

24TH APRIL 2026

ISSUE 27

# PRIORY SCHOOL NEWS

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## Headteacher's News

It has been a pleasure to see the children continuing to settle so well into the summer term. There is a real sense of calm and purpose across the school, with routines firmly re-established and children fully engaged in their learning.

Thank you for your continued support and understanding following yesterday's school closure. As you know, this was due to an issue with the fire alarm system. While the system is not yet fully repaired, we have been able to isolate the fault so that the alarm will no longer be triggered unnecessarily. We are continuing to work closely with engineers and hope the issue will be fully resolved very soon. I will, of course, keep you updated.

This term, our behaviour focus is on courage. This is particularly important as children approach assessments and begin to think about upcoming transitions. We are encouraging them to have a go, persevere when things feel challenging, and develop confidence in themselves as learners.

Alongside this, we have introduced our value of trust through our mascot, Imara the Hedgehog, helping children to understand the importance of feeling safe, supported and able to rely on the adults around them.

There are lots of exciting events coming up this term, including our Priory Soirée, Learning Together mornings, and our summer performances. We are also particularly looking forward to celebrating Eid together on 18th May, as well as Sports Day and marking the achievements of our Reception and Year 6 pupils later in the term.

A gentle reminder to all parents and carers to park considerately on Orchard Avenue. Please do not park on the recently repainted lines at drop-off and collection times, as this is essential for the safety of our children and to ensure the road can run smoothly for everyone.

Thank you for your continued support.

Important dates:

[Click here](#) to link to the school calendar

[Click here](#) to see term dates for 2025-2026

Leaflets and letters:

Please [click here](#) to go to our leaflets page on the website and choose external providers

Signs of the week:

Meat, Chicken, Burger, Sausages

<https://youtu.be/B2GIBWkvNFs>

# Attendance

Weekly attendance percentages

W/C 20<sup>th</sup> April

Whole School - 95.08%

Year 1 - 96.2%

Year 2 - 97.5%

Year 3 - 93.4%

Year 4 - 95.1%

Year 5 - 96.1%

Year 6 - 96.0%

Congratulations to Cherry with 100% the highest attendance this week!

# Peek at the Week

## Nursery 24th April 2026



It has been lovely meeting all our new children and parents and we have been very impressed with how quickly children are settling into their new nursery. Thank you to parents for their support over what can sometimes be an emotional time.

**Monday 4th May** is a bank holiday. There will be no nursery or school on this day. Enjoy the extra time together.

### Physical Development

We have had lots of opportunities to develop our large and fine motor skills.



### Our Learning

#### Personal, Social & Emotional Development


We have been welcoming our new children to Nursery this week. We have been sharing with them our class behaviour charter:

**We show that our nursery is a happy and respectful place to learn in by:**

- Caring for our friends by using kind hands, kind feet and kind words. 
- Using our manners.
- Listening to each other.
- Sharing with each other by using 'my turn, your turn'.
- Looking after our toys by remembering to 'choose it, use it, put it away'.
- Keeping each other safe by walking inside.
- Talking to a teacher if we are hurt or upset.

Please remind your child of our charter.

#### Communication & Language Development

We have been listening to the sounds around us and tuning into the different sounds we hear. As part of our phonic work we have been playing a listening game where we have had to listen to sounds and blend them together in our head to guess what each item is. (c-a-t is a cat) 



**Children of the week:** All our new children for coming into nursery so happily and quickly beginning to learn the new nursery routines.

Please share this video and encourage your child to sing along. 'I had a little turtle'

<https://www.youtube.com/watch?v=z3QzldsLFjo>





# Peek at the Week

## Reception - 24<sup>th</sup> April 2026

### Important Dates / Reminders

- 4th May - May Bank Holiday
- 19th May - Priory Soirée
- 22nd May - INSET Day
- 25th-29th May - Half Term

PE - Every Thursday - Please send your child to school wearing their PE kit.

We will be sending reading books home every Wednesday, please ensure your child brings their book bag on this day.

### Homework

- Please read with your child for at least 15 minutes a day.

As the weather is getting warmer, please can you ensure your child comes to school with a named water bottle and a cap. Additionally can we ask all school uniform is named.

Thank you for your support!



Our Learning - This week:



### Communication and Language Development:



The children have continued to look at longer words and words with diagraphs (two letters, one sounds) this week. To help read these words, the children are continuing to chunk or break up the word, sound the chunks out and then blend them together.

rabb/it - rabbit

carr/ot - carrot

The children are now using their grapheme mats in their English and drawing club lessons to support their letter formation within their writing. This week we have looked at writing a simple sentence linked to our topic 'under the sea'. Our main focus has been placing finger spaces in-between each word.

I can see a fish.

Please continue to practice the following tricky words:

the, of, I, put, pull, full, was, they, you, push, was, by, all, into, are, sure, pure.

### Maths:

In math's, we have been learning about doubles. The children have been using the cubes to understand double 1 is 2, double 2 is 4. They have been using their number knowledge and the following sentence to cement their new double knowledge:

4 is made of 2 and 2, 2 and 2 makes 4

They have really enjoyed the doubles rap on YouTube!

[https://www.youtube.com/watch?v=Ik\\_-OAgzD-8&list=RDIk\\_-OAgzD-8&start\\_radio=1](https://www.youtube.com/watch?v=Ik_-OAgzD-8&list=RDIk_-OAgzD-8&start_radio=1)



### Reception song of the week: - Under the sea

[https://www.youtube.com/watch?v=GC\\_mv1lpjWA&list=RDGC\\_mv1lpjWA&start\\_radio=1](https://www.youtube.com/watch?v=GC_mv1lpjWA&list=RDGC_mv1lpjWA&start_radio=1)

### Reception Star of the week:

R Rupert:

R Paddington:



Contact us: [reception@priorschool.com](mailto:reception@priorschool.com)

01628 600300



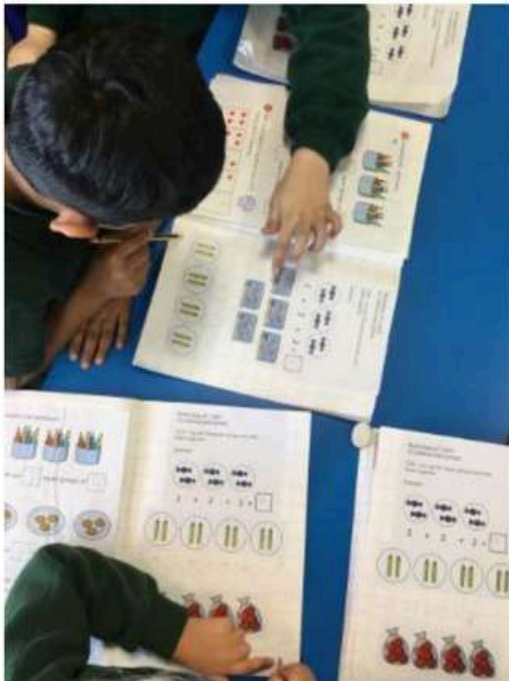
## Peek at the Week

### Year 1 – 24/04/25

#### Important Dates / Reminders

- Please send bookbags in every Wednesday
- 30<sup>th</sup> April – Beckonscot trip.

Please ensure your child brings a backpack and wears weather appropriate clothing.



In Maths this week, we have focused on equal and unequal groups. We then used equal groups to introduce repeated addition, and the children practiced adding groups using this method.

In History, we have been learning about different types of transport from Penny Farthings and steam trains to airplanes. We looked at the first motor car and compared its features to modern vehicles.

Our focus in English this week has been suffixes! We have used the 'ed' and 'ing' suffix in our writing. We added 'ed' to compare and 'ing' to describe what animals were doing.

Continuing our topic of Relationships, in PSHE we discussed what makes a good friend. We heard some wonderful ideas during circle time, and Year One then worked in groups to sort photos into the categories of 'kind' and 'unkind'. We saw some lovely teamwork during this activity!



We were very impressed with the activities completed at home on Thursday!



Words of the Week: skating driving riding

Contact us: [year1@priorschool.com](mailto:year1@priorschool.com)

01628 600300



# Peek at the Week

## Year 2 – 24th April 2026

### Important Dates / Reminders

Please read with and to your child every day and discuss what you are reading. **Please make sure your child's reading book and diary are in their school bag every day.**



Spellings are sent home on Fridays with a spelling quiz the following Friday. Please practice writing these spellings daily if possible. Please also login in to NumBots and Times Table Rockstars to practise both number bonds and times tables.

Please send your child in the correct PE uniform on **Wednesdays**.

### Our Learning

**This week in English**, the children have generated a list of interesting vocabulary to describe what they can see, hear, smell, touch and taste at the seaside and what people do there. The children have used their amazing ideas to write their own descriptions of seaside settings!

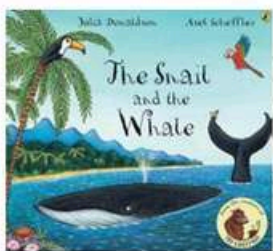
**In maths**, we have been solving division number sentences by sharing counters equally between a certain number of people and seeing how many they get each.

We also moved on to drawing our own arrays to share amounts equally and solve division number sentences.

**In PSHRE**, we have looked at how not all families are the same, who is in our family, why they are special and what our relationship is to them. We even wrote a happy home recipe including ingredients such as a: sprinkle of kindness, a spoonful of patience and a cup of love!

**Next week, in English** we are going to be generating vocabulary that we will then use in our own diary entries! **In maths**, we will be dividing by 2,5 and 10!

**In the garden** this week we have been using our fine motor skills to build beach huts!



Our writing this term will be based on this book by Julia Donaldson: *The Snail and the Whale*.

### Child of the Week

2Newton:

2Franklin:



Contact us: [year2@priorschool.com](mailto:year2@priorschool.com)

01628 600300



## Peek at the Week

### Year 3– 24th April 2026

#### Important Dates / Reminders

04.05.26 - Bank Holiday

18.05.26 Eid Celebration after school



#### HOMework

Please encourage your child to read for at least 15 minutes every day and to record this in their reading record. You can access the children's online library by following this link:

<https://www.collinshub.co.uk/login/>

Please also spend 10-15 minutes a day on TTRS to practise times tables:

<https://play.ttrockstars.com/auth/school/student>

Don't forget that your child needs to wear the correct PE uniform to school each **Monday**.

**Only fruit is allowed for a break time snack.**

#### Our Learning

**This week**, Year 3 have been continuing to learn about the legacy of the Ancient Greeks. Today, we had a wonderful time immersing ourselves in all things Greek! The children took part in activities including: a mini ancient Olympic Games, battling their way out of the Minotaur's Maze, playing an Ancient Greek board game and creating a piece of art inspired by Greek temples. Please check the Year 3 Seesaw pages to see photographs of our day which we will share soon!

**Next week**, we will continue our study of the Ancient Greeks in our DT and art lessons by exploring Greek vases. We will look at how the vases were made and the illustrations used to decorate them before making one of our own using clay.

In English, we will be continuing to use the myth of Theseus and the Minotaur to inspire our writing.

In Maths, we will be using practical resources to help the children apply their understanding of measuring volume and mass.

**TIMES TABLES  
ROCK STARS**

**BATTLE  
OF THE  
BANDS**

**YEAR 3 APRIL ROCK BATTLE**

FEATURING

**3 NIGHTINGALE, 3 SEACOLE**

**10:50 8 APRIL 2026 - 19:00 30 APRIL 2026**

- ANSWER AS MANY QUESTIONS AS POSSIBLE
- PLAY IN ANY GAME TYPE
- WINNING GROUP WILL HAVE THE HIGHEST NUMBER OF CORRECT ANSWERS PER PLAYER
- ASK YOUR TEACHER FOR FULL DETAILS AND RULES

Contact us: [year3@prioryschool.com](mailto:year3@prioryschool.com)  
01628 600300

Word of the Week: particular



# Peek at the Week

## Year 4 – 24th April 2026

### Important Dates / Reminders

04.05.26 - Bank Holiday

18.05.26– Eid Celebration after school

19.05.26– Soiree (evening event)



#### HOMEWORK

Please encourage your child to read for at least 15 minutes every day and to record this in their reading record. You can access the children's online library by following this link:

<https://www.collinshub.co.uk/login/>

Please also spend 10-15 minutes a day on TTRS to practise times tables:

<https://play.ttrockstars.com/auth/school/student>

Don't forget that your child needs to wear the correct PE uniform to school each **Wednesday**.

### Our Learning

**This week**, we have continued to explore the Buddhist faith in preparation for a workshop which the Year 4 children will have the opportunity to take part in next Monday. The session will happen in school and will be led by members of the Buddhist Centre in Taplow.

In Maths, we have been learning how decimals are created when we divide numbers by 100. We have also explored how to make a whole with tenths.

**Next week**, we will begin a history unit focussed on the Viking invasion of Britain. We will start by looking at how the Viking period fits into a timeline of chronological events in British history. We will also explore the significance of Lindisfarne in creating a reputation of the Vikings as 'raiders'.

In Maths, we will learn to partition and compare decimals. We will also explore how to make a whole with hundredths.

Our computing lessons this half term are focussed on the skill of programming. We are learning how to create code using the website:

<https://turtleacademy.com/playground>

**Check out the Year 4 Seesaw pages for more information and photographs of what Year 4 are doing at school.**

Word of the Week: particular

Contact us: [year3@priorschool.com](mailto:year3@priorschool.com)  
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**TIMES TABLES  
ROCK STARS**

**BATTLE  
OF THE  
BANDS**

**YEAR 4 APRIL ROCK SLAM**

FEATURING

**4CHAMBERLAIN, 4LOVELACE, 4TURING**

**10:45 8 APRIL 2026 - 19:00 30 APRIL 2026**

- ANSWER AS MANY QUESTIONS AS POSSIBLE
- PLAY IN ANY GAME TYPE
- WINNING GROUP WILL HAVE THE HIGHEST NUMBER OF CORRECT ANSWERS PER PLAYER
- ASK YOUR TEACHER FOR FULL DETAILS AND RULES



# Year 5 Peek at the Week

## 24th April 2026

### Important Dates / Reminders

4th May: Bank holiday

19th May: Soiree Event

30th June: Fire Service Visit

23rd June: School Trip - Burnham Grammar School

### Our Learning

**This week**, we continued to explore crime and punishment throughout the ages in history. Here, we became time detectives and looked for trends across periods of time and reflected on the impact of religion on beliefs around crime and punishment.

**In maths**, we focused on calculating angles around a point and on a straight line. We challenged ourselves further with calculating angles within regular and irregular shapes.

**In English**, we continued our topic on The Highway man, and explored a variety of poetic devices within our writing.

**In PSHRE**, we focused on a variety of aspects aiming at online gaming, communities and building relationships safely.

**Next week**, we will start our new topic in History, with a focus on rail transportation and the changes over time.

**In maths**, we will start our new topic with a focus on co-ordinates on a graph and the translation of shapes.

**In English**, we will continue The Highwayman in more detail and will focus on exploring character, language and emotions, and incorporating it within our writing.

In History, we took part in a mock trial drama, stepping into roles as judges, lawyers, and witnesses to explore how crime and punishment were handled in the past.

The screenshot shows a worksheet for a mock trial drama. On the left, under 'Anglo-Saxon Britain 700 AD', there is a case description: 'Alice: You stand before me as a man accused of murder. You killed a local man in cold blood. Possible Punishments: A. Put to death. B. Pay a Wergild (fine) to the victim's family of 100 shillings. C. Pay a Wergild (fine) to the victim's family of 200 shillings. Actual Punishment: C'. In the center, there is an illustration of a judge with a speech bubble saying 'I will be the judge and you will be the jury.' To the right, there is a table titled 'The Accused' with columns for Name, Crime, and Punishment. The table contains several rows of names and details.

### Child of the week

5Dawe: **Jaxon** 5Maple: **Nathaniel** 5Ofili: **Ilana**

### Word of the Week: **queue**

Remember to read 3 times a week and practise your timetables on Rockstar Maths.

Contact us: [year5@priorschool.com](mailto:year5@priorschool.com)

01628 600300



# Year 6 Peek at the Week

## Friday 24th April 2026

# Year 6 SATs

### Important Information

**SATs week: 11.05.26 – 14.05.26**

The Y6 pupils are currently working very hard during their revision lessons in order to prepare for their upcoming exams.

Please ensure pupils have plenty of time to rest in the evenings alongside their personal commitments.

We have included a copy of the SATs timetable in the school website so that parents/carers are aware of when each test paper is taking place.

**Any questions about the upcoming SATs, please do email us [year6@prioryschool.com](mailto:year6@prioryschool.com).**

### Our Learning

**This week, in history,** we explored the Mayan Civilisation focussing on their society and religion. Children enjoyed creating informative fact files on the Mayan beliefs.

**In English,** we focussed on Spelling, Grammar and Punctuation revision in preparation for the SATs, including conjunctions

**In maths,** we completed learning our last topic on Algebra and started revision on fractions in preparation for the SATs.

**Next week, in history,** we will complete our current topic on The Mayans, exploring Mayan food, farming and the different theories on how the Mayan Civilisation came to an end.

**In English,** we will continue to revise spelling, grammar and punctuation in preparation for the SATs.

**In maths,** we will continue to revise maths in preparation for the SATs focussing on fraction and decimals.

**PSHRE Focus: Healthy Me.** In PSHRE this term, we will learn how to take responsibility for our wellbeing. We will know about different types of drugs and how they affect the human body – particularly the liver and the heart. I will understand that some people can be exploited and made to do things that are against the law. I will know why some people join gangs and the risks this involves. I can explore people's attitudes towards mental health/illness.



### Child of the Week:

**6 Attenborough:** Loke   **6 Anning:** Aasiyah   **6 Darwin:** Anam

**Word of the Week:** programme

Follow this link to find more super daily activities: [www.morningchallenge.co.uk/](http://www.morningchallenge.co.uk/)

Contact us: [year6@prioryschool.com](mailto:year6@prioryschool.com) 01628 600300



## Occupations

### Important Dates

#### **Apple Class Community visits**

Every Monday morning—please remember £2 for the café!

#### **Berry Class TVAP:**

Every Wednesday

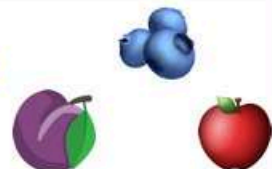
#### **Cherry Class Swimming:**

Every Friday—please remember swimming clothes and towels!



## Peek of the Week

The Orchard  
Week of 20.04.26



In English, we have continued to learn about different job roles in our community such as doctors & nurses, police officers and builders. Learning new vocabulary for the tools and equipment they use as well as how to use them safely. Also following instructions of what to do when we need their help such as how to contact the police or what to do when we hear the fire alarm at school, through role play and Attention Autism inputs.

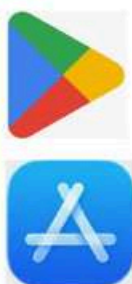
In Maths, our continued focus has been on place value and number, through number games and practical based learning. We have been counting our steps while playing 'what's the time Mr Wolf?' and playing dice rolling games.

In Science, the children have been exploring bodies identifying and painting their own body parts, which they thoroughly enjoyed! As well as making life size models of themselves by placing different bodies in the correct places.

In Art, the children have started learning about the artist Damien Hirst and have made spring flower pictures.

Alongside this, the children have also enjoyed a variety of engaging activities in RE and PSHRE, continuing to develop their creativity, reflection, and personal understanding.

[A gentle reminder to please sign up to your Seesaw accounts.](#) This will allow you to view photos of the children hard at work, stay updated on upcoming learning, and celebrate all of their wonderful achievements from the week.



### Stars of the week



**Plum class:** Theo for independently creating 'who' and 'what doing' sentences during English



**Cherry class:** Bhuvraj for writing numbers 1-23 independently on the IWB.



**Apple class:** Harrison for doing good listening on our trip to Dorney park and Greggs.

**Pear class:** Musa for doing great work in Art and singing songs in class



**Berry class:** Ethan for coming to school with a positive attitude and regulating his emotions





# Woodlands Peek at the week

## Friday 24th April 2026

This week, our Peek at the Week focuses on our afternoon session.

### Important Dates / Reminders

- 4th May - May Bank Holiday
- 18th May - Eid Bazaar
- 19th May - Priory Soirée
- 20th May - KS1 Spring fling
- 22nd May - INSET Day

This term, we have continued our Lego building unit, which the children really love. They are becoming much more effective in using key language to communicate with each other. A big well done to Jordan, Shayaan, and Anthony, who managed to complete their build this week!



### Our Learning

The children accessing Woodlands in the afternoon have had a fantastic week. They have loved making the most of the sunny weather and playing in the woodland garden!

The children started their week with a speech and language intervention. They discussed what they could see in the picture below and practised orally constructing sentences using colourful semantics. The children also created word maps for the key words chef, waiter, and waitress, and discussed the roles these people have in a restaurant.



On Wednesday, the children had lots of fun engaging in sensory play during our bucket session and showed the adults how well they can wait for their turn. In our life skills intervention, we spent time discussing the role and importance of the ambulance service, and when we might need to use it.

### Star of the week: Leo

For always coming into his Woodlands session smiling and positive about his school day. He has shown lots of enthusiasm during his interventions.



Contact us through your child's year group email inbox.

01628 600300

# PE NEWS



On Tuesday 21st April, the girls were up bright and early for the South East Finals of the National League Trust. They started with a 0-0 draw against Woking, followed by an impressive 1-0 win over Truro, with Tayla scoring a fantastic goal.

Competing at such an advanced level against strong opponents gave the girls valuable experience of playing at a high standard in a great stadium.

They battled well throughout and enjoyed matches against Torquay, Tonbridge, and Southend.

The girls should be incredibly proud of their achievements, finishing 6th in the South of England while representing Slough Town. out of over 350 schools.





## Round 2: South East Semi Finals - Champions @ Hemel Hempstead



## Round 1: Slough Town National League Champions

## Up and Coming Events

- Tuesday 28<sup>th</sup> and Weds 29<sup>th</sup> April year 6 SSSN Dance Show @ The Curve
- Friday 1<sup>st</sup> May May 12:30 Girls Slough League Final @ Arbour Park.
- Tuesday 28th April Boys Semi Final V St Ethelbert's away 3:30 KO
- Friday 1<sup>st</sup> May, Boys final (if successful in Semi)

# KS2 SATs - Information for Parents

During the week commencing 11<sup>th</sup> May, the Year 6 children will sit tests in:

- **Reading** - The reading test will be a single paper with questions based on three passages of text. **Your child will have one hour, including reading time, to complete the test.**
- **Spelling, punctuation and grammar** - The grammar, punctuation and spelling test will consist of two parts: a **grammar and punctuation paper** requiring short answers, lasting 45 minutes, and a **spelling test of 20 words**, lasting around 15 minutes
- **Maths** - Children will sit three papers in maths: Paper 1: **arithmetic**, 30 minutes, Papers 2 and 3: **reasoning**, 40 minutes per paper. The children are not allowed to use a calculator in these tests.

These tests will be both set and marked externally, and your child's marks will be used in conjunction with teacher assessment to give a broader picture of their attainment.

The tests will be sent to be marked externally and **the results will be published on or around the 8<sup>th</sup> July 2026**. Children will be given scaled scores. **You will be given your child's raw score (the actual number of marks they get), alongside their scaled score and whether they have reached the national average (100)**. If your child's scaled score is below 100, they will be working below the national standard for their age, and if they score more than 100, they will be working at or above the national standard for their age.

## Year 6 SATs Timetable 2024

Monday 11 <sup>th</sup> May	18 Spelling and Grammar test
Tuesday 12 <sup>th</sup> May	Reading Test
Wednesday 13 <sup>th</sup> May	Maths Test 1 (Arithmetic) Maths Test 2 (Reasoning)
Thursday 14 <sup>th</sup> May	Maths Test 3 (Reasoning)

**During SATs week, we encourage the children to ensure they have early nights and eat breakfast. An optional breakfast will be provided free of charge in the school hall between 8am and 8:30am on Monday 11<sup>th</sup> May – Thursday 14<sup>th</sup> May.**

Please ensure that your child is on time for school.

**Year 6 SATs Timetable**  
**11<sup>th</sup> May – 14<sup>th</sup> May 2026**

	Start time	Start time
<b>Monday</b> 11.05.26	<b>Start at 9:15</b> GPS Test (Short answer questions - 45 mins) (Spelling Task - 15 mins)	
<b>Tuesday</b> 12.05.26	<b>Start at 9:15</b> Reading Test <sup>9</sup> (1 hour)	
<b>Wednesday</b> 13.05.26	<b>Start at 9:15</b> Maths Paper 1 (30 minutes)	<b>Start at 10:10</b> Maths Paper 2 (40 minutes)
<b>Thursday</b> 14.05.26	<b>Start at 9:15</b> Maths Paper 3 (40 minutes)	

**\*Adults please arrive at the test room 5 minutes before the start of each test.**



## UNWANTED PRESENTS

TO PREPARE FOR OUR  
ANNUAL CHRISTMAS FAYRE  
WE ARE STARTING EARLY!

IF YOU HAVE ANY UNWANTED GIFTS FROM  
ANY OCCASION AT ANY TIME DURING THE  
YEAR PLEASE POP THEM IN TO THE MAIN  
RECEPTION

## **CENTRE *for* AUTISM WELLBEING HUB**

# **Autistic Thriving at School and Beyond**

**As part of the University's centenary celebrations, we are hosting a free public hybrid (in person and online) event on the evening of 6 May on the theme of Autistic Thriving at School and Beyond.**

Join us for an evening that brings together autistic children and young people, their families, students, professionals and researchers to explore what supports autistic children to flourish in education and everyday life.

The event will include talks from:

- **Professor Elizabeth McCrum, Pro-Vice Chancellor (Education and Student Experience) at the University of Reading**
- **Dr Fiona Knott and Dr Jo Billington, Wellbeing Hub project leads**
- **Andy Smith, founder of Spectrum Gaming, and a passionate advocate for young people's voices in education.**

For in person attendees, there will also be an opportunity to review a poster presentation of current autism research from academics and students in the School of Psychology and Clinical Language Sciences. Refreshments will be provided.

### **Wednesday 6 May**

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G10 lecture theatre,  
Palmer Building,  
Whiteknights Campus,  
RG6 6EW

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#### **In person:**

18:45–21:00

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#### **Online:**

19:00–20:30 via  
Microsoft Teams

**For more details and to book your place, please visit our website.**

## How To Get Support:

As a parent/carer you can refer your child by requesting a referral form via: Email, Phone or Post, or Contact the Mental Health Lead in school and request a referral to the MHST

@ [CAMHSGettingHelpEast@berkshire.nhs.uk](mailto:CAMHSGettingHelpEast@berkshire.nhs.uk)

☎ 0300 247 3002 (Mon to Fri 9am – 5pm)

📍 CAMHS Getting Help East Service, Fir Tree House, Upton Hospital Albert Street, Slough, SL1 2BJ

If your child requires **Urgent** out of hours mental health support, please call our Urgent Helpline **0300 247 0000**. This phone line is open 24 hours a day, 7 days a week.

Your child should be taken to A&E (or call for an ambulance) if they require urgent medical attention that is life-threatening such as:

- Recent overdose (medication, harmful liquids etc)
- Significant cuts (deep cut(s) and/or bleeding profusely)
- Burns that are blistering/red
- Loss of consciousness

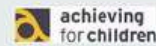
Please remember that **999** is for life-threatening medical emergencies only. This is when someone is seriously ill or injured and their life is at risk. Other sources of support available are ChildLine on 0800 1111, Samaritans on 116 123



Scan me

👉 <https://cypf.berkshirehealthcare.nhs.uk/mhst>

This leaflet has been adapted from Burton and Uttoxeter MHST, Midlands Partnership NHS Foundation Trust with kind permission.



Slough  
Borough Council



Children and Adolescent  
Mental Health Services  
Berkshire Healthcare

This leaflet is for children aged 5-11 years

## CAMHS Mental Health Support Team (MHST)

Mental Health Support for Children of Primary School Age



Early intervention in childhood has long-term benefits such as improving self-esteem, social development and performance at school

If you would like to hear more about our service, please contact us via: [CAMHSGettingHelpEast@berkshire.nhs.uk](mailto:CAMHSGettingHelpEast@berkshire.nhs.uk)

## About our service

### Who Are We?

**Mental Health Support Team (MHST) supports children and young people (5-18) with emerging, mild or moderate mental health difficulties which may be affecting day to day life.**

In selected schools, our Education Mental Health Practitioners (EMHPs) offer the following:

Peer Mentoring

Consultations for staff

Mental Health Network meetings

Staff training and support schools to have more of a focus on emotional wellbeing and mental health

Interventions to support children with mild to moderate mental health difficulties

Online access to resources and peer support on emotional wellbeing and mental health for parents/carers and professionals via digital platforms called SHaRON

Depending on the age of the child or young person, we may work either directly with them or with their parents/carers. We also work with school staff supporting them to have a greater focus on emotional health and wellbeing in the various aspects of school life. To view the list of MHST Schools we support, please visit: [cypf.berkshirehealthcare.nhs.uk/mhst](http://cypf.berkshirehealthcare.nhs.uk/mhst)

### Ways We Can Support You

- Managing fears and worries
- Separation anxiety
- Panic attacks
- Phobias eg: dogs, the dark
- Behavioural and sleep difficulties
- Problem solving

### What To Expect

After an initial assessment with both you and your child, we work collaboratively with you, the parent/carer, over 6-8 sessions. These sessions may consist of:

- Learning about the cause and maintenance of anxiety/behavioural difficulties in children
- Setting and working towards goals that your child would like to achieve
- Developing techniques in sessions that you can use at home when supporting your child

We can also signpost to other services that may be able to better support the child/young person. We can support them to access more intensive CAMHS support if it is needed.

### Why Is My Child Worrying?

Worries/fears are **normal**. Worries **come and go**. Sometimes worries can grow over time and stop your child from doing something or going somewhere. For example, they may make your child:

Avoid going upstairs on their own at home

Avoid speaking to new people

Have sleep difficulties

Avoid going to a park where there may be dogs that frighten them

Feel less confident in themselves, thus unable to do their best or enjoy activities

### Working Together To Create Positive Change

We can think of all behaviour as a form of communication. When we hold this in mind it's important we try to understand what drives behaviour. This can often be difficult for children and young people to express or identify themselves.

Through our interventions we will work together with you to help identify needs and emotions underlying the behaviour. This greater understanding offers the opportunity to explore helpful coping strategies to create positive changes over time.