



## Message from our Headteacher:

### Reflection, Belonging and Understanding

Across this half term, there have been lots of opportunities for spiritual development woven through school life. Through Collective Worship, curriculum learning and wider experiences, children have been given time and space to reflect, ask questions and make sense of big ideas around belief, identity and belonging.

Earlier this half term, we were supported by Urban Abbey, who created pop-up prayer spaces in the STEM Centre. This provided opportunities for children to engage in prayer and reflection. Every child was given the opportunity to visit the space, pause, reflect and respond creatively.

Fizzy Forgiveness



Thankful Ribbons

This week, we gathered at St Stephen's for our Easter Service. Our Spirituality Leaders worked with Revd Lynda Blakeley and Sarah McCamphill to plan and lead the service. They created a short drama and an activity to link objects to reflections on Holy Week. They led this with confidence and lots of imagination.

To finish the week, classrooms were set up as Stations of the Cross. Children could engage with a moment in the Easter story and were supported to reflect more deeply on its meaning and significance to Christians.

With many of our children and families observing Ramadan and preparing for Eid, it has been lovely to see children talk about and celebrate their beliefs, customs and traditions together.

We hope you all have a restful break and we look forward to seeing you next term.

Mr Lowe, Headteacher

### Merit Assembly

Congratulations to the following children who all received a certificate this week and were part of our assembly today:

Foundation 2: All Children  
Year 1: Adalyn & Isla B  
Year 2: Theodora & Farhan  
Year 3: Whole Class  
Year 4: Skylar & Whole Class  
Year 5: Bukunmi & Victor  
Year 6: Ines & Whole Class



### Weekly Attendance

**Attendance Target:** 96.6%

**Attendance so far:** 96.0%

**Foundation 2:** 97%

**Year 1:** 95.6%

**Year 2:** 98.6% 🏆

**Year 3:** 98%

**Year 4:** 94.3%

**Year 5:** 96.3%

**Year 6:** 94%

🌟 Well Done to Year 2! 🌟

### Writers of the Week

Year 1: Mikolaj  
Year 2: Reign  
Year 3: Heyabel  
Year 4: Giovanni  
Year 5: Jennifer  
Year 6: Henry

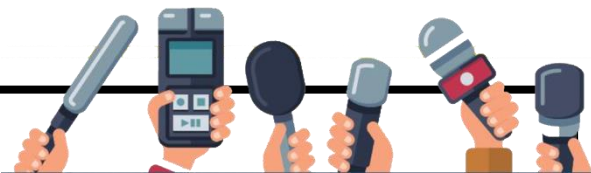


### F1 Stars of the Week



Isabella, Ilsa & Amelia

## In other news...



### Enrichment Opportunities

Our children have had lots of exciting enrichment opportunities:

- **Many families** joined the St. Stephen's team for Church at School on Tuesday.
- **Y6** enjoyed a reward visit to the National Justice Museum for achieving the most improved attendance this year.
- **Y3** visited Twycross Zoo to deepen their learning in their Rainforest topic.
- **UKS2** pupils took part in poetry workshops, exploring language and performance.
- **KS2** classes enjoyed energetic sessions through the Chance to Shine cricket workshops.
- Our **Y6** girls took part in a Transform Trust football competition, winning 4 of their 7 matches and showing great teamwork and unity throughout.
- **Y4** took part in the Great Orchestra Experiment at the Albert Hall, performing alongside other schools and musicians from the Robin Hood Youth Orchestra.



### Spring Term After School Clubs

Thank you to our LSA team for hosting a wide range of after-school enrichment clubs this term. The summer term club offer will be shared in the first week back, with clubs restarting on Monday 27th April.



### Staffing Update

**Miss Tansley** is getting married over the Easter break. We wish her and her partner Tony a joyful Easter holiday, and we look forward to welcoming her back as Mrs Hall.

**Miss Parkinson** returns after Easter and will be teaching in F2. It will be lovely to have her back in school.

**Mrs Baldwin-Thorley** leaves us today. We thank her for her many years of dedicated service, and for the creativity and energy she has brought to school life. We wish her well in her new adventures.



## Diary Dates

|            |                                   |
|------------|-----------------------------------|
| Fri 27 Mar | End of Term                       |
| Mon 13 Apr | Return to school                  |
| Wed 15 Apr | Y2 swimming lessons begin         |
| Fri 17 Apr | Y2 Exhibition of work to parents  |
| Tue 21 Apr | Y6 visiting Dales Library         |
| Wed 22 Apr | Class Photos                      |
| Tue 28 Apr | Y4 French Breakfast               |
|            | Y5 Dales Library Visit            |
|            | NCC Primary Parliament            |
| Tue 5 May  | Y5 visit to National Space Centre |
| Tue 12 May | Y3 Dales Library Visit            |

## Spotlight



### Safeguarding

School will be closed for the Easter break. If you have any safeguarding concerns during this time, please use the following guidance:

 In an emergency, call 999.

 For child safeguarding concerns:  
Contact Nottingham City MASH on 0115 8764800

 Transform Trust Safeguarding Lead:  
Claire McKendrick – 0115 982 5090

 **For non-urgent concerns:**  
You can use the school's [Concern Form](#).  
Submissions are sent directly to our senior leaders (Designated Safeguarding Leads).

**Please note:** forms are reviewed regularly, but not daily, so should only be used for concerns that are not urgent.

# What have we been learning?



## EYFS

Thank you to all the children and families who shared how they have been celebrating Eid. The other children loved hearing about what they had been doing.

We learnt about Ramadan and Eid al-Adha and some things Muslims might do to celebrate.



## Year 2

Over the last few weeks, we have been learning lots about living things and their habitats. We've been on mini beast hunts around different areas of the school site to investigate the different living conditions of varying living things.

We had a brilliant morning at the outdoor learning area with Mrs Cooper, visiting the chickens and also exploring this area.



## Year 4

Year 4 had an incredible music trip to the Albert Hall. They played songs with many other Nottingham schools and also with the Robin Hood Youth Orchestra. Well done!



## Year 6

Year 6 were lucky enough to receive a reward visit to the National Justice Museum this week for our improving attendance. We participated in a mock-trial relating to knife crime and the law around this in the UK. The children were amazing, portraying the roles of judge, jury, witnesses and opposing legal teams. We learned a lot and found it so fascinating - there are some absolute legal eagles in Year 6 who could make a career in the law!





# School Dates 2025-26

| AUGUST 2025 |   |    |    |    |    |  | SEPTEMBER 2025 |   |    |    |    |    |  | OCTOBER 2025 |   |    |    |    |    |  |
|-------------|---|----|----|----|----|--|----------------|---|----|----|----|----|--|--------------|---|----|----|----|----|--|
| M           |   | 4  | 11 | 18 | 25 |  | M              | 1 | 8  | 15 | 22 | 29 |  | M            |   | 6  | 13 | 20 | 27 |  |
| T           |   | 5  | 12 | 19 | 26 |  | T              | 2 | 9  | 16 | 23 | 30 |  | T            |   | 7  | 14 | 21 | 28 |  |
| W           |   | 6  | 13 | 20 | 27 |  | W              | 3 | 10 | 17 | 24 |    |  | W            | 1 | 8  | 15 | 22 | 29 |  |
| T           |   | 7  | 14 | 21 | 28 |  | T              | 4 | 11 | 18 | 25 |    |  | T            | 2 | 9  | 16 | 23 | 30 |  |
| F           | 1 | 8  | 15 | 22 | 29 |  | F              | 5 | 12 | 19 | 26 |    |  | F            | 3 | 10 | 17 | 24 | 31 |  |
| S           | 2 | 9  | 16 | 23 | 30 |  | S              | 6 | 13 | 20 | 27 |    |  | S            | 4 | 11 | 18 | 25 |    |  |
| S           | 3 | 10 | 17 | 24 | 31 |  | S              | 7 | 14 | 21 | 28 |    |  | S            | 5 | 12 | 19 | 26 |    |  |

| NOVEMBER 2025 |   |   |    |    |    |  | DECEMBER 2025 |   |    |    |    |    |  | JANUARY 2026 |   |    |    |    |    |  |
|---------------|---|---|----|----|----|--|---------------|---|----|----|----|----|--|--------------|---|----|----|----|----|--|
| M             |   | 3 | 10 | 17 | 24 |  | M             | 1 | 8  | 15 | 22 | 29 |  | M            |   | 5  | 12 | 19 | 26 |  |
| T             |   | 4 | 11 | 18 | 25 |  | T             | 2 | 9  | 16 | 23 | 30 |  | T            |   | 6  | 13 | 20 | 27 |  |
| W             |   | 5 | 12 | 19 | 26 |  | W             | 3 | 10 | 17 | 24 | 31 |  | W            |   | 7  | 14 | 21 | 28 |  |
| T             |   | 6 | 13 | 20 | 27 |  | T             | 4 | 11 | 18 | 25 |    |  | T            | 1 | 8  | 15 | 22 | 29 |  |
| F             |   | 7 | 14 | 21 | 28 |  | F             | 5 | 12 | 19 | 26 |    |  | F            | 2 | 9  | 16 | 23 | 30 |  |
| S             | 1 | 8 | 15 | 22 | 29 |  | S             | 6 | 13 | 20 | 27 |    |  | S            | 3 | 10 | 17 | 24 | 31 |  |
| S             | 2 | 9 | 16 | 23 | 30 |  | S             | 7 | 14 | 21 | 28 |    |  | S            | 4 | 11 | 18 | 25 |    |  |

| FEBRUARY 2026 |   |   |    |    |    |  | MARCH 2026 |   |   |    |    |    |    | APRIL 2026 |   |    |    |    |    |  |
|---------------|---|---|----|----|----|--|------------|---|---|----|----|----|----|------------|---|----|----|----|----|--|
| M             |   | 2 | 9  | 16 | 23 |  | M          |   | 2 | 9  | 16 | 23 | 30 | M          |   | 6  | 13 | 20 | 27 |  |
| T             |   | 3 | 10 | 17 | 24 |  | T          |   | 3 | 10 | 17 | 24 | 31 | T          |   | 7  | 14 | 21 | 28 |  |
| W             |   | 4 | 11 | 18 | 25 |  | W          |   | 4 | 11 | 18 | 25 |    | W          | 1 | 8  | 15 | 22 | 29 |  |
| T             |   | 5 | 12 | 19 | 26 |  | T          |   | 5 | 12 | 19 | 26 |    | T          | 2 | 9  | 16 | 23 | 30 |  |
| F             |   | 6 | 13 | 20 | 27 |  | F          |   | 6 | 13 | 20 | 27 |    | F          | 3 | 10 | 17 | 24 |    |  |
| S             |   | 7 | 14 | 21 | 28 |  | S          |   | 7 | 14 | 21 | 28 |    | S          | 4 | 11 | 18 | 25 |    |  |
| S             | 1 | 8 | 15 | 22 |    |  | S          | 1 | 8 | 15 | 22 | 29 |    | S          | 5 | 12 | 19 | 26 |    |  |

| MAY 2026 |   |    |    |    |    |  | JUNE 2026 |   |    |    |    |    |  | JULY 2026 |   |    |    |    |    |  |
|----------|---|----|----|----|----|--|-----------|---|----|----|----|----|--|-----------|---|----|----|----|----|--|
| M        |   | 4  | 11 | 18 | 25 |  | M         | 1 | 8  | 15 | 22 | 29 |  | M         |   | 6  | 13 | 20 | 27 |  |
| T        |   | 5  | 12 | 19 | 26 |  | T         | 2 | 9  | 16 | 23 | 30 |  | T         |   | 7  | 14 | 21 | 28 |  |
| W        |   | 6  | 13 | 20 | 27 |  | W         | 3 | 10 | 17 | 24 |    |  | W         | 1 | 8  | 15 | 22 | 29 |  |
| T        |   | 7  | 14 | 21 | 28 |  | T         | 4 | 11 | 18 | 25 |    |  | T         | 2 | 9  | 16 | 23 | 30 |  |
| F        | 1 | 8  | 15 | 22 | 29 |  | F         | 5 | 12 | 19 | 26 |    |  | F         | 3 | 10 | 17 | 24 | 31 |  |
| S        | 2 | 9  | 16 | 23 | 30 |  | S         | 6 | 13 | 20 | 27 |    |  | S         | 4 | 11 | 18 | 25 |    |  |
| S        | 3 | 10 | 17 | 24 | 31 |  | S         | 7 | 14 | 21 | 28 |    |  | S         | 5 | 12 | 19 | 26 |    |  |

| Key |                         |
|-----|-------------------------|
|     | In school               |
|     | School holiday          |
|     | Public holiday          |
|     | In Service Training Day |

| AUGUST 2026 |   |   |    |    |    |    |
|-------------|---|---|----|----|----|----|
| M           |   | 3 | 10 | 17 | 24 | 31 |
| T           |   | 4 | 11 | 18 | 25 |    |
| W           |   | 5 | 12 | 19 | 26 |    |
| T           |   | 6 | 13 | 20 | 27 |    |
| F           |   | 7 | 14 | 21 | 28 |    |
| S           | 1 | 8 | 15 | 22 | 29 |    |
| S           | 2 | 9 | 16 | 23 | 30 |    |

## Regular Community Events at School (open to all)



### Family Breakfast 'Books and Breakfast'

Every Monday morning  
School Hall 8:15 am – 8:45 am



### Parent/Carer Tea and Coffee Drop-In

Every Friday morning (Starting 20 Sep)  
Community Room 8:35 am – 9:30 am



### Church at School, Led by St. Stephen's Church

Once a Month  
School Hall 3:30 pm – 4:15 pm



### Parent/Carer Prayer Group

2<sup>nd</sup> and 4<sup>th</sup> Monday of each month  
Community Room 8:45 am – 9:15am



For more information about these events or other ways to get involved at school, please speak to our Learning Mentor, Mrs Pruszek or our Headteacher, Mr Lowe.

# FOOD FESTIVAL

by Aspens

## WEEK 1

Spring/Summer 2026

13/04/26, 04/05/26, 25/05/26,  
15/06/26, 06/07/26, 27/07/26,  
17/08/26, 07/09/26, 28/09/26,  
19/10/26



What impact has your meal had on planet Earth today?



# LUNCHTIME

PRIMARY TRADITIONAL



| MONDAY                                                                                                           | TUESDAY                                                                                                                            | WEDNESDAY                                                                                                                                          | THURSDAY                                                                                                       | FRIDAY                                                                                                                              |
|------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|
| Macaroni Cheese                 | Homemade Sausage Roll with Wholegrain Rice Salad  | Roast Chicken, Stuffing, Skin on Roasties and Gravy             | Cottage Pie                 | Golden Fish Fingers or Salmon Fingers and Chips  |
| Mixed Bean Fajitas with Wedges  | Veggie Sausage Roll with Wholegrain Rice Salad    | Cauliflower & Broccoli Cheese Bake, Skin on Roasties and Gravy  | Shepherdless Pie            | BBQ Veggie Wrap with Chips                       |
| Vegetable Sticks                                                                                                 | Mixed Salad                                                                                                                        | Carrots and Peas                                                                                                                                   | Mixed Greens                                                                                                   | Baked Beans and Peas                                                                                                                |
| Beans, Cheese or Tuna Mayo      | Beans, Cheese or Tuna Mayo                        | Beans, Cheese or Tuna Mayo                                      | Beans, Cheese or Tuna Mayo  | Beans, Cheese or Tuna Mayo                       |
| Orange Squash Cupcake         | Strawberry Jelly                                | Peach Upside Down Cake and Custard                            | Chocolate Cinnamon Cake   | Banana Cookies                                 |

AVAILABLE DAILY

DAILY SALAD BOWL, FRESHLY BAKED BREAD, YOGHURTS AND CUT FRUIT



TOPPED PASTA

HOT PASTA TOPPED WITH HOMEMADE TOMATO SAUCE & CHEESE





# Friday Egg Lottery!



To enter the egg lottery for every week of the rest of the school year  
please give £5

OR

sign up to the hen rota (for looking after the hens one day per month)

at the school office

Every friday we will put all entrants names in a hat  
the families who win will be given a share of the eggs that week  
from our lovely school hens!

**AND THE  
WINNER  
IS...**







# EASTER FUN DAY

CRAFTS ACTIVITIES FOOD

4<sup>TH</sup> APRIL 11:30AM ST. STEPHENS  
TILL 1:00PM CHURCH

Children must be with an appropriate adult

# Easter in Sneinton

## MAUNDY THURSDAY

Communion Service, Bring & share meal together  
2ND APRIL | 6.30PM TO 8PM | ST. CHRISTOPHERS

## GOOD FRIDAY

Journey to the Cross & quiet led reflection  
3RD APRIL | 6.30PM | ST STEPHENS

## EASTER SUNDAY

Sunrise Service | URBAN ABBEY 5:30AM  
Communion Service | ST CHRISTOPHERS 10.30AM  
Communion Service | ST STEPHENS 9.30AM\*

\*easter egg hunt from 9:00am







Nottingham City Council  
HOLIDAY ACTIVITIES AND FOOD

# Nottingham City EASTER HAF

**Bookings open  
13th March 7:30am**

If your child receives Benefits Related Free School meals you can book 4 amazing activity sessions during the Easter Holidays.



Or go to this link:  
[eequ.org/nottinghamcityholidayactivitiesandfoodhaf](https://eequ.org/nottinghamcityholidayactivitiesandfoodhaf)





# Easter at The Renewal Trust



## Feel Good Breakfast

**Monday 30 March to Thursday 2 April, 9am to 10am**  
and  
**Tuesday 7 April to Friday 10 April, 9am to 10am**  
Cherry Lodge, King Edward Park, Carlton Road NG3 2AS  
Free - No need to book, everyone welcome

## Feel Good Family Skate

**Monday 30 March, 3:45pm to 4:45pm**  
National Ice Centre, Bolero Square NG1 1LA  
By invitation

## Renewal Trust Holiday Club

**Monday 30 March to Thursday 2 April, 10am to 2pm**  
Cherry Lodge, King Edward Park, Carlton Road NG3 2AS  
Book your place -  
Open to families eligible for free school meals

## Easter Festival

**Tuesday 31 March, 3:30pm to 6pm**  
Cherry Lodge, King Edward Park, Carlton Road NG3 2AS  
Book your place - £2 per child

## Lego Make and Take

**Wednesday 8 April, 10:30am to 12:30pm**  
Cherry Lodge, King Edward Park, Carlton Road NG3 2AS  
**Wednesday 8 April, 1:30pm to 3:30pm**  
Cherry Lodge, King Edward Park, Carlton Road NG3 2AS  
Book your place - £2 per person

**Book your place: [bookwhen.com/renewaltrust](https://bookwhen.com/renewaltrust)**



## LEGO BUILDING

**Wednesday 8<sup>th</sup> April**  
**Southglade Access Centre**  
**Southglade Road**  
**Bestwood,**  
**NG5 5GU**



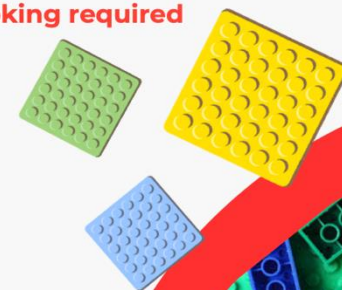
- Session 1 - 10:00am - 12:00 pm for Ages 6-16
- Session 2- 12:00pm - 2:00pm for Ages 16-25

**Come and join us at our Lego building session. Let your imagination go wild!**

**For children/young people ages 6 - 25 who are autistic and/ or have a learning disability. You must also live in the Nottingham City boundary.**

**This is a drop in session - no booking required**

✉ [keyworking.service@nottinghamcity.gov.uk](mailto:keyworking.service@nottinghamcity.gov.uk)



# Feel Good Easter Festival

Join us for some feel good Easter fun with Easter activities and a visit from the Easter rabbit!

**Tuesday 31 March, 3:30pm to 6pm**

Cherry Lodge King Edward Park, Carlton Road, NG3 2AR

**£2 per child**

**Book your place:** [bookwhen.com/renewaltrust](http://bookwhen.com/renewaltrust)



working with



# Feel Good Breakfast



**Monday 30 March to  
Thursday 2 April**

and

**Tuesday 7 April to  
Friday 10 April**

**9am to 10am**

Cherry Lodge, King Edward Park  
Carlton Road, NG3 2AS

Join us over Easter for breakfast with cereal, toast, fruit, hot and cold drinks and more

**Free** - no need to book, just drop in  
Everyone welcome!

To find out more call 0115 911 2226  
or email [enquiries@renewaltrust.org.uk](mailto:enquiries@renewaltrust.org.uk)





# Renewal Trust Holiday Club



**Monday 30 March to Thursday 2 April**  
**10am to 2pm**

Cherry Lodge, King Edward Park, Carlton Road NG3 2AS

Join The Renewal Trust and friends for some Easter holiday fun with multi sports, cycling, Lego, arts and crafts and more - Lunch is provided

**Free - Sessions for ages 5 to 14**

**Book your place:** [bit.ly/rtholidayclub](https://bit.ly/rtholidayclub)

Sessions open to families who are eligible for free school meals

To find out more call 0115 911 2226 or email [enquiries@renewaltrust.org.uk](mailto:enquiries@renewaltrust.org.uk)



Nottingham City  
FREE FUN AND FOOD







# Keeping well this spring

An information leaflet from your Children's Public Health 0-19 Nursing Service, April 2026

## Easter fun and holiday activities

To find out about activities in your area over the summer holidays go to Ask Lion



AskLion

## Changes to Childhood Vaccinations

**Vaccination is the most important thing we can do to protect ourselves and our children against ill health. They prevent millions of deaths worldwide every year (NHS 2024)**

Find out more here:

NHS

Due to the introduction of a varicella (chickenpox) vaccination programme, the measles, mumps, rubella and varicella (MMRV) vaccine replaced the MMR vaccine in the routine childhood programme from the 1 January 2026.

If your child was born on or after 1 January 2025, they will be offered their first dose of MMRV at 12 months old and their second dose of MMRV at 18 months old.

| Child's date of birth                          | 12 month appointment                                    | 18 month appointment | 3 years 4 months appointment |
|------------------------------------------------|---------------------------------------------------------|----------------------|------------------------------|
| Born on or after 1 January 2025                | First dose of MMRV                                      | Second dose of MMRV  |                              |
| Born between 1 July 2024 and 31 December 2024  | Children should have already been given one dose of MMR | First dose of MMRV   | Second dose of MMRV          |
| Born between 1 September 2022 and 30 June 2024 | Children should have already been given one dose of MMR |                      | One dose of MMRV             |

## St Ann's Community Orchard Spring Youth HAF Sessions



Outdoor fun and learning for  
ages 10 - 14

Wednesday 1<sup>st</sup> April  
Thursday 2<sup>nd</sup> April  
Wednesday 8<sup>th</sup> April  
Thursday 9<sup>th</sup> April

10am - 2pm

Cooking  
Orienteering  
Swing ball  
& team games  
Archery  
Whittling and more!



Scan the QR code below to book your sessions.  
If your child is eligible for free school meals, this session is completely free!

£5 per session for non-HAF eligible children





## Minds of all Kinds

A new website called has been launched to provide tailored support and resources for people of all ages who are neurodivergent, including those with ADHD and Autism.

Minds of All Kinds includes:

- Clear, jargon-free explanations of ADHD, Autism, and other neurodivergent differences.
- Local service directories and referral pathways for Nottingham and Nottinghamshire.
- Practical advice for navigating education, health, and social care systems.
- Personal stories and lived experiences from young people and families.

👉 website

## Speech & Language Advice Line

NEW OPENING HOURS FROM AUGUST 2025

(for parents and carers of children aged 0-19 and for young people aged 16-19 who would also like to call us for advice)

**Do you have any questions or concerns about your child's talking or communication?**

We are happy to help, please call the advice line

**0300 123 8887 Option 1**

Nottingham City and Nottinghamshire Only

**Tuesday & Thursday 9am-12.30pm**

Opening Hours may change, please contact your school, health visitor or look on our website for more information:

👉 website



**Has your child just been weighed and measured as part of the National Child Measurement Programme?** (Reception and Year 6)

**If your child was a healthy weight, you will not have received a letter.**

If your child was not a healthy weight it is your choice whether you share this information with your child.

👉 More information

**It is a good time to think about changes you can make as a family to eat and move for good health without your child even being aware.**

👉 Click here for some easy ideas to eat well and move more



## Time for your family to start thriving!

Try a new FREE health and wellbeing programme here to help children and families to feel great.

We offer 5-17-year-olds above a healthy weight the chance to enjoy moving more with regular local activity sessions including trampolining, multi-sports and more.



While the kids are having fun, you'll get tips and advice from a trained health mentor to help you improve your family's health and wellbeing.

Scan the QR code to find your nearest group and sign up today!



Thriving Nottingham offers a wide range of health and wellbeing programmes to support locals to lose weight, move more, stop smoking and more.

🌐 [www.thrivingnottingham.org.uk](http://www.thrivingnottingham.org.uk)

✉ [hello@thrivingnottingham.org.uk](mailto:hello@thrivingnottingham.org.uk)

☎ 0115 648 5724



**thriving**  
NOTTINGHAM

**Children need to be active for at least an hour every day.**

If you are doing this already, that's brilliant. It is a good idea to mix moderate activity like brisk walking with vigorous activity like running or fast cycling. To find activities and support in your local area in Nottingham, visit AskLion:

👉 AskLion

**If your child was above the expected weight range for their age, sex and height you qualify for FREE sporting activities and family healthy lifestyle support with Thriving Nottingham.**

Thriving Nottingham is a new, free health and well-being service that will help you live well and feel great!

Thinking of making changes for the better?

- Losing weight and eating well
- Stopping smoking
- Moving more
- Improving your well-being

Thriving Nottingham can help, find out more here:

👉 website

## Worried about your child's mental health?

**Do you know about the YoungMinds Parent Helpline and Webchat service?**

If you have a child aged 25 and below, you can contact the Young Minds parent's helpline, email or webchat service to discuss your concerns about your child's mental health with one of their trained advisors.

**You can call the Parents Helpline on 0808 802 5544 Mon - Fri 9:30am - 4:00pm.**

For webchat or email click here:

👉 Find out more here

Click here for their

👉 Parent's A-Z Mental health Guide

👉 Parent's guide to looking after yourself while helping your child

If you feel that you need some mental health support, there are lots of websites and services that can help.

## You are NottAlone!

This website has local mental health advice and help for people in Nottingham and Nottinghamshire, all in one place.

👉 Find out more here

**NottAlone**  
Are you worried about your own, or someone else's mental health?



**Want to find trusted information, advice and local services that can help?**



Remember your Children's Public Health 0-19 Nursing Service is there for you during the school holidays as well as term time

I am worried about my child's development.

I'm here to help. Whatever is worrying you, let's talk it through.

We are a confidential text service for parents and caregivers that you can talk to about:

- Healthy lifestyles, including healthy nutrition and exercise
- Constipation
- Sleep behaviour
- Emotional health
- Day and night time wetting
- Healthy relationships and sexual health

Text a Public Health Nurse on  
**07480 635002**

We might inform someone if we were concerned about your safety but we would usually speak to you first. Your messages are stored and can be seen by other health care staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate message back to confirm we have received your text. Text will only be seen between 9am and 5pm. If you need help before you hear back from us contact your GP, nearest walk in centre or dial 111. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps).

To prevent the health professional from sending messages to you, text STOP to our number. Messages are charged at your usual rates. For more information on how we use your information please visit [www.nottinghamcitycare.nhs.uk/stakeholders/governance/you-and-your-information](http://www.nottinghamcitycare.nhs.uk/stakeholders/governance/you-and-your-information)



You can now call our **Children's Health Advice Hub** and speak to a nurse about your child's health and development. **0300 300 0040** (Monday to Friday, 8.30am to 5.00pm)

We can also help you with booking or changing appointments.



**For urgent healthcare needs please ring 111.**



**Use 111**

If you need urgent medical help. Call, go online or use the NHS App.



If you would like more information about our service please visit our website

# Sun Awareness Week 11th-17th May



We all hope that this year will bring us some nice weather!

Don't forget though, from March to October in the UK, children should:

- Cover up with suitable clothing
- Spend time in the shade, particularly from 11am to 3pm
- Wear at least SPF30 sunscreen (on areas not protected by clothing, such as the face, ears, feet and backs of hands)

The British Association of Dermatologists has more information:

☛ Sun awareness

## Sunlight and Vitamin D

Exposure to sunlight is most people's main source of Vitamin D. It is recommended that everyone takes Vitamin D supplements (10 micrograms) per day during the winter months October to March, but some people require it throughout the year including those with dark skin and those who cover up in the spring/summer.

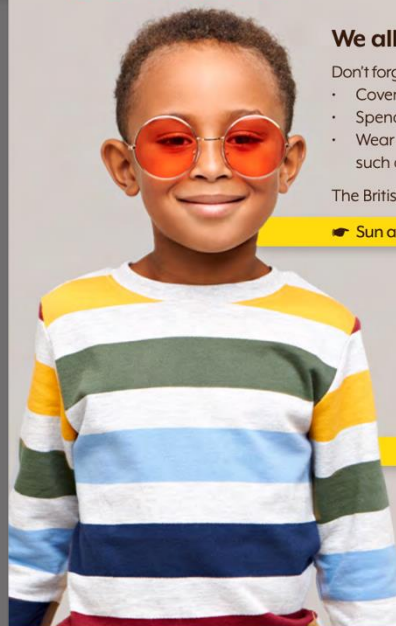
Vitamin D aids healthy bones and muscles.

☛ More advice on Vitamin D can be found here

## The messages can seem confusing!

For lighter skin types, daily sunlight exposure for 10-15 minutes between April and September provides sufficient year round vitamin D while also minimising the risks of sunburn and skin cancer.

For darker skin types, 25-40 minutes is recommended



## Need some advice or support?

### Nottingham Early Help Partnership, the right help at the right time!

Nottingham Early Help Partnership's vision is for every child to enjoy their childhood in a warm and supportive environment, free from poverty and safe from harm; where every child grows up to achieve their full potential.

The website has lots of information about local support for families in Nottingham:

☛ Website



## Healthier Together

is a website developed with the Royal College of Paediatrics and Child Health and has lots of helpful information for parents, from pregnancy health to all aspects of your child's health.

☛ Website

## Children's health and wellbeing

NHS organisations in Nottingham and Nottinghamshire have created some web pages which offer you helpful advice about common conditions in babies and children and the symptoms to look out for.

They hope this information will help you decide when you can treat your child at home, when you need to seek medical help and which service to choose.

☛ Children's health and wellbeing