchool)

We hope you had a great weekend and enjoyed the nice weather!

Due to the Blackpool Residential, week beginning 22nd May and the impact of staffing, we are unable to offer Merry Berries After School Club during that week. Your Children will therefore return home on transport as normal.

Please can you inform your child's transport that there will be no Merry Berries that week.

We apologise for any inconvenience!



Can you help The Georgia Fourie Butterfly Fund WIN Beat the Street?

Beat the Street is a free, fun initiative that will see Burnley transformed into a giant game!

See how far you can walk, cycle, run, scoot and roll in just 6 weeks. There are great challenges and prizes up for grabs. The game started on 10th May and ends on 21st June.

We need your help to win this challenge. If you are out and about at the weekends with your family, please consider taking part and earning points.

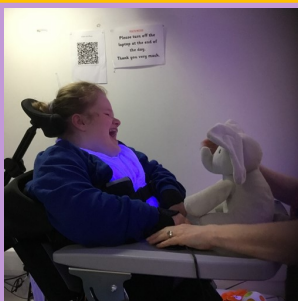
Visit [beatthestreet.me](http://beatthestreet.me) and create an account. Click 13 or over and sign up as the adult in the family. Select Burnley and choose 'I don't have a card' option and choose to join the Georgia Fourie Butterfly Fund team.

And you are ready to go.

Download the app and explore your local area, finding Beat Boxes nearest to you on the app's menu. Please send us your photos and videos of your family taking part and we would love to display them on our Facebook page and newsletter.



Scan the QR code to see the map



Well Done to Grace for her fantastic work, Interacting using switches and for always making her class friends and staff smile, with her infectious laugh.



Theo has been a superstar in class. He has made lots of progress with his PECS and worked really hard on his Mini beast Hunt in Science.



**Well Done Theo!**



# Signs of the Week

We are putting 2 different Makaton signs every week onto the newsletter. These are our School Signs of the Week and your child will be practising these during the week in class. These will give you the opportunity to practise different signs with your child at home.

## To wash



## To bath

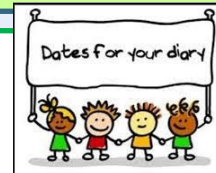


You can contact school if you need any support using Makaton at home,



We have a selection of dual language reading books in school. These books are written in both Urdu and Polish.

If you would like us to send any of these books home for you to read and enjoy with your child then please let us know.



15th-19th May

Mental Health Awareness Week

Tuesday 23rd May

Nibble and Natter

22nd-26th May

Blackpool Residential

Friday 26th May

Upper School Production  
School Closes for Half Term

Monday, 5th June

School re-opens

## Staff Training/Development

Wednesday 17th May

3:00- 4:30pm



Cognitive Behaviour Therapy



# HAPPY BIRTHDAY



Staff - Sharon.A

Children Albie and Hussain.N

REMINDER!

You can view our school policies on the website

[www.holly-grove.lancs.sch.uk](http://www.holly-grove.lancs.sch.uk)

## Holly Grove Heroes

Aisling's Class - Hana

Katie's Class - Ayaan and Ahyan

Laura's Class - Ella

Zoe's Class - Aadam

Rebecca's Class - Zac

Danielle's Class - Charlie

Julie's Class - Grace

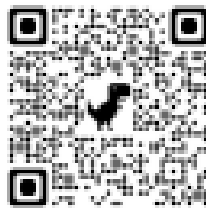
Connor's Class - Jack

Courtney's Class - Theo

Alex's Class - Jenson



Well Done Everyone!



Mental Health Awareness Week  
 15th - 19th May 2023

## Parent webinars

Join us on Teams by scanning the QR code and adding the ID and passcode of your chosen webinar

	My Anxious child 15 <sup>th</sup> May	Helping your child with exam stress 16 <sup>th</sup> May	Psychoeducation around worry 17 <sup>th</sup> May	My anxious child 18 <sup>th</sup> May
10am	Meeting ID: 351 559 492 624 Passcode: FJB9ML	Meeting ID: 357 382 124 664 Passcode: Gffhor	Meeting ID: 344 119 659 453 Passcode: AAHxf2	Meeting ID: 392 679 166 83 Passcode: 2AMV3b
				Psychoeducation around worry
6pm		Meeting ID: 319 471 423 371 Passcode: ne3K32		Meeting ID: 334 237 546 14 Passcode: c5nj7D

## Does your family include a child or young person with SEND?



You are invited to attend a drop-in Information Event in your local area

### SEND Information Events for Parents and Carers

Fun activities for children will be available – everyone welcome!

The Park Child and Family centre, Norfolk Grove, Accrington, BB5 4RY.  
Tuesday 16th May, 10am – 2pm.

Twinkle House, 2 Gorsey Place, Skelmersdale, WN8 9UP.  
Wednesday 7th June, 10am – 2pm

### SEND Family Fun and Information Events

Clitheroe Football Club, Shawbridge, Pendle Road, Clitheroe, BB7 1LZ.  
Wednesday 28th June, 10am – 2pm.

West Paddock Youth Zone, West Paddock, Leyland, PR25 1HR.  
Monday 17th July, 10am – 2pm

- Find out what's on offer in your local area
- Understand what services are available
- Discover local support groups
- Refreshments will be provided

Representatives from the following services will be available at some or all of the events:

- Lancashire Parent Carer Forum
  - Break Time
  - Inclusion Service
  - Specialist Teaching Service
  - Lancashire Local Offer
  - Designated Clinical Officer Service
  - POWAR youth voice group
  - SEND Information, Advice and Support Team
  - FIND Newsletter
  - Young people's groups
  - Transitions
- Plus local service providers, support groups and lots more!

Between August 2022 and July 2023, we are planning 24 events, to take place in all districts of Lancashire. Further dates will be shared on the Local Offer website and facebook page.

[www.lancashire.gov.uk/SEND](http://www.lancashire.gov.uk/SEND) [www.facebook.com/LancashireLocalOffer](https://www.facebook.com/LancashireLocalOffer)



Inspire | motivate | overcome  
It's my opportunity



# LEARN ENGLISH

## BURNLEY

The Chai Centre, Hurley St, Burnley BB10 1BY

We are now offering Ascentis Accredited ESOL Qualifications

IMO have over 14 years of experience of delivering ESOL and various other courses in community based settings.

Our courses are FREE and will help you discover local places, along with improving your English skills. You will put newly learnt language skills into practice by visiting and exploring the places you share with your local communities.

Age Group	Date & Time	Registration Deadline	Registration Link
19+	Wednesday's 10am till 12pm	Enrolling now!	<a href="https://bit.ly/IMOESOL2022">https://bit.ly/IMOESOL2022</a>

To register please contact Farhana on

01254 781310 | 07727 173444 | [farhana.social@imocharity.org](mailto:farhana.social@imocharity.org)

[Facebook](https://www.facebook.com/imocharity) [Instagram](https://www.instagram.com/imocharity) @imocharity

[www.imocharity.org](http://www.imocharity.org)



FREE outdoor yoga sessions every Sunday

# PARK YOGA BURNLEY

Open to people of all ages, backgrounds and abilities.



Queens Park

Sunday 7th May - 17th September

9.30am - 10.30am

No need to book, bring a mat or towel.

[www.parkyoga.co](http://www.parkyoga.co)





Courses & Groups – May 2023									
Monday 1 <sup>st</sup> May		Tuesday 2 <sup>nd</sup> May		Wednesday 3 <sup>rd</sup> May		Thursday 4 <sup>th</sup> May		Friday 5 <sup>th</sup> May	
<b>Bank Holiday</b> The Recovery College @ChaiCentre will be closed to celebrate May Day. <i>Wishing you all a May Day that is bright with happy moments!</i>		Suicide Bereavement Support Group	12:00pm-2:00pm	Baby Massage	9:30am-10:30am	Calico Refugees Drop in	10:00am-2:00pm	Chat Play And Read	9:30am-10:30am
		Basic Health Checks Drop In And Dementia Group	9:00am-12:00pm	Healthy Cooking Class	10:00am-12:00pm	Counselling Course	9:30am-2:30pm		
				Yoga class	1:00pm-2:00pm	Ladies easy Circuit Class	1:00pm-2:00pm		
		Colourful Footsteps SEND	5-11yr olds	3:30pm-5:00pm					
<b>Bank Holiday</b> The Recovery College @ChaiCentre will be closed to celebrate the coronation of King Charles III. 		Suicide Bereavement Support Group	12:00pm-2:00pm	Baby Massage	9:30am-10:30am	Calico Refugees Drop in	10:00am-2:00pm	Chat Play And Read	9:30am-10:30am
		Learn Maths	10:00am-12:00pm	Learn English	10:00am-12:00pm	Living With Addiction In Urdu	1:00pm-2:00pm		
		Self Defence Class	1:00pm-2:00pm	Healthy Cooking Class	10:00am-12:00pm	Ladies Easy Circuit Class	1:00pm-2:00pm		
		Yoga class	1:00pm-2:00pm						
<b>Monday 15<sup>th</sup> May</b> Baby and Parent Mini Move & Groove 1:15pm-3:00pm		Suicide Bereavement Support Group	12:00pm-2:00pm	Baby Massage	9:30am-10:30am	Calico Refugees Drop in	10:00am-2:00pm	Chat Play And Read	9:30am-10:30am
		Self Defence Class	1:00pm-2:00pm	Learn English	10:00am-12:00pm	Counting Sheep (Sleeping Matters) In Urdu	11:00am-12:00pm		
		Learn Maths	10:00am-12:00pm	Healthy Cooking Class	10:00am-12:00pm				
		Yoga class	1:00pm-2:00pm						
<b>Monday 22<sup>nd</sup> May</b> Baby and Parent Mini Move 1:15pm-3:00pm Ladies Tone Zone 10:00am-11:00am		Suicide Bereavement Support Group	12:00pm-2:00pm	Baby Massage	9:30am-10:30am	Calico Refugees Drop in	10:00am-2:00pm	Chat Play And Read	9:30am-10:30am
		Self Defence Class	12:00pm-2:00pm	Learn English	10:00am-12:00pm	Counselling Course	9:30am-2:30pm		
		Learn Maths	10:00am-12:00pm	Yoga class	1:00pm-2:00pm				
		Colourful Footsteps SEND	12:00pm-2:00pm	3:30pm-5:00pm	Ladies easy circuit Class	1:00pm-2:00pm			
<b>Monday 29<sup>th</sup> May</b> <b>Bank Holiday</b> The Recovery College @ChaiCentre will be closed for the spring Bank Holiday. <i>"Where flowers bloom so does hope"</i>		Suicide Bereavement Support Group	12:00pm-2:00pm	Baby Massage	9:30am-10:30am	<b>COME AND VISIT US AT THE RECOVERY COLLEGE AT THE CHAI CENTRE AND DISCOVER WHAT COURSE'S WE CAN OFFER FOR YOUR HEALTH AND WELLBEING. HAVE YOUR SAY!</b>			
		Self Defence Class	12:00pm-2:00pm	Learn English	10:00am-12:00pm				
				Yoga class	1:00pm-2:00pm				

Please call us with any enquires on – 01772 695365

For online Recovery College Sessions, please visit [www.eventbrite.co.uk/o/lancashire-recovery-college-18333378559](http://www.eventbrite.co.uk/o/lancashire-recovery-college-18333378559)

Recovery College@Chai Centre, Hurtle Street, Burnley, BB10 1BY

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**Course Outline**

**Course: Together Workshop For Parents: You and Your Young Person**

Duration: 2.5 Hour session

Format: Virtual or Face to Face closed courses. Open access virtual evening delivery is running regularly throughout the year.

**Course Description:**

This workshop is aimed at supporting parents/supporters of children who struggle with their mental health. The workshop promotes understanding by sharing and learning with other members of the workshop. Providing tips and techniques in supporting family wellbeing when your young person is struggling.

**Course Content**

- Facilitated by an experienced mental health trainer.
- Audio visual training resources.
- Information and resources to support children and young people.
- Lancashire Mind Wellbeing Passports for children and young people.
- Lancashire digital wellbeing pack for Parents and young people.

**Learning Outcomes:**

Alongside other parents and carers, attendees will explore:

- Myths and facts surrounding mental health.
- Common signs and symptoms.
- Dealing with Challenges.
- Communication and reflection.
- Where to get Support
- Self care and family wellbeing.

To book your workshop contact [training@lancashiremind.org.uk](mailto:training@lancashiremind.org.uk)



15 to 21 May 2023

**Mental Health Awareness Week**

**Anxiety is the theme of Mental Health Awareness Week 2023**

**Scan the QR Code for help and support with feelings of anxiety.**



# Meaningful May 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Do something kind for someone you really care about	2 Focus on what you can do rather than what you can't do	3 Take a step towards an important goal, however small	4 Send your friend a photo from a time you enjoyed together	5 Let someone know how much they mean to you and why	6 Look for people doing good and reasons to be cheerful	7 Make a list of what matters most to you and why
8 Set yourself a kindness mission to help others today	9 What values are important to you? Find ways to use them today	10 Be grateful for the little things, even in difficult times	11 Look around for things that bring you a sense of awe and wonder	12 Listen to a favourite piece of music and remember what it means to you	13 Find out about the values or traditions of another culture	14 Get outside and notice the beauty in nature
15 Do something to contribute to your local community	16 Show your gratitude to people who are helping to make things better	17 Find a way to make what you do today meaningful	18 Send a hand-written note to someone you care about	19 Reflect on what makes you feel valued and purposeful	20 Share photos of 3 things you find meaningful or memorable	21 Look up at the sky. Remember we are all part of something bigger
22 Find a way to help a project or charity you care about	23 Recall three things you've done that you are proud of	24 Make choices that have a positive impact for others today	25 Ask someone else what matters most to them and why	26 Remember an event in your life that was really meaningful	27 Focus on how your actions make a difference for others	28 Do something special and revisit it in your memory tonight
29 Today do something to care for the natural world	30 Share a quote you find inspiring to give others a boost	31 Find three reasons to be hopeful about the future				



**ACTION FOR HAPPINESS**

**Happier · Kinder · Together**



## **PUPIL HOLIDAY DATES – 2022 / 2023**

### **Autumn Term 2022**

Re-open Monday 5 September 2022

Half Term 5 days Monday 24 October  
Friday 28 October (Inclusive)

Re-open Monday 31 October

**Christmas** - Closure after school on Friday 16 December 2022



### **Spring Term 2023**

Re-open Thursday 5 January 2023

Half Term 5 days Monday 13 February to  
Friday 17 February (Inclusive)

Re-open Tuesday 21 February

**Easter** - Closure after school on Friday 31 March 2023



### **Summer Term 2023**

Re-open Monday 17 April 2023

May Day 1 day Monday 1 May

Coronation Bank Holiday 1 day Monday 8 May

Half Term 5 days Monday 29 May to  
Friday 2 June (Inclusive)

Re-open Monday 5 June

**Summer** – Closure after school on Friday 21 July 2023

