

SHEFFIELD CHILDREN'S BOOK AWARDS

Last Friday, some of our children were lucky enough to attend the Sheffield Children's Book Awards. We had a fantastic morning finding out the winners of each category. We met and chatted to the presenter, Joanna from CBeebies and then afterwards, we had a great time meeting with the authors and illustrators as well as getting lots of their signatures!

The over-all winner of The Sheffield Children's Book Awards was:



INDOOR ATHLETICS

The local cluster Sports Hall Athletics competition this year was even more competitive with the addition of Wharncliffe Side and this made for an exciting evening of sport. The events include individual and relay races alongside field events such as the speed bounce, long jump, target throw and basketball throw. Again, this year, SJS had two teams with the winning team progressing through to the Links Final on 9th January 2025.

After a nervous start, the children settled down into the races and every member of both teams gave their all for the cause. At the end of the competition, Deepcar finished in 4th place, with Wharncliffe Side in 3rd. We are very excited to announce that Stocky Team A finished on top spot and will be the team that progresses through to the finals, but a very big mention for Stocky Team B, who pushed them all the way to the very last race.

Congratulations to Team A and good luck for the Links Partnership final.



NEXT WEEK'S PE TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday
Y6RD	Y6LR	Y5CS Y4AW	Y3MR Y4GG Y5HK/CG	Y3CB Y4CH Swimming The Hub

NEXT WEEK'S MENU

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Pepperoni Pizza with Wedges	Mince & Onion Pie with Creamy Mash	Sausage, Roast Potatoes and Gravy	Spaghetti Bolognese with Garlic Bread	Fish Fingers with Chips
VEGETARIAN MAIN DISH	Margharita Pizza with Wedges	Quorn Mince and Onion Pie with Creamy Mash	Quorn Sausage, Roast Potatoes and Gravy	Creamy Pasta Bake with Garlic Bread	Cheese Flan with Chips
ACCOMPANIMENTS 5 A DAY	Carrots Peas Salad Bar	Carrots Broccoli Salad Bar	Cauliflower Cabbage Salad Bar	Sweetcorn Salad Bar	Mushy Peas Curry Sauce Salad Bar
DESSERTS	Scone with Jam	Chocolate Brownie	Treacle Sponge & Custard	Ice Cream	Fruit in Jelly
FRESH FRUIT OR YOGHURT	Fresh fruit <i>or</i> Yoghurt	Fresh fruit <i>or</i> Yoghurt	Fresh fruit <i>or</i> Yoghurt	Fresh fruit <i>or</i> Yoghurt	Fresh fruit <i>or</i> Yoghurt
JACKET POTATO AND STREET FOOD	Jacket Potato or Cheese Baguette	Jacket Potato or Cheese Roll	Jacket Potato	Jacket Potato, Ham or Cheese Wrap	Jacket Potato

EVENTS COMING UP...

Nov 18	19	20	21	22 Y4CH Swimming
Nov 25	26	27 Y6 Macbeth	28	29 Y4CH Swimming
Dec 2	3 Read Around the World: Earliest arrival at your 2 nd destination Christmas Fair	4 Rock Steady Concert	5	6 Y4CH Swimming

For events further ahead, please check our [school calendar](#) on our website.



SEND PARENT GROUP MEETING



Stocksbridge
Junior School

Does your child attend Stocksbridge Nursery Infants School or
Stocksbridge Junior School?

Join our parent group meeting
on
Tuesday 19th November at 10am
at Stocksbridge Nursery Infants School

Parents are welcome to stay after drop-off for crafts/play with the children before the meeting.



All parents welcome
Come and find out more
Chat to other parents
Share experiences
Find out about SEND services

For more information or to confirm attendance, email
annamarie.emmett@sheffieldparentcarerforum.org.uk

INTERNATIONAL MEN'S DAY

Ahead of International Men's Day on the 19th November, the Mental Health Support Team have created a resource for schools to share with parents/carers which contains information, provides some tips on how to start conversations and signposts to other services.

There are a number of charity helplines that will support men. If you feel you need help or know a man who does, please reach out to these helplines:

- www.ukmensday.org.uk
 - [https://www.sheffieldmentalhealth.co.uk/search?context=service&cat\[\]=2963](https://www.sheffieldmentalhealth.co.uk/search?context=service&cat[]=2963)
 - <https://andysmanclub.co.uk/>
 - <https://www.samaritans.org/how-we-can-help/schools/parents-and-carers/>
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international MEN'S DAY UK

19 November

International Men's Day, held this year on November 19th, 2024, celebrates men's positive contributions and achievements while addressing important issues affecting men's health, well-being, and gender equality. This day provides an opportunity to promote discussions and actions that support men's physical and mental health, encourage positive role models, and advocate for a more inclusive society.

international
MEN'S DAY UK 2024



If you are a man who needs support, please reach out to the brilliant helplines and charities that will:



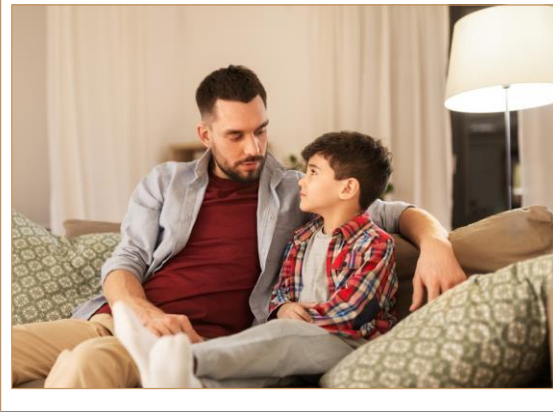
- Take you seriously
- Believe you
- Support you



YOU CAN FIND HELP AT:

w: www.ukmensday.org.uk

e: contact@ukmensday.org.uk



In the past, men have been told to 'man up' and haven't been listened to, discouraging them from asking for help.

Role models provide healthy, good examples to help develop good mental health and positive behaviours. That is why men need to see others reaching out and asking for help or making healthy habits to promote their well-being.

What does the research say?

When compared to women, over a third of men are less likely to access professional talking services for their mental health. They are also known to experience difficulties with their mental health for, on average, 2 years before talking to family and friends about it.



However, new research shows that these trends are starting to change. Compared to 10 years ago, men are now three times more likely to seek support (Mind, 2020).

Healthy
Minds

NHS
Sheffield Children's
NHS Foundation Trust



How to talk to men and boys about their wellbeing

Starting a conversation with anyone about their well-being can feel challenging, especially with men and boys, but it doesn't have to be. This resource aims to offer some guidance on how you could do this.

The simple act of sharing our experiences and feeling acknowledged can easily be overlooked. However, even if you can't solve the person's problems, making them feel recognised and understood could be enough.

To help you, you could think about when and where the best time to have the conversation is. For example, car journeys or walks are good places to start a private conversation.

Included below are some useful tips and examples of phrases to help you to navigate difficult conversations.

1. Ask open-ended questions.
 - Encourage them to share their thoughts and feelings
 - 'What's been on your mind?'
2. Respond by validating their feelings.
 - 'I understand why you felt that way.'
 - 'I can see that really upset you'
3. Respect their boundaries.
 - Let them know that you are there when they're ready
 - 'We can come back to this conversation if you would like.'
4. Pay attention to what they are saying.
 - Stay focussed and try to avoid distractions
5. Understand, that silence is okay.

Further Support

For free, confidential support, anyone can call [Samaritans](#) helpline 24/7 at **116 123**.



Anyone can call **111** for free, press 2 to speak to a mental health worker.

You can also contact your GP or your child's school if you would like to discuss support options for you or your child's well-being.

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Santa's Grotto

Not only will Santa be joining us at the SCLC Christmas Fayre this year, but he'll also be making a couple of extra visits to our centre....



Saturday 30th November
1.30 pm - 5.30 pm

Sunday 1st December
10.00 am - 2.00 pm

£5.00 per child (includes admission and gift).
All visits must be pre-booked and paid for in advance.

Come along and enjoy a quieter time with Santa.

Book now to avoid disappointment.
For further information or to book now
contact Reception or ring the centre on
0114 288 3792



**Stocksbridge
Community
Leisure Centre**

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