



19.7.24

	<b>Hawthorn Community Primary School</b> <i>The Hawthorn Herald</i>	
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*Dear Parents and Carers,*

*We're almost at the end of a very long term! The children have done incredibly well over the last few weeks, despite being tired and having lots of different experiences going on!*

#### ***Celebration Assemblies***

*This week we held our final Celebration Assemblies and Afternoon Teas of the year, focusing on this term's value of Thoughtfulness. The assemblies have been a huge success and have really helped our children to learn and understand our school values of: **Community, Resilience, Teamwork, Thoughtfulness, Creativity and Respect**. It has been wonderful to have this event so well supported by parents and myself and Mrs Tinto have enjoyed chatting with you all at the Afternoon Teas. Well done to all of the children who have received a Hawthorn Hero values award this year. We will continue our values work next year, starting with Community in September.*

#### ***Meet the Teacher Afternoon***

*Thank you to all the parents who visited school for our Meet the Teacher afternoon. It was great to see so many of you there. I hope you found it a useful opportunity to chat to our staff and address any questions you may have about next year.*

#### ***Year 6***

*Next week, we will say goodbye to our Y6 children and we have some exciting events in store. On Monday afternoon we will gather in the playground for the Y6 Graduation and this will be followed*



Oaks: 96%

Apples: 96%

Willows: 95%

Silver Birches: 95%

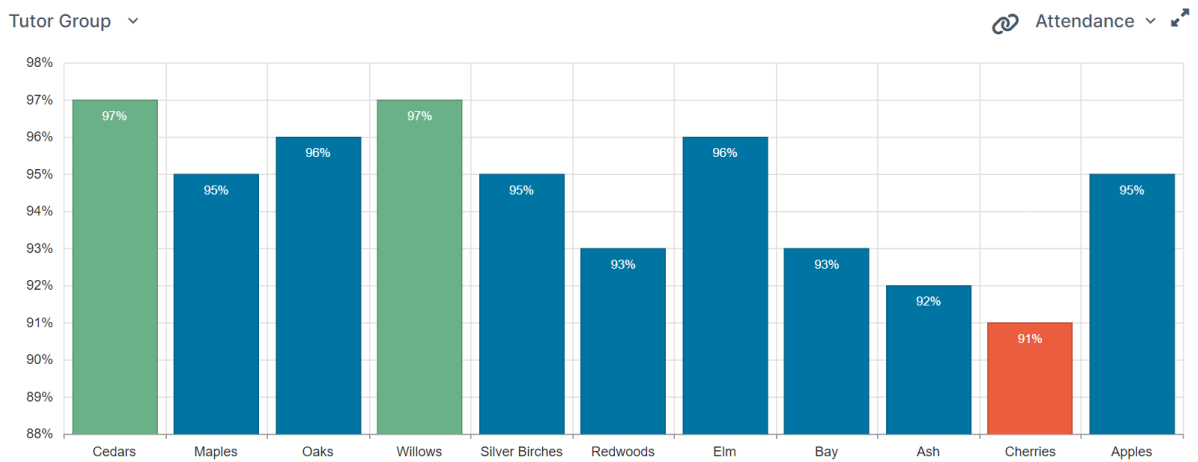
Maples: 94%

Redwoods: 94%

Ash: 93%

Bay: 92%

Cherries: 90%



This terms attendance - Well done Willows and Cedars!

## Summer Library Challenge



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*This week we welcomed Jess and Chloe from Kettering library into our assemblies. They came to introduce this year's Summer Reading Challenge. The theme this year is arts and crafts and activities will be on offer at the library for the children to complete. The challenge is to read 6 books over the holidays. There are stickers to be won and a certificate and medal awarded for anyone who completes the challenge. The children are very excited to take part in the Summer Reading Challenge, so please visit the library to help your child sign up. Don't worry if they don't have a library card - Jess and Chloe will be more than happy to sign your child up! Happy reading!*

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# Online Safety: What Parents and Carers Need to Know About Worry and Anxiety

At The National College, our [WakeUpWednesday](#) guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Crime Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](#).

## 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 concern 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 has some expert advice on understanding and addressing these concerns.

### UNDERSTANDING WORRY AND ANXIETY

Worry and anxiety are emotional responses to stress or uncertainty. Worry is typically associated with potential misfortune, while anxiety is characterised by feelings of fear, apprehension or unease. Both can manifest physically through symptoms such as restlessness, fatigue or muscle tension. Understanding the distinction between worry and anxiety is crucial for effectively addressing these concerns in children.

### DIFFERENTIATING WORRY FROM ANXIETY

While worry and anxiety share similarities – in that they both involve concerns about possible trouble – anxiety tends to be more constant and overwhelming. Worry may come and go depending on circumstances, whereas anxiety can linger regardless of the situation. It's essential to recognise when the former crosses into the latter, as anxiety can significantly impact a child's daily functioning and wellbeing.

### WHAT ARE THE RISKS?

### LONG-TERM CONSEQUENCES

Unresolved worry and anxiety in childhood can have potentially lifelong impacts on a person's mental health and wellbeing. Chronic anxiety may increase the risk of developing anxiety disorders, depression or other mental health conditions later in life. Additionally, unresolved worry and anxiety can negatively impact self-esteem, confidence and overall resilience. It's essential to address these concerns proactively and provide appropriate support and intervention.

### THE EMOTIONAL TOLL

The emotional impact of worry and anxiety on children can be significant, affecting their overall quality of life and wellbeing. Children experiencing chronic worry or anxiety may feel overwhelmed, irritable or helpless. They may also withdraw from social activities or avoid situations that trigger their anxiety, leading to feelings of isolation or loneliness. Addressing these concerns early can help prevent long-term emotional distress and promote healthy coping strategies.

### THE IMPACT ON CHILDREN

Excessive worry and anxiety can have profound effects on children's mental and emotional health. It may interfere with their ability to concentrate, sleep or participate in daily activities. Chronic worry and anxiety can also lead to physical symptoms such as headaches, stomach aches or difficulty breathing. Left unchecked, these concerns can escalate and potentially contribute to the development of anxiety disorders later in life.

### ACADEMIC & SOCIAL IMPACTS

Impacts on the academic performance and social interactions of children and young people are very possible. Frequent worry or anxiety may impact concentration, memory and problem-solving skills, making it difficult for children to succeed in education. Anxiety can also hinder social development by causing children and young people to avoid social situations or to struggle with communication and interpersonal relationships, potentially leading to feelings of isolation or exclusion.

## Advice for Parents & Educators

### ENCOURAGE OPEN COMMUNICATION

Parents and educators can foster a supportive environment by encouraging children to express their worries and anxieties openly. Actively listening and acknowledging young people's emotions can help them feel understood and supported, reducing the situation's intensity. Creating opportunities for regular check-ins and discussions about one's feelings can promote healthy coping strategies and strengthen communication bonds.

### CREATE A SUPPORTIVE ENVIRONMENT

Parents and educators play a crucial role in creating a supportive environment that promotes emotional wellbeing. Establishing routines, providing predictability and offering reassurance can help relieve anxiety and create a sense of security for children. Foster a culture of empathy and understanding, where children feel safe enough to express their emotions and seek support when needed.

### TEACH COPING STRATEGIES

Empowering children with effective coping strategies is essential for managing worry and anxiety. Encourage the use of relaxation techniques such as deep breathing, mindfulness or progressive muscle relaxation to calm anxious thoughts and promote a sense of composure. Additionally, teaching positive self-talk and problem-solving skills can help children develop resilience and confidence in managing challenging situations.

### SEEK PROFESSIONAL HELP

Recognising when to seek professional help is vital for addressing significant or persistent worry and anxiety in children. If worry or anxiety significantly impacts a child's daily functioning, interferes with their relationships or academic performance, or causes significant distress, it may be necessary to consult with a mental health professional. Early intervention can prevent long-term consequences and promote positive outcomes for children's psychological wellbeing.

### Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Peckstone Grammar School and works on Wednesday one day a week for Minds Ahead, which collaborates with schools on improving their mental health provisions.

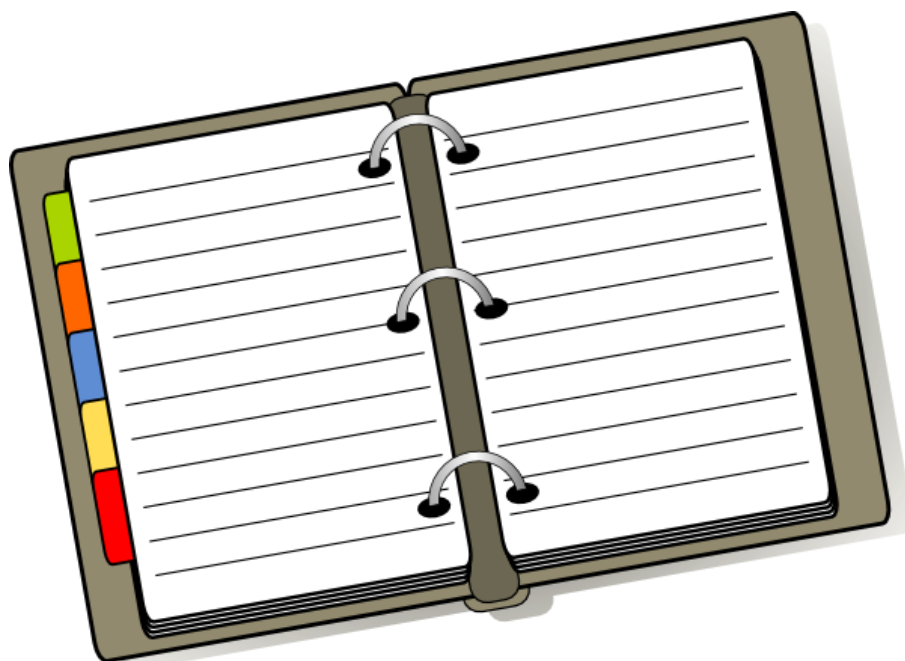





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## Dates For Your Diary...



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***Fri 19th July: Doughnut Friday***

*Lost property out by Broadway Gates*

***Mon 22nd July: Y6 Graduation: 2pm***

*Y6 Leavers Party: 6-8pm*

***Tues 23rd July: Y6 Leavers Arch: 3pm***

*Break Up*

***Summer Holidays***

***Weds 4th Sept: All children back to school***

*New Reception children to start at 9am.*

***Have a lovely weekend!***

***The Hawthorn Team***

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