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Newsletter 21 – 11th February 2022

Class News

- Nursery - have explored a pirate's life through sea shanties, treasure maps and role play
Reception - have enjoyed listening to some African music and making our own instruments
Y1 - have enjoyed creating kindness spells to help make the internet a kinder and happier place as part of Safer Internet Day
Y2 - have really enjoyed sharing their personal achievements in Year 2 as part of our discussions in Children's Mental Health Week
Y3 - enjoyed celebrating Safer Internet Day and learning about how to stay safe, happy and respectful when online
Y4 - have been enjoying our mindfulness sessions and learning about online safety
Y5 - have been reflecting on what the 5 happiest moments of our lives have been (so far!) what are yours?
Y6 - have loved embracing Mental Health Week and working on ways to build resilience, self-worth and relationships

Dear Parents,

It has been a fabulous week of learning all about Children's Mental Health week and E-Safety. Throughout the week each class has practised mindfulness and discussed the impact that has had on how they are feeling and their wellbeing.

Value of the week – Happiness

This has tied in brilliantly with Children's Mental Health Week and the theme of 'Growing Together'. In assembly we explored how looking after our mental health is so important and we enjoyed watching the 'Pig of Happiness'.



Subject Update – PSHE

This week has been children's mental health week with the theme 'Growing Together'. We began the week discussing our emotions in assembly and how we can grow emotionally over time. We have also been engaging in mindfulness activities after playtimes and lunchtimes through the mind yeti videos and storm break activities. This has allowed the children time to reflect, given moments of stillness and focussed them on their bodies. On Wednesday, we welcomed in the AFC Bournemouth community team who ran workshops with Y1-Y6 about internet safety. Each class has had some really important conversations and quality time has been given to mindfulness and wellbeing activities, something we will continue.

Covid-19

Measures in place:

- Ventilation – in school will be monitored and we are using CO2 monitors as an indicator of where ventilation needs to be increased. Children may wish to wear a base layer under their school uniform to keep warm.
- Classrooms are sanitised regularly throughout the day
- Daytime enhanced cleaning of common touch points such as doors, light switches etc.

Online Safety

Concerns over the impact of social media on mental wellbeing have often been raised in connection with the substantial growth in mental health problems among the young. In the same context, however, social media can also be a force for good: it enables children to – privately and discretely – check in with friends who they believe are experiencing a bad time.

In support of Children's Mental Health Week, please find attached a poster that reminds young people that their friends might not always be OK – and when that happens, simply reaching out and being there for them can be a wonderfully reassuring act.

Dates for Diary

February

- 15th - Y5/6 AFC Bournemouth Primary Stars Football Tournament
- 17th - Y5 Football Festival
- 17th - Y4 Class Assembly
- 21st – 25th - Half Term

March

- 3rd - World Book Day
- 3rd - KS1 Mini Medics
- 30th & 31st - KS2 Mini Medics

Finally, just a polite reminder that we are a nut free school, therefore products containing nuts must not be brought into school please. We have a number of children and staff with nut allergies.

Yours sincerely,



Mrs L Crossley
Headteacher



CHECK IN WITH YOUR FRIENDS

If one of your friends doesn't seem OK, checking in on them can make a huge difference. One in every five children struggles with their mental health, so let's make sure we support each other through any difficult times.

BE A GOOD LISTENER

ASK HOW YOU CAN HELP

SHOW EMPATHY

SEND A NICE MESSAGE

BE KIND

★ BE ★ SUPPORTIVE

**IF YOU ARE WORRIED ABOUT A FRIEND
TELL A TRUSTED ADULT**

I SAW THIS AND THOUGHT OF YOU!

WANTED TO LET YOU KNOW I'M THINKING OF YOU!

I'M HERE WHEN YOU NEED ME.

MISSED YOU AT SCHOOL TODAY. EVERYTHING OK?

NOS
National Online Safety
#WakeUpWednesday