

Dear Parents and Guardians,

Dear Parents and Guardians,

Mr Gwyn Jones, Headteacher of Ashwood Park from Sept 1971 has passed away peacefully at the grand age of 101. Our thoughts and sincere condolences go out to his family at this sad time.

We return after the Whitsun Half Term Holiday week on Monday 1st June.

Nut Allergy

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



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



Sports Days

Years 1 and 2

Tuesday 2nd June at 09.15am

Years 5 and 6

Wednesday 3rd June at 09.15am

Years 3 and 4

Thursday 4th June at 09.15am

Early Years

Friday 5th June at 09.15 and 2pm



All on the field

Let's hope the sun shines!

Praise Assembly

Children who gained badges and certificates deserve our special congratulations: **20/05/2026**

RR Foxes	- Beatrice
1CB Moles	- Trip
1/2JB Squirrels	- Trip
2W Badgers	- Trip
3/4D Chestnut	- Lucas
3/4R Oak	- Lewis
4H Elder	- Jaxon
4H Elder	- Savannah
5/6D Beech	- Rozhin
5/6D Beech	- Alfie
5/6E Holly	- Grace
6BB Rowan	- Clara

Menu* wc 01.06.26 (Week 1)

Monday

Chicken Gyros
Chicken Nuggets (H)
Authentic Pitta Pizza (V)
Mexican Rice
Mini Doughnut

Tuesday

BBQ Pulled Quorn Taco (V)
Chicken Nuggets (H option)
Herby Diced Potatoes
Chocolate Brownie

Wednesday

Roast Chicken (H option)
Cheesy Cauliflower & Tender Broccoli Bake
Gravy
Mashed & Roast Potatoes
Muffin Selection

Thursday

Wholemeal Cheese & Tomato Pizza (V)
Tandoori Chicken Wrap
Potato Wedges
Vanilla Iced Sponge

Friday

Ocean Friendly Fish Selection
Oven Baked Mac 'n' Cheddar Cheese (V)
Chips
Fruity Jelly

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

Dates for the Diary

Friday 22nd May 2026

MUFTI Day—Bleed Kit Fundraiser

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

Friday 12th June 2026

PTA Rainbow Run

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

Tuesday 1st September 2026

INSET Day—Closed to Children

Wednesday 2nd September 2026

Children Return to School

Please note INSET days are provisional and are subject to change

PTA Rainbow Run Friday 12th June

KS1: Please wear 'BRIGHT coloured' clothing suitable for a sporting activity.

KS2: Please wear Ashwood Park PE Kit

All the details are on DOJO.

Thank you for your support.



Dinner Dates

The following staff will be in the lunch hall:

Mrs Harris—Monday
Mr Dimmock—Monday
Miss Webb—Wednesday
Miss Barnett—Wednesday
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!

We look forward to seeing you!

Early Years News

We had an amazing visit from the firefighters and police this week! The children asked lots of brilliant questions, and really enjoyed seeing and learning about our emergency services.

This half term has flown by and the children are doing brilliantly, we can't believe there's only half term left of Reception! Thanks so much for all your support this term, please continue to practice reading lots at home during half term.

The first week back is Good Health week, so we will be making a healthy snack - a fruit salad in Reception. Please let staff know if there are any dietary requirements and we look forward to seeing you for Sports Day on Friday 5th June.



KS1 News

This week we have had a wonderful trip to the Sycamore centre! The children enjoyed a range of free play and explored the outdoors. They used go karts, trampolines and the sandpit. The staff at the centre were very complimentary about their behaviour and they were a wonderful representation of Ashwood Park. We were very proud of them!

Next week we hope you all have a wonderful half term and come back from the rest ready for our brand new topics. In history we will be finding out all about Monarchs and in Art we will be starting the topic colour splash.



RBDC News

What a fantastic week we have had in RBDC this week.

Star of the week for the RBDC this week is **Sienna**. Well done to Sienna for completing all her SATS tests! You tired your best and have worked very hard.

In Acorns, we have created a Bug Hotel. We used recyclable materials to do so. We looked at how important different shelters are to insects. In PSHE, we have been discussing different job roles and where money comes from.

In Conkers, we have been looking at different stories and developing explicit skills. We have developed our ordering skills, character descriptions, setting descriptions, securing the correct use of punctuation and writing an alternative ending to a known story.

This weeks signed video is about 'Flowers'.

<https://www.youtube.com/watch?v=p7sWNn7bVKo>



KS2 News

We have all had a lovely week in school and the children have been working incredibly hard across all subjects. It has been wonderful to see so much enthusiasm for learning in every year group.

Years 3 and 4 have been busy learning about rivers in Geography this half term. They have explored the water cycle, how rivers are formed, where rivers can be found and how they are used, before investigating the features of our local river. The children have really enjoyed developing their understanding of the world around them through this topic.

In History, Years 5 and 6 have been exploring the story behind the £10 note. They have learnt about the important historical figures featured on banknotes and discussed why these individuals were chosen and the impact they had on society. The children have enjoyed discovering how money can tell us about Britain's history and culture.

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.



Mufti Day

On Friday 22nd May we will be having a Mufti Day to raise funds for the Daniel Baird Foundation.

This charity raises awareness of the importance of having publicly accessible bleeding control packs available, which can help save lives in an emergency.

For more information about the Foundation, please visit their website:

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

If you are able to, please send in cash donations in with your child to give to their Class Teacher on the day.



Thank you for your support.

TT Rockstars



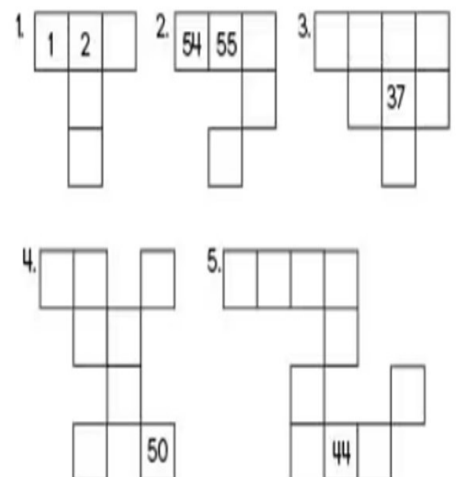
1. Kobie 3/4R
2. Emily 3/4D
3. Muhammad 3/4R

Well done!

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

Maths Problem:

Missing Numbers Square to 100



Wanted

Parent Governor

Become a Parent Governor at Ashwood Park

We are looking for enthusiastic and committed parents or carers to join the Governing Body at Ashwood Park as a Parent Governor.

This is an exciting opportunity to play an active role in supporting the school, helping to shape its future, and ensuring every child receives the best possible education.

What does a Parent Governor do?

Parent Governors work with school leaders and other governors to:

- Support the strategic direction of the school
- Monitor school performance and progress
- Help ensure pupils are safe, happy, and successful

Represent the views of parents while acting in the best interests of the school

No special qualifications are needed — just an interest in education, good communication skills, and a willingness to contribute. Skills in Finance/admin/health/management would be useful.

Commitment

Governors usually attend:

- Full governing body meetings each half term

Occasional committee meetings and school visits Training and support will be provided.

Who can apply?

Any parent or carer of a child currently attending the school is eligible to apply.

How to apply

If you are interested in becoming a Parent Governor, please contact school office for an information pack. We encourage applications from parents with diverse backgrounds, experiences, and skills.

Help make a difference to our school community — we would love to hear from you.



Scouts

2nd Wordsley (Holy Trinity)

#SkillsForLife

JOIN THE ADVENTURE!

FUN, FRIENDSHIP, CONFIDENCE & SKILLS FOR LIFE



BEAVERS

WEDNESDAYS
6:00 – 7:15pm

Games, crafts, and their first big adventures

beavers@2ndwordsley.org.uk



cubs

MONDAYS
7:00 – 8:30pm

Build skills, make friends, and take on new challenges

cubs@2ndwordsley.org.uk



SCOUTS

FRIDAYS
7:00 – 9:00pm

Adventure, leadership, and unforgettable experiences

scouts@2ndwordsley.org.uk



BASED IN WORDSLEY

2nd Wordsley (HT),
Rear of Holy Trinity Church,
High Street, DY8 5RU



EMAIL US TODAY TO BOOK FREE TASTER SESSIONS!



TRANSITION WORKSHOP

A fun and supportive workshop helping children and young people build confidence and develop skills to manage new transitions!



Tuesday 26th May
9:30am - 12:30pm
The Link Academy
DY2 0PB



For additional information or brief sign up form to register your attendance, please email bchft.reflexions@nhs.net



Black Country Healthcare
NHS Foundation Trust

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



Thursday 28th May 10:30am – 3:00pm



Halesowen Family Centre

Lye By-Pass, Stourbridge DY9

8HT



What People Loved!

- ★ The environment was inclusive and staff were kind and accommodating, looking forward to more of this'
- ★ 'Big impact on my families mood, we've all been happy to be here'
- ★ I was a bit stressed and now I feel more relaxed

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



Parent & Carer Support

Drop-in

Parents and Carers are warmly invited to drop in to Cranstoun Routes for a Drop in session on the first Friday of every month between 1:30pm - 2:30pm!

Starting from Friday 1st May 2026

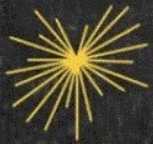
CRANSTOUN ROUTES

Unit L14, The Boulevard
Merry Hill Shopping Centre
Dudley
DY5 1QX

Fridays at 1:30 - 2:30

THIS OFFERS:

- Guidance on supporting their young person
- A space to ask questions
- Signposting to further service



CHANCE TO SHINE
STREET

FREE STREET CRICKET



INDOOR CRICKET AGE 7-15

COMMUNITY CRICKET SESSIONS PLAYED WITH A SOFTBALL
ALL EQUIPMENT PROVIDED, NO EXPERIENCE NECESSARY

WANT MORE INFORMATION?

WEDNESDAYS

5:30 – 6:30PM

THE WORDSLEY SCHOOL

DY8 5SP



WORCESTERSHIRE
CRICKET FOUNDATION

For more information contact:

jamie.watson@worcestershirecricketfoundation.co.uk

07376 534926



WORCESTERSHIRE
CRICKET FOUNDATION

TFA

COACHING CAMPS

WHIT WEEK FOOTBALL TRAINING CAMP

TUES 26TH, WEDS 27TH & THURS 28TH MAY

AGES 6-14  BOYS & GIRLS  9AM-3PM

£30/DAY OR **£75**/3 DAYS

ONLINE REGISTRATION
WWW.THEFOOTBALLERSACADEMY.CO.UK

EARLY DROP OFF 8:30-9:00AM **£5**
LATE PICK UP 3-4PM **£10**

CAMP INCLUDES

-  Skills & Drills
-  Individual Comps & Team Tournaments
-  Fantastic 4G Pitch
-  Certificates & Prizes

COACHED BY
RUSS PENN &
JIMMY O'CONNOR

 **STOURTON PARK, STOURBRIDGE**



Weetabix

Wild CATS

GIRLS' FOOTBALL



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 ABILTIES WELCOME!



FOR MORE INFO EMAIL:
Envillewildcats@outlook.com

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!

"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 or scan the QR Code and click on the HENRY tile to book your place



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

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 benefited 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 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 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 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 \(govdelivery.com\)](#) 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

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:

Aiming for Brighter Futures



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 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 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**

[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 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 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 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 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.

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 th	21 st	22 nd	4 th	21 st	22 nd
Understanding the EHC Needs Assessment request process	9 th	17 th	23 rd	5 th	22 nd	23 rd
How to check a draft plan	10 th	18 th	19 th	6 th	23 rd	24 th
Preparation and process for annual review	11 th	19 th	20 th	2 nd	24 th	25 th
Preparation for key transitions	12 th	20 th	21 st	3 rd	20 th	26 th



To book on to a workshop email 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

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**

NHS
Dudley
Talking Therapies

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



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

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



Telephone -01384 814988



Email – 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



YOGABRIDGES
PRESENTS

BRITISH WHEEL OF YOGA CERTIFIED

SUITABLE FOR ALL LEVELS OF ABILITY



EVERY THURSDAY | START AT 7.30PM

Ashwood Park Primary School, Bells Lane, Wordsley, Stourbridge, DY8 5DJ

£9 / CLASS OR 10% DISCOUNT FOR FULL TERM

FOR BOOKINGS AND ENQUIRIES PLEASE CALL OR EMAIL JAN:

07764 404975 | janetcooper@blueyonder.co.uk | www.facebook.com/yogawithjan