

## Dear Parents and Guardians,

We were very proud of the School Council who met with our catering providers, Shire, on Tuesday afternoon. They discussed what's going well and what could be done to improve the service. They were very grown up in their approach and put their classes views forward. Well done our councillors!

The next **Audiology Clinic** with Mr Moloney will be on Wed 4<sup>th</sup> February. More details will follow.

### Nut Allergy

We have a child in School with a severe nut allergy, please do not send any food that contains nuts into School.



### Arbor

Parents and Guardians will be notified when new in-app messages are received if push notifications have been enabled when installing the mobile app. Emails may be sent to your junk folder, please check your In-App settings.

**Privacy Notice** Please take a moment to read our [Privacy Notice](#).

**Facebook** Do remember to take a look at the School's [Facebook](#) page.

## Mr Butler and Mr Perkes

### Dinner Dates

Next week, the following staff will be in the lunch hall:

**Mr Dimmock—Monday**  
**Miss Edwards — Wednesday**  
**Miss Hartle—Thursday**  
**Miss Benson—Thursday**

It would be wonderful to see as many children as possible joining the teachers in enjoying a school dinner. We hope this helps make lunchtime a highlight of the day!

# NEWSLETTER

## Dates for the Diary

### Thursday 29th January 2026

Y3 Times Tables Workshop 9 am

### Tuesday 3rd February 2026

Home Football Match vs Belle Vue

3.45 pm Kick Off

### Wednesday 4th February 2026

Audiology Clinic 9 am

### Thursday 5th February 2026

Y6 Parent SPAG Workshop 9 am

### Thursday 12th February 2026

PTA Disco—details to follow

### Mon 16th to Fri 20 Feb 2026

Half Term

### Thursday 5th March 2026

World Book Day

Come to School dressed as your favourite character from a book

### Friday 27th March 2026

End of term

### Monday 13th April 2026

Children return to School

### Thursday 7th May 2026

Voting Day—Closed to Children

### Friday 8th May 2026

INSET Day—Closed to Children

### W/C Monday 11th May 2026

Year 6 SATs

### Mon 25th to Fri 29th May 2026

Half Term

### Mon 1st to Fri 5th June 2026

Health Week inc Sports Days

### Mon 8th to Wed 10th June 2026

Y6 Residential Trip

### Thursday 16th July 2026

Y6 Leavers Party

### Friday 17th July 2026

Y6 Leavers Assembly

End of term

### Monday 20th July 2026

INSET Day—Closed to Children

Please note INSET days are provisional and are subject to change

## Praise Assembly

Children who gained badges and certificates deserve our special congratulations: **21/01/2026**

RR Foxes - Zacariah

1CB Moles - Alfie

1/2JB Squirrels - Codi

2W Badgers - Freddie

3/4D Chestnut - Esmai

3/4D Chestnut - Jenson

3/4R Oak - Olivia

4H Elder - Zak

5/6D Beech - James G

5/6D Beech - Archie

5/6E Holly - Jax

6BB Rowan - Isabelle S

## Menu\*

WC **26.01.26** (Week 3)

### Monday

Katsu Chicken Steak

Chicken Nuggets (H)

Quorn Ball Sub (V)

Rice or Diced Potatoes

Blueberry Pudding

### Tuesday

Chicken Taco

French Bread Pizza (V)

Potato Wedges

### Wednesday

Cookies

Roast Beef

Roast Chicken (H)

Veggie Sausage (V)

Mashed & Roast Potato

Vanilla Iced Sponge

### Thursday

Meatballs in Tomato Sauce

Katsu Quorn Dippers (V)

Diced Potatoes or Pasta

Chocolate & Pear Cake

### Friday

Pizza Party (V option available)

Fish Option

Chips

Friday Fruit

All dinners must be booked through Arbour the day before they are needed. Please contact the school office if you are having any issues.

\* Subject to change

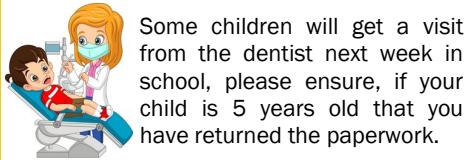
## Early Years



This week, we have been reading the story The Three Little Pigs. The children have created lots of lovely work about it.



In maths we have learned about weight and capacity.



We will also be learning about our homes next week so please email us a photo of your child's house. Many thanks!

## KS1 News



This week we have been making our own Ferris wheels in Design Technology. We have made sure they are sturdy and strong with a bright and colourful design.



We have also been reading our new guided reading book- Fergal is Fuming! It is about a dragon who finds it very hard to control his anger. The children have thought of different ways they could help Fergal and given him some good advice.

Next week we are going to be starting our poetry topic and thinking about how we can write our own different type of poem. We are going to base them all on dinosaurs!



## RBDC News



What a fabulous week we have had in the RBDC!

In Acorns we have been focusing on our KIRF targets, adding and taking away in Maths. In PSHE we're continuing how to stay safe at home e.g. in the kitchen, bathroom etc. We completed lots of different role-playing activities. It was great fun!

Conkers have been looking at persuasive writing and how we can use letters to persuade someone to do something we want. In Art, we have continued our sketching topic - we had lovely time drawing a tiger.

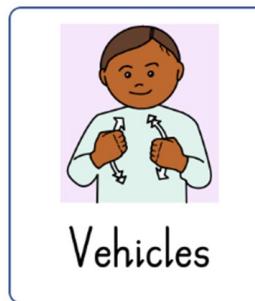
PUDS Yr1/2 - We have been looking at the importance of sign names. We understand why we use sign names rather than fingerspelling everyone's name.

PUDs Yr3/4 - We have been looking at regional signs. We have compared different places and identified the differences.

PUDs Yr5/6 - We have been looking at how we can communicate with non-BSL users. This week's signed video is all about 'Transport and Vehicles'. Please share with your child.

<https://www.youtube.com/watch?v=JMGOKuAQWhs>

Sign of the week:



## KS2 News



It has been a busy and exciting time in Key Stage 2! We have welcomed many parents to our workshops recently, and we would like to say a big thank you to everyone who was able to attend the Year 6 workshop last week and the Year 4 workshop this week - we really appreciate your support.

Next week, our **Year 3** families are invited to attend a times tables workshop on **Thursday 29th January at 9am**.

In DT, our Year 5 and 6 children have been working incredibly hard and are very excited about their playground designs. They have taken great care with their ideas, and the finished pieces look amazing. Meanwhile, in Years 3 and 4, the children have been exploring the mechanisms needed to create a slingshot car. Class 3/4R have been thoroughly enjoying their Forest School sessions, while 3/4D have also had a great time at swimming.

## PE

**Years 3/4** - Mon (bring your kit) and Thurs (come to school wearing your kit)

**Years 5/6** - Fri (bring your kit) and Wed (come to school wearing your kit)

When the children come to school in their PE kit they must wear their yellow PE top, green shorts / **black joggers** and their green Ashwood Park jumper or cardigan.

Hoodies and gilets are **not** permitted.

Ashwood Park uniform and PE Kit is available from **Totally Uniform** in Kingswinford.

**Maths Problem:** Find a path from the top-left corner to the bottom-right corner by passing through **prime numbers** only.

47	97	72	85	33	59	89	66	24	94
3	48	11	71	15	38	17	93	4	46
79	88	22	59	13	50	27	39	57	41
87	42	14	19	89	98	84	30	63	8
82	99	90	5	54	83	71	75	97	95
17	53	43	41	76	21	9	79	31	65
58	74	73	61	77	36	55	13	68	6
26	18	2	10	7	49	83	35	61	73
51	86	56	34	17	79	67	25	37	60
45	96	41	78	80	81	72	31	23	29



## Glitter and Glow Disco

# Thursday 12th February

REC/KS1 4:30—5:30pm

KS2\* 4:30—5:45pm

Places must be booked by

Wednesday 4th February!

**£4.00**



Snack and drink  
included

\* KS2 ONLY—Sweet Shop/ Glow  
Sticks/ Tattoos.





Join us for...

# GAME & CHILL

Join the Reflexions team for a fun day where children, young people and families can enjoy their favourite board games together – a chance to make friends, connect and share laughs in a relaxed, supportive space.

Parents to accompany children under 13 years old

**Wednesday 18<sup>th</sup> February**

 **12:00 - 3:00**

 **Here4Youth 1 Castle Street  
Dudley DY1 1LA**



For additional information or brief sign up form to register your attendance, please email [bchft.reflexions@nhs.net](mailto:bchft.reflexions@nhs.net) or feel free to pop in!

# Healthy Families: Growing Up



Join our parent group

## Healthy, thriving children and families



HENRY's free **Healthy Families Growing Up** programme is for parents and carers of primary-school age children – it will help you develop a healthier, happier lifestyle that the whole family can enjoy.

The programme covers these 5 themes across 8 sessions and provides everything you need to help your children flourish.

- Feeling more confident as a parent
- Physical activity for the whole family
- What children and the whole family eats
- Family lifestyle habits
- Enjoying life as a family

Get in touch to sign up now!

### Programme details

For parents or carers with children aged 5 - 12 years

Day/time: Wednesday, 09.30 - 11.30

First session: 28 January 2026

Last session: 25 March 2026

Length: 8 sessions

Optional session on 14 January to learn more about the course and meet the facilitators.

Venue: Brierley Hill Family Hub, 18 Parkes Street, DY5 3DY

"This was the best thing I could possibly have done to help me be a better mum"



### How to book a place

Visit [www.dudleyparents.co.uk](http://www.dudleyparents.co.uk) or scan the QR Code and click on the HENRY tile to book your place



### Session 1

Becoming a parent

### Session 2

A healthy pregnancy

### Session 3

Bonding

### Session 4

Caring

### Session 5

Giving birth

### Session 6

Life after birth

"Exceeded my expectations!"  
Expectant parent



Day/time: Mondays, 12.30pm - 2.30pm

First session: 9 February 2026

Last session: 23 March 2026

Length: 6 weeks

Optional session on 2 February to learn more about the course and meet the facilitators.

Venue: The Source Youth Centre, Barnett Lane, DY8 5PY



Visit [www.dudleyparents.co.uk](http://www.dudleyparents.co.uk) or scan the QR Code and click on the HENRY tile to book your place.

## A great start in life Do you have a child under 5? Would you like to:

- feel more confident as a parent?
- reduce mealtime stress?
- enjoy being active as a family more often?
- encourage your child away from screens and TV?
- see your child eat more fruit and vegetables?
- gain ideas to help with family routines?

"I will be recommending this course to everyone. Thank you for this life changing opportunity."

### Free Healthy Families Right from the Start programmes

Programme 1: Day/time: Tuesday, 09.45 - 11.45

Start date: 20 January 2026, End date: 24 March 2026

Length: 9 sessions, Venue: Lye Family Hub, Lye By-pass, DY9 8HT

Programme 2: Day/time: Thursday, 09.45 - 11.45

Start date: 22 January 2026, End date: 26 March 2026

Length: 9 sessions, Venue: Stourbridge Family Hub, Forge Road, DY8 1XF

Visit  
[www.dudleyparents.co.uk](http://www.dudleyparents.co.uk)  
or scan the QR Code and  
click on the HENRY tile to  
book your place.



## Starting Solids Free local workshops



Introducing solid foods  
is the start of  
a whole new  
chapter for you  
and your baby



Come along!

### Introducing solid foods at 6 months

Come to a Starting Solids workshop to help you get your baby off to a great start. The workshop will help you decide:

- When your baby is ready to try solid food
- What foods to start with
- When your baby is hungry and when they've had enough
- How to make mealtimes an enjoyable experience for both of you

Workshops are taking place throughout January, February, March 2026

Visit [www.dudleyparents.co.uk](http://www.dudleyparents.co.uk) or scan the QR code and click on the HENRY tile to book your place





## Children's Speech and Language Service (Dudley)

Advice for parents and carers can be found at:

<https://www.blackcountryhealthcare.nhs.uk/our-services/childrens-speech-and-language-therapy-service-dudley>

## Dudley's Special Educational Needs and Disabilities Bulletin

The Dudley Special Educational Needs and Disabilities e-bulletin(s) aim is to keep parent carers, education settings and stakeholders informed about Dudley's Special Educational Needs and Disabilities (SEND) Improvement Programme as well as news and events.

As a system we are working hard to improve our SEND offer across the borough. A lot is happening and we are gathering pace to better support our children, young people and families with SEND.

Our latest bulletin provides:

- updates of our improvement journey including our progress of our Delivering Better Value Programme in SEND
- SEND news from the Dudley Parent Carer Forum, Health, the council and partners
- details of useful events for parent carers and practitioners
- SEND Education Settings News which includes information about free SEND training Resources.

[Sign up now](#) SEND Improvement Programme - September 2024 ([govdelivery.com](http://govdelivery.com)) to receive this e-bulletin direct to your email inbox

## Health Choices

Dudley Public Health and Wellbeing is part of Dudley Council. We support and enable residents, families and communities to make positive lifestyle changes and improve your health and wellbeing.

There is lots we can do as individuals to stay healthy and well in Dudley borough. This website is a one-stop place for up-to-date public health information and news, from pregnancy and early life to healthy ageing.

<https://healthydudley.co.uk/>

## Healthy Lunchboxes

The Healthy Lunchbox Resource is available to support children & families to make healthy, yummy and tooth friendly food choices for their children's lunchbox.

<https://www.dudleyhealthylunchbox.org.uk>

## DudleyParents

There is a one stop shop for parents in the Dudley Borough offering support and information. You can gain free access to guidance and support over a range of topics for parents including First 1001 Days as a Parent, DadPad, Five to Thrive, Solihull Approach, Triple P, Parents in Conflict, The Henry Approach.

[www.dudleyparents.co.uk/home](http://www.dudleyparents.co.uk/home)

**Dudley's Local Offer** is a new one stop shop website for children and young people with special educational needs and disabilities (SEND) and their parents and carers.

The website contain a wealth of up to date information on areas which include education, training and work, health, leisure and fun, care and moving into adulthood. The website aims to help young people and parents to make individual, informed, positive decisions and choices



The Dudley family hub network is a one-stop shop, offering advice and support for families in Dudley with children aged 0-19 (25 if the child has special educational needs and/or disabilities). It includes an online offer and five local family hubs.

The network includes key Start for Life services. These cover the period from conception to age two. Core Start for Life services such as midwifery, health visiting and early years support are included.

<https://www.dudley.gov.uk/residents/early-years-and-childcare/dudley-family-hub-network/>

## SEN Soft Play Sessions

Dudley leisure centres offer soft play sessions for children with SEN:

**At Duncan Edwards Leisure Centre**, there is a SEN soft play session **every Wednesday from 5.00pm - 6.00pm**

**At Halesowen**, there is a SEN soft play session **every Monday from 4.30pm - 6.00pm**.

Both sessions are suitable for children under 11 years of age with disabilities, special educational needs, ASD and their siblings.

### **New Sensory Room at Coseley Family Hub**

Parents and carers can now book time in a NEW sensory room at the local family hub in Coseley. The FREE space is bookable for between 30min to an hour and gives the chance for children of all ages to explore a range of sensory activities with their parents/ carers.

The sessions are self-led but staff will be on hand to support or answer any questions. To book call the hub on 01384 813096.

[Soft play | DB Leisure](#)

## Parent Carer Forum Update:



Dudley Parent carer Forum welcome registrations for membership from parent/carers and also offer associate memberships to wider family members or practitioners working within Dudley. Joining up means you will be kept up to date on all the latest news, information and events doing on in Dudley. Parents/ Carers will also receive a FREE gift when they sign up!

[Sign Up Here](#)

## Integrated Early Years Service Parent Support Group



This group offers support to parents and carers of children with a range of additional needs. It provides supportive environment to engage with your child, and also to gain practical advice for everyday routines.

[See More Details Here](#)

## Autism



Autism Central is a website for parents. It aims to **"signpost you to information on a wide range of topics around autism and support that is available from Autism Central, our partner organisations and other trusted sources"**

<https://www.autismcentral.org.uk/resources>

## SEN Help

**Kids** are a charity who create life-changing opportunities by providing a wide range of support to families. They run playscheme days at their centre alongside community days for signed up families. Parent/carers wishing to refer or register with Kids for care planned services can do so by requesting a referral form via the enquiries email: [enquiries.orchard@kids.org.uk](mailto:enquiries.orchard@kids.org.uk) or via telephone: 01384 897489.

**Sassy Sensory** surprises are launching 'Wellbeing Walks', they will take place in a different location each month.

Contact [toni@sassysensorysurprises.co.uk](mailto:toni@sassysensorysurprises.co.uk) for further details. Information can be found on their website regarding their recently launched sensory lending library.

## Happier Minds

Whether you are a young person, a parent/ carer or a professional working with young people we hope this site will be helpful to you and those you care about.

<https://happierminds.org.uk/>

## Dudley's Disability register

Dudley Council have **revamped its Disability Register** to better support children and young people with disabilities and their families. The register is a **voluntary and confidential list** that helps the council plan and deliver better services, tailored to local needs. It's quick and easy to register! Benefits include families who register can request a **free day pass** for entry to **Dudley Zoo** when attending with their child, receive updates about local services, events, and consultations, help shape services and your registration helps Dudley Council understand the needs of families and improve support.

Visit the [Dudley Disability Register page](#) to complete the online form. For help completing the form or to request your Dudley Zoo pass, contact the Children with Disabilities Team: 0300 555 0050 (press option 1) or email: [businesssupportcdt@dudley.gov.uk](mailto:businesssupportcdt@dudley.gov.uk)

**We love Carers** provide support for carers and their families all year round. Information, advice, signposting, advocacy, help with form filling and much more. Weekly play sessions and holiday play sessions for children with disabilities and additional needs are available. **Their Autumn and Winter timetable can be found [here](#).** Contact them via email [hello@welovecarers.org](mailto:hello@welovecarers.org) or telephone 01384 396626 for further information on any of the above.

**Kids** are a charity who create life-changing opportunities by providing a wide range of support to families. They run playscheme days at their centre alongside community days for signed up families. Parent/carers wishing to refer or register with Kids for care planned services can do so by requesting a referral form via the enquiries email: [enquiries.orchard@kids.org.uk](mailto:enquiries.orchard@kids.org.uk) or via telephone: 01384 897489.

**Deaf Children's Society** run a **Youth club for children aged 10 to 18 years**, held monthly at Queens Cross Network for information or this or on any events they run, email [dudleydeafchildrenssociety@yahoo.com](mailto:dudleydeafchildrenssociety@yahoo.com) for information.

**Dudley leisure centres** are all-inclusive, encouraging everyone to access as many sessions as possible. Our centres offer quiet and disability sessions for children and adults. Accessible facilities are available throughout each of the leisure centres, family fun disability swimming sessions run throughout the holidays, details below:

**Halesowen LC:** Saturday's from 2.15pm to 3.30pm

**Crystal LC:** Friday's 2pm – 4pm

**Duncan Edwards LC:** Wednesday 2.45pm to 4.30pm or Saturday's 1.15pm to 2.15pm

SEN sessions can be accessed at [Planet Play](#) suitable for children under 11 years of age with disabilities, special educational needs, ASD and their siblings. Sessions take place during the holidays at Duncan Edwards Leisure Centre every Wednesday 5pm to 6pm and at Halesowen Leisure Centre, every Monday 4.30pm to 6pm.

**Activezone** run disability sports for children, young adults and siblings. (sessions takes place for children aged 5 to 8yrs or 9 to 18yrs) Children can take part in various sports, see the below web pages for dates available at each leisure centre:

[Crystal Leisure Centre](#)

[Duncan Edwards](#)

**Lifted Spirits** provide a safe space for families of children with disabilities and SEN, they meet *term time only* every Tuesday 9.30am to 11am.

**Unheard Voices** are a SEND carers support group run by parents to help other parents and carers. They meet up term time on **Fridays 10.30am to 12pm** at Jubilee Hall, Ladies Walk, Sedgley. DY3 3UA or Thursday evenings (term time) at Humbugs café in Sedgley 6pm to 7.30pm. Email [unheardvoices13@yahoo.com](mailto:unheardvoices13@yahoo.com) for further information.

**Hoult's House** based in the Rye Market Stourbridge run SEND Sessions on Monday and Tuesdays from 2.245pm to 4.15pm, low level sound and limited numbers.



## FIA'S BUDDIES

Family Inclusion Acceptance  
Supporting every child's Down  
Syndrome journey and  
celebrating their siblings!

FIA's Buddies was inspired by a beautiful family that at time of unknown, there was lack of readily available information and when there was information it was difficult to find a clear answer

A little background- this idea blossomed when one of Tash and Dan's beautiful daughters was diagnosed with Down syndrome and additional health related conditions. As family and friends we support Tash, Dan and their girls as much as we were able to but clearly saw that the information and support was not very forthcoming and/or difficult to find.

The names FIA represents the names of 3 beautiful girls, but also Family, Inclusion and Acceptance.

FIA's Buddies aims to support children experiencing the effects of Down Syndrome and their siblings age from birth to 18 within the United Kingdom.

The funds raised by FIA's Buddies is to bring a long-lasting difference to the lives of children with Down syndrome by the provision of resources for education, signposting to information and resources to support wellbeing and improve quality of life. By doing this encourage children to achieve their potential.

We have set up this go fund me to help kick start our community project of becoming a registered charity, in order to do this we must have an raised £5,000.

[www.fiasbuddies.co.uk](http://www.fiasbuddies.co.uk)



For our latest events and  
activities follow us on Facebook

Support us via GoFundMe

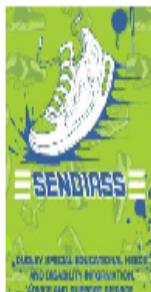


## Dudley SENDIASS Workshops

For parents/carers of children with SEND and young person with SEND up to 25 years old seeking further information about SEND support and processes in education.



Academic Year 2025 – 2026	SEPTEMBER	NOVEMBER	JANUARY	MARCH	APRIL	JUNE
All workshops 10am – 11.30am on Teams						
Understanding how to access SEN support within settings	8 <sup>th</sup>	21st	22 <sup>nd</sup>	4 <sup>th</sup>	21 <sup>st</sup>	22 <sup>nd</sup>
Understanding the EHC Needs Assessment request process	9 <sup>th</sup>	17 <sup>th</sup>	23 <sup>rd</sup>	5 <sup>th</sup>	22 <sup>nd</sup>	23 <sup>rd</sup>
How to check a draft plan	10 <sup>th</sup>	18 <sup>th</sup>	19 <sup>th</sup>	6 <sup>th</sup>	23 <sup>rd</sup>	24 <sup>th</sup>
Preparation and process for annual review	11 <sup>th</sup>	19 <sup>th</sup>	20 <sup>th</sup>	2 <sup>nd</sup>	24 <sup>th</sup>	25 <sup>th</sup>
Preparation for key transitions	12 <sup>th</sup>	20 <sup>th</sup>	21 <sup>st</sup>	3 <sup>rd</sup>	20 <sup>th</sup>	26 <sup>th</sup>



To book on to a workshop email [dudley.sendiass@dudley.gov.uk](mailto:dudley.sendiass@dudley.gov.uk)

[Dudley SENDIASS Website](#)

Dudley SENDIAS Service offers information, advice and support on all matters relating to SEN and disabilities including health and social care to parents and carers of children with SEND and Young People with SEND up to 25 years old.

# Helping Children Get the Best Start in Life

## Free Programmes & Workshops

HENRY supports families to build healthier habits and routines that support children's physical and emotional wellbeing, right from the start and as they grow.

A range of free, friendly and practical sessions are available to parents and carers in Dudley with children aged 0-12, as well as those expecting a baby.



WANT MORE  
INFORMATION?

or visit [www.dudleyparents.co.uk](http://www.dudleyparents.co.uk)



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Dudley  
Metropolitan Borough Council

henry  
Healthy Start, Brighter Future

## Body safety matters

Helping your child understand boundaries and personal safety

### Keeping children safe starts with conversation

Talking about body safety can feel uncomfortable – but it's one of the most powerful ways to protect children. Children who understand their bodies, boundaries and rights are more confident and better equipped to speak up if something feels wrong.

You don't need a big formal talk – short, everyday chats work best.

Here are some simple conversation starters you can use:

- “Do you know what parts of your body are private?”
- “If someone made you feel uncomfortable, who would you tell?”
- “Has anyone ever asked you to keep a secret that made you feel funny or unsure?”
- “You’re allowed to say ‘no’ to hugs or kisses, even to family – how do you feel about that?”
- “What would you do if someone touched you in a way you didn’t like?”

Use natural moments (e.g. bath time, getting dressed, bedtime stories, a walk in the park) to bring up the topic gently. Keep your tone calm and reassuring. The goal is to help children feel safe, heard and empowered.

Reassure them: “*You can always talk to me about anything – I'll always listen and help.*”

### Don't forget the online world

Even at primary age, many children play games or watch content online. It's important they know that body safety rules apply online too.

- Teach them never to share photos of their body, especially private parts.
- Make sure they know: if anyone asks them to do something that feels odd, secret or confusing online, they should tell you straight away.
- Talk about how some people online might pretend to be children when they're not.
- Use privacy settings and supervise young children during screen time.
- Remind them: “If something online makes you feel uncomfortable or unsure, it's never your fault. Just come and tell me.”

### How you can support at home

- 1) Use everyday moments to talk about safety.
- 2) Read books together on body safety.
- 3) Practice naming trusted adults they can go to if worried.
- 4) Reassure them: they will never be in trouble for telling the truth.

### WHAT CHILDREN NEED TO KNOW



#### THEIR BODY BELONGS TO THEM

Children should know that they are the boss of their own body. No one – not a peer, adult, friend or family member – has the right to touch them in a way that makes them feel uncomfortable.



#### PRIVATE PARTS ARE PRIVATE

Teach them the correct names for private body parts (e.g. penis, vagina, bottom). This helps remove shame and confusion – and makes it easier to report any concerns clearly.



#### THE 'NO, GO, TELL' RULE

If someone makes them feel unsafe or breaks a body boundary: Say “NO!” GO to a safe place TELL a trusted adult.



#### SAFE AND UNSAFE TOUCH

Help your child understand:  
Safe touch: hugs, holding hands if they want to  
Unsafe touch: touches that hurt, feel scary, confusing, or are kept secret.



## We help with anxiety, depression, or stress

**FREE** confidential, and tailored for you

Our experts have helped lots of people in Dudley become happier and healthier



For anyone aged 16 or over registered with a Dudley GP

Support available via...



In-person



Phone



Video



Online



Workshop



Call 0800 953 0404 or self-refer by visiting  
[www.blackcountryhealthcare.nhs.uk/talking-therapies](http://www.blackcountryhealthcare.nhs.uk/talking-therapies)

SCAN  
ME



# Free School Meals

If you receive any of the following support payments your child may be entitled to Free School Meals

- Income Support
- Income-based Jobseekers Allowance
- Income-related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- The guaranteed element of State Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit Run-on – paid for 4 weeks after you stop qualifying for Working Tax Credit
- Universal Credit

If you currently receive free school meals but have now moved into the area, you will need to complete a new Free School Meals Application form

If you wish to apply for Free School Meals, please go to

[www.dudley.gov.uk/resident/your-council/council-tax-and-benefits/benefits/free-school-meals](http://www.dudley.gov.uk/resident/your-council/council-tax-and-benefits/benefits/free-school-meals)

If you need further information, you can contact the Free School Meals Team by:

-  Telephone -01384 814988
-  Email – [freeschoolmeals.benefits@dudley.gov.uk](mailto:freeschoolmeals.benefits@dudley.gov.uk)
-  Visiting – Dudley Council Plus, Castle Street, Dudley between 8.30am and 5pm Monday to Friday, 9am and 12 noon Saturday



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PRESENTS

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**FOR BOOKINGS AND ENQUIRIES PLEASE CALL OR EMAIL JAN:**

**07764 404975 | [janetcooper@blueyonder.co.uk](mailto:janetcooper@blueyonder.co.uk) | [www.facebook.com/yogawithjan](http://www.facebook.com/yogawithjan)**