

Useful Contacts

Our school DSL team consists of Miss Kelly, Mrs Kendall, Mrs Hemingway and Mr Lee if you have any concerns or questions about the well-being of a child or family.

Castle Family Hub
 255 Barnsley Road,
 Wakefield, WF1 5NU
 Tel - 01924 303376



WDDAS - 0800 9151561
 Home-start Wakefield - 01924 251205
 Wakefield Health (0-19) - 01924 310130
 Wakefield Contact Centre - 0345 8506506

Positive Thinking

Good news! Did you know that science suggests that positive thinking is a learnable skill?

'Three Good Things' exercise research suggests that thinking of, and listing, three good things each day can contribute to increased happiness in the short term and longer term.

Even better, this exercise is simple to do. Just spend a few minutes each evening reflecting on the day until you think of three good things. Spread the positive vibes, and think about sharing your three things with those that you love!



Parent Support Initiative

Wakefield Local Authority are excited to announce our new partnership with Solihull Approach, trusted provider of online courses focused on children's emotional health and wellbeing. All residents within the council's area can access a comprehensive range of online courses at no cost.

Key highlights of the Solihull Approach online courses include:

- Understanding your child's emotional health and brain development
- Reading your child's behaviours
- Developing communication



To access the courses, Wakefield district residents can visit www.inourplace.co.uk and follow the simple registration process inputting the access code 'Hepworth'. Online courses are designed to be accessed anytime, anywhere and are completely private and personal to you.

For more on the Solihull Approach visit: www.solihullapproachparenting.com

October Half Term

Wakefield had a wealth of activities planned across the district for half term. From visiting some of the district's historical sites, such as Pontefract Castle, to arts and crafts activities at the Library or Hepworth. Have a look at what is on offer and get planning some quality family time.



Pumpkin Crafts

Why not get creative to celebrate the arrival of Autumn and try out some family crafts together. Simple items around the house can be used to make some very special keep-sakes. Be inspired to get creative!



Pumpkin Prints

Expensive art tools are not needed to create painted pumpkins.

Why not use the lid of a used bottle, or a kitchen/toilet roll to make these beautiful pumpkin stamps?

Science and pumpkins

Children will love bringing their pumpkins to life with this 'exploding pumpkin' craft activity.

- Carve your pumpkin
- Add roughly 1 cup of baking soda to each pumpkin.
- Add a few drops of food colouring, if desired. Then, have kids pour 2-3 cups of vinegar into the pumpkins and quickly step back!

The pumpkins will erupt with fizzing, bubbling fun almost immediately!



Pumpkin Slime

In a bowl combine:
3/4 teaspoons of borax
One and a 1/3 cups hot water

In a separate bowl combine:
2x cups of white school glue
One and a 1/2 cups hot water
5-10 drops of orange food colouring
1 tsp of pumpkin pie spice (optional)

Mix the contents of both bowls until the ingredients are blended, and then combine both bowls and mix.

Once the slime is formed remove it from the bowl and knead it with clean, dry hands.



Pumpkin Golf

Why not reuse your pumpkins after the 31st and make your very own crazy golf course?



Halloween Cooking

The BBC website has some spookily good recipes to try at home. From frozen banana ghosts to 'eyeball, snot-brain' jelly. Have a look and get creative in the kitchen.