

# NEWSLETTER



**Article 28** Every child has the right to an education

## Dear Parents and Guardians,

If your child is absent from School please phone the School Office before 9 am.

We have a vacancy on the Governing Board for a Parent rep. If you would be interested, please contact the Office for an information pack.

Our "Glitter and Glow" disco is on Thursday 12<sup>th</sup> Feb. Tickets on sale in the office.

We break up for Half term on Friday 13<sup>th</sup> February. Children return on Monday 23<sup>rd</sup> February.

Our recent workshops have been very well attended. Thank you for your support, we hope you are finding them useful.

### 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 Reynolds—Tuesday**  
**Mrs Bunn—Tuesday**  
**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

## Dates for the Diary

**Thursday 5th February 2026**

Y6 Parent SPAG Workshop 9 am

**9th to 13th February 2026**

Children's Mental Health Week

**Thursday 12th February 2026**

PTA Disco—See page 3

**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

### EVERY SCHOOL DAY COUNTS



### EVERY MINUTE COUNTS



## Praise Assembly

Children who gained badges and certificates deserve our special congratulations: **04/02/2026**

<b>RR Foxes</b>	- Pennie
<b>1CB Moles</b>	- Molly
<b>1/2JB Squirrels</b>	- Ivy
<b>2W Badgers</b>	- Dempsey

<b>3/4D Chestnut</b>	-
<b>3/4R Oak</b>	- Oscar
<b>4H Elder</b>	- Finley
<b>5/6D Beech</b>	- Isla B
<b>5/6D Beech</b>	- Finlay B
<b>5/6E Holly</b>	-
<b>6BB Rowan</b>	-

## Menu\* wc [09.02.26](#) (Week 2)

### Monday

All Day Breakfast (H & V available)  
Fish Option  
Hash Browns  
Banana Cake & Custard

### Tuesday

Mac 'n' Cheese (V)  
Fish Finger Bap  
Potato Wedges

Strawberry Mousse or Shortbread

### Wednesday

Roast Chicken  
Roast Chicken (H)  
Quorn Balls (V)  
Gravy & Stuffing (V)  
Fish Option  
Mashed & Roast Potato  
Waffles

### Thursday

Chicken Tikka Masala  
Country Veg Bake (V)  
Fish Option  
Rice

Raspberry & Apple Cake

### Friday

Pizza Party (V option available)  
Fish Option  
Chips

Fruity Friday

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



We have been learning about our school grounds this week in Reception and enjoyed a walk around the site noticing different features. We have been getting lots of dojos whenever the children do some independent writing! Please let us know if you do any at home too!

Also this week, the children across early years enjoyed making birthday cards for Amelia, a special girl who is unwell and hoping to get 8000 birthday cards.

### Tree Tots Toddler Group

We're really sorry that our toddler group isn't able to run right now. We know how much the children (and grown-ups!) enjoy coming together, and we're continuing to look for solutions. Thank you for your patience and understanding—we truly hope to be back up and running, and we can't wait to see you then.



## KS1 News



This week we have been completing and evaluating our Ferris wheels. We looked back at our designs and made sure we had used them in our practical lessons.

We have also been working on multiplying and dividing this week and will be carrying on with this next week too!

The children have had a lovely time creating a birthday card for a special girl called Amelia, who is hoping to get 8,000 cards for her birthday as she is unwell. What a lovely thing to be able to do!



### TT Rockstars



1. William 3/4R
2. Kobi 3/4R
3. Muhammad 3/4R

**Well done!**

Thank you to those children who have been practising their times tables on TT Rockstars. Please log in regularly to play.

## RBDC



What a busy, fun-packed week we have had in the RBDC!

This week, Acorns and Conkers have joined forces. We have had lots of fun doing lots of interesting activities. Due to the base being out of use in the mornings, it has given us a fantastic opportunity to work together and develop some new skills.



On Monday, we discussed how to make pizzas. We discussed what we like to eat on pizza, tasted some toppings and created our own designs. On Tuesday, we created our own pizza. We were given instructions and had to follow them very carefully. The best bit was tasting them – delicious!! Wednesday, we allowed our creativity to flow. We were given lots of recycling and given the chance to create a design for our dream playground. It was great fun, we added in a zip-wire, tyre swing and lots of painted activities on the floor. Thursday, we visited the local shop. We needed to purchase ingredients for cake making. We were each given some money to spend on an ingredient of our choice. We had to choose the correct coins and check the change we were given. Friday was the day we got to make our cakes. They were fabulous!!! What a great week we have had.

PUDS Yr1/2 - This week we have discussed the roles people who support us do and why everyone's job is different.

PUDS Yr3/4 - This week we have been looking at differences between one-handed and two-handed sign languages.

PUDS Yr5/6 - This week we have compared BSL (British Sign Language) and ISL (Irish Sign Language).

This week's signed story is '**Incredible You**'.

Please share with your child.  
<https://www.youtube.com/watch?v=w5wf86rlWo>

Sign of the week:



**Story**

## KS2 News



There has been a real buzz of positivity around the KS2 building recently, with children working incredibly hard and producing some fantastic work.

Our Year 5/6 pupils have been thoroughly enjoying their DT lessons, using a wide range of materials to design and construct model playground equipment – the results are looking amazing!

Meanwhile, our Year 3/4 children have been busy taking part in a variety of exciting activities, including swimming, forest school and their ukulele lessons.

We would also like to say a **huge** thank you to Mr Willans for all his hard work cleaning up the Year 3/4 playground – it is looking great and is very much appreciated.

## 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:



### Dice Investigation

Take 2 spotted dice. Throw the dice sensibly. How many spots are on the top sides of the dice?



These dice show 6 spots.

What are the different totals that can be made with 2 dice?

What are the largest and smallest totals?

What are the different totals that can be made with 3 dice?

What are the largest and smallest totals?



### Challenge

Can you predict what the largest and smallest totals would be with 4 or 5 dice?



## 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

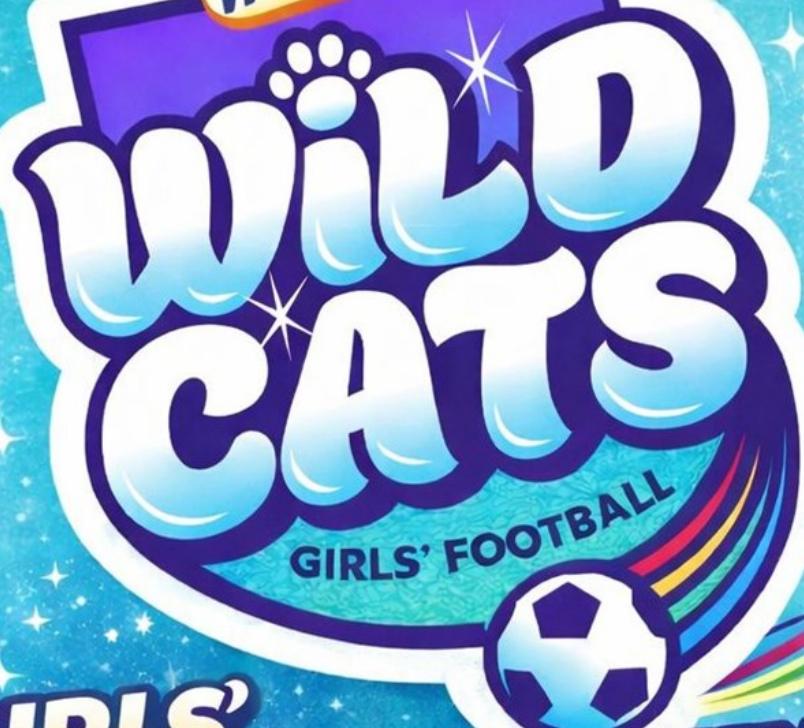
**Wednesday 18<sup>th</sup> February**

 **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!



# **GIRLS' FOOTBALL TRAINING SESSIONS!**

**AGES 5-11 YEARS**

**@ ENVILLE PAVILION, DRIVE, DY7 5HB**

**2PM TIL 3PM WEEKLY**

**JOIN US EVERY SUNDAY FOR FUN GIRLS'  
FOOTBALL TRAINING SESSIONS FOR  
AGES 5-11! ALL ABILITIES WELCOME!**



**FOR MORE INFO EMAIL:  
Envillewildcats@outlook.com**

# Healthy Families: Growing Up



## Healthy, thriving children and families



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



# Preparation for Parenthood



Are you pregnant?

A FREE 6-session programme helping you prepare for the arrival of your baby. Partners, friends or family are encouraged to attend alongside expectant mothers.

- Practical, evidence-based information to support you as you prepare to become a parent
- A great opportunity to meet other expectant parents and build friendships within your community
- Join the thousands of families across the country who have benefitted from a HENRY programme

### 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



### 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

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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



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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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