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7th February 2025

We have had a thoughtful and productive week this week. The children have been working really hard on their writing and are producing excellent written work, especially the biographies being written by the older children. To link with this area of English, the children have also been learning about William Booth's life and the founding of the Salvation Army in RE. In geography the children have been developing their map skills and using geographical language to navigate - we had lots of fun with the younger children with our treasure map! The older children were using compasses for a more complex challenge.



Holy Island visit

Please remember that we are taking the whole school to Holy Island on **Tuesday 18th February**. The children will need suitable outdoor clothing as we will be on the beach and out and about all day. They will also need a packed lunch or a grab & go lunch. We will begin our time on the island at 10.30am with a prayer spaces type outdoor worship session on the beach near St Mary's church, across from St Cuthbert's island. You are welcome to join us for this aspect of the day.

Year 4 parents meeting - Tuesday 18th February after school

Year 4 parents are invited to come to Lowick school at 3.15 on Tuesday 18th February to find out more information about our residential to Ford Castle in March. We anticipate this should be about half an hour.



CHOICES4GROWTH



Mental Health Support & Professional Counselling



Choices4Growth are in their 8th year providing Mental Health Support & Professional Counselling to the community of Berwick upon Tweed and the surrounding areas.

Our Work

In Schools we've reached:

- Over 5098 Children & Young people
- Over 400 Professional Adults
- Delivered 8,880 one to one counselling
- 10,880 'drop ins' in schools
- 254 PHSE themed group sessions
- 732 Parent consultations
- 24 Referrals to other agencies

Our Work

In the School House we've delivered:

- 122 Warm space sessions
- 138 One to one sessions to young people who do not access main stream education

Within 5 years at the William Elder Building we have delivered:

- 2003 One to one counselling sessions
- 532 Family mediation sessions

We Have Listened

Choices4Growth tailors its range of services to the community's needs.

There is a NEED for themed group sessions & a NEED for easier & quicker access to free counselling for adults & young people.

When funding is sourced we plan to open the EBST walk-in mental health facility to allow those reaching out for help to be heard.

We Need Help!

C4G, being a Community Interest Company (CIC), every penny raised stays within the project to provide confidential support and a professional counselling service for better mental health and positive futures for children, young people and adults.

For us to continue our work and to open our groups/walk in facility we desperately NEED funding, sponsors and donations! Without these funding sources, we cannot continue our work.

<- Contact Us
admin@choices4growth.co.uk

Please Help; Donations ->
C4G crowdfunder page



Non uniform day for Children's Mental Health support

We have been asked to support Choices4Growth who provide valuable mental health support for children in our area. They have asked us to do a non uniform day for a donation to raise money to help them to continue their work.

We are going to have a non uniform day on Friday next week (14th February) to show our love for mental health and everyone who works so hard to help others when they are in need. As always, donations are welcome but not required.

Dates for your diary

Friday 14th February - non uniform day to raise money for Choices4Growth mental health charity

Tuesday 18th February - whole school visit to Holy Island, including 10.30am outdoor worship everyone is welcome to join us for.

Tuesday 18th February - year 4 parents meeting about our residential to Ford Castle - at Lowick 3.15 - 3.45pm

Friday 21st February - STEM Day - The Code Show (this will include a drop in session for parents and the community after school) <https://thecodeshow.info/>

Spring half term holiday is the week commencing **24th February**

Tuesday 4th March - year 4 afternoon visit to Scremerston First School to meet up with other year 4s who are also going on the residential

Thursday 6th March - World Book Day

Tuesday 11th March to Wednesday 12th March - year 4 residential at Ford Castle

Tuesday 8th April - Easter RE day and church service on the theme of Food and Christianity.



WORLD
BOOK
DAY

