



Newsletter No 17

Friday 29th January 2021

Dear Parents and Carers

I wanted to take some time in the newsletter today to demonstrate the strength in our community to offer support when it is most needed and say a huge THANKYOU.

In recent weeks several groups, businesses and individuals have stepped forward with contributions to help us support children with their learning at home.

There have been families in need of technology so their children can access remote learning. Firstly the DfE have provided us with 14 laptops which have all been distributed out to families. In addition to this, Kingsway Church have donated 2 laptops and friends of a family from school have donated two tablets.

Our local Rotary Club have made a donation to school, and our aim is to put together some pencil cases, with basic equipment to support families who may be in need of these. Please email the office if your child needs, pen, pencil, scissors etc. and we will arrange collection.

Wombourne Community Association are also working with school in a variety of ways. Over Christmas they supported local families financially and they are now working with school to purchase additional netbooks to support more children with their remote learning.

Thanks to Staffordshire County Council, families will continue to receive free school meals support over February Half Term.

And finally, thanks to all of your hard work and the staff in school, the children continue to access learning in readiness for their return to school.

Children's Mental Health Week

Next week is Children's Mental Health Week (1st-7th February) and with the current situation we find ourselves in, we think it's more important than ever to celebrate this week. This year's theme is 'Express Yourself.' We want to let our pupils know how proud we are of them and want them to take a moment to remind themselves of all the great things they can achieve in the most difficult of circumstances.

Next week's PSHE lessons will revolve around the theme of mental health and include some fun ideas and different ways that children can express themselves.

Attached, is an information leaflet from the charity Place2be with more information and ways you can support your child at home. It also includes advice and links with information about what to do if you are worried about your child's mental health.

This week we are celebrating...

Nursery - Benjamin M

Ash - Faith C

Elm - Jackson R

Beech - Noah C

Yew - Oliver E

Larch - Layci Mai W

Hazel - Harriet M

Maple - Sam R

Birch - Oliver M

Alder - Billy W

Cedar - Ruby C

Willow - Jake H

Rowan - Jessica C

Sycamore - Oliver S

Chestnut - Joshua A



2021 is **Children's Mental Health Week**. The week is run by children's mental health charity Place2Be, a place of children and young people's mental health. This year's theme is **EXPRESS YOURSELF**.

ABOUT?

Children are able to find creative ways to share their feelings, thoughts or ideas and to feel good about themselves and who they are. Children can do this through music, writing and poetry, dance and drama, photography and film, and anything else that they enjoy.

It's important to remember that being able to express yourself is not about putting on a performance for others. It is about finding a way to express who you are, and how you see the world, that can help you feel good.

The last year will have left many of us feeling out of control and helpless, and for children and young people to express themselves is arguably more important than ever.

HOW TO DO?

Here are some simple ways you can encourage your child to express themselves.

Build on existing interests or passions? Think about what has helped them get through the past year. Reading? Drawing? Fashion? Encourage your child by noticing their unique interests and praising their efforts.

Art and crafts can be a great way to find a new creative outlet. There are lots of online tutorials and videos that your child could be inspired by... could you try out something new together? Or perhaps ask them to show you their creative hobbies and give them a go.

Children may not think of themselves as being creative. Try to focus on the importance of the process rather than the end result. Try not to judge their efforts and remember to give them encouragement for trying rather than for doing something well.

Listening carefully can help children feel more comfortable and confident when expressing themselves. When you're spending time together, being aware of your child's feelings and giving your child your full attention, being aware of your child's feelings and eye contact. You might want to try summarising what they've shared and acknowledging their feelings.

Children are expressing themselves all the time but not necessarily with words. 'Listen' to everything they say through their behaviour, or with their play and creativity or with their silence. It's all self-expression.

Remember – you don't need a lot of expensive equipment to get creative at home. Recyclable materials and household items can provide amazing inspiration, and of course there's no limit to your imagination.

Remember that if they are worried about something, they should always talk to an adult they trust. This could be a family member, a teacher or someone else in their school.

If you're worried about your child's mental health you can talk to your GP or someone at your child's school.

For a list of organisations that provide support and advice see our website: place2be.org.uk/

