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Friday Note
31 January 2020

Dear Parents



Beat the January Blues

As part of 'Mindfulness in Schools' over the next few weeks we will be giving out some top tips of ways to support children's mental health in Winter.

Week Three – Take in the good stuff

It's helpful for us to have a healthy balance of emotions in a day. However it's human nature to focus on the less positive experiences. With a little practise we can find ways to develop a more balanced perspective on things. Helping children to learn this skill from a young age can really benefit their social and emotional development.

Here are two tips for achieving this re-balance:

Make a 'Top Times' scrapbook – help you child to create a scrapbook of memories, with photos, pictures, tickets and any other pieces stuck in to help them remember. These don't have to mark occasions; they can capture smaller moments of joy, like throwing a ball for a dog or seeing a rainbow. Once you've made the scrapbook you can enjoy looking at it together.

Create a gratitude jar – another way to take in the good stuff is to write down a little note when somethings gone well and keep it in a jar or box. You can encourage your children by modelling good things yourself (it may even boost your mood too!) Perfect for a cosy winter night treat, when you can just sit together and read some of the things you have been grateful for.

Stories are another great way to help children recharge as they lose themselves in wonderful fictional words.

Give it a go and let us know - Mrs Young in Badger Class is our PHSE lead and she would love to hear if you have done any of these things!

Meal Prices

We have been informed that Dolce are putting their meal prices up from April 14th. Childrens meals will be £2.45 and Nursery £1.95.

Children's mental health week 3rd - 9th February

Children's mental health week takes place next week. It has been set up by children's mental health charity 'Place2Be' and the week shines a spotlight on the importance of children and young people's mental health. This year's theme is Find your Brave.

Here are a few simple ways you can encourage your child to: FIND THEIR BRAVE

- Remind your child that bravery comes in many forms and everyone is different. What's brave for them might not feel brave to someone else.
- Chat with your child about a time when you've had to FIND YOUR BRAVE. It might have been something big or small.
- Praise your child when they FIND THEIR BRAVE. Maybe they've kept going at learning a new skill or tried something outside of their comfort zone which boosted their confidence.
- Point out examples of bravery in books and films to your child and talk about how trying out different ways of being brave will help them feel good.
- Reassure your child that not feeling brave is ok too and that there are times when it might be more difficult to be brave.

Children will be taking part in activities at school to promote good mental health. Many of our children took part in a Yoga taster day yesterday and this is something we are now keen to embed in school life to promote mindfulness in our children.

Our new kindness display has been launched in the foyer. Pop in to have a look at some of our kindness quotes and pebbles. Children will be awarded a coloured token when they have been spotted by an adult/peer for displaying an act of kindness #smile #bekind



Year 6 SATs Meeting

Reminder that there will be a Year 6 SATs meeting in school next Wednesday 5th Feb at 3.00pm. It would be lovely if everyone could attend as there will be lots of information about SATs week.

Safeguarding

Please can we remind parents that you are only allowed in certain areas of the school buildings. Doors and entrances are clearly signed stating which places are for staff only which includes the Atrium building for Years 4, 5 and 6. If a member of staff finds somebody in an unauthorized area then expect to be challenged – this is to ensure that all children and staff are safe in school at all times.

Reading Raffle

Key Stage 1

Winners	66% Badger
	56% Owl
	54% Bumblebee
	42% Squirrel
	40% Rabbit
	36% Panda



Key Stage 2

Winners	82% Butterfly
	81% Dragonfly
	77% Eagle
	76% Falcon
	75% Panther
	72% Turtle
	47% Monkey and Dolphin

Help your child with home reading

Please can you make sure that you hear your child read their school reading book 5 days each week. This needs to be recorded in their reading record book. At KS1 we ask parents and carers to fill out the comments, whereas in KS2, the children should be recording what they have read and writing a comment. Both reading books and reading record books need to be in school EVERY DAY!

Diary Dates



Feb

Fri 14	Break up for half term
Mon 17 – Fri 21	Half Term
Thurs 27	KS1 Stay and Read
Fri 28	Reports Out PTA School Disco

March

Mon 2	Book Week Parents Evening
Thurs 5	KS2 Stay and Read Book Day – Dress Up Parents Evening
Fri 27	PTA Movie Night

April

Wed 1	Easter Services at St Peters Church 9.15am Nursery and Reception – Parents Invited 2.00pm Yr1-6 Parents Not Invited
Fri 3	Break up for Easter Holidays
Mon 6 – Fri 17	Easter Holidays
Mon 20	Pupils back to school
Wed 22	KS2 Stay and Multiply
Wed 29	KS1 Stay and Multiply

May

Tues 5 – Thurs 7	Year 4 Camp
Fri 8	Bank Holiday
Mon 11	Year 6 SATs Week
Fri 15	Inflatable Day Year 3 Sleepover
Mon 25 – Fri 29	Half Term

June

Tues 9	KS1 Stay and Puzzle
Tues 16	KS2 Stay and Puzzle
Thurs 25	Sports Day
Fri 26	Reports Out
Mon 29	Shuffle Up Morning

July

Thurs 2	Shuffle Up Day
Mon 6 – Fri 10	Fantastic Futures Week
Thurs 16	Year 6 Leavers Services at Church
Mon 20	Inset Day
Tues 21	Pupils break up for Summer

Sept

Thurs 3	Pupils Return to School
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