

24-01-2020



Find Your Brave

3-9 February 2020 is Children's Mental Health Week

The week is run by children's mental health charity **Place2Be** to focus on the importance of children and young people's mental health. This year's theme is Find your Brave.

What's it all about?

Bravery comes in all shapes and sizes and is different for everyone. Bravery can be about sharing worries and asking for help, trying something new or pushing yourself outside your comfort zone. Finding your Brave can build your confidence, self-esteem and make you feel good about yourself.

Life often throws challenges our way. Bravery isn't about coping alone or holding things in. It's about finding positive ways to deal with things that might be difficult, overcoming physical and mental challenges and looking after yourself.

We all have times when we need to Find our Brave.

What can you do?

Here are a few simple ways you can encourage your child to *Find their Brave*.

1. **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.
2. **Chat with your child about a time when you've had to *Find your Brave*.** It might have been something big or small.
3. **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.
4. **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.
5. **Reassure your child that not feeling brave is OK too** and that there are times when it might be more difficult to be brave.

Look out for future school assemblies and a survey seeking to find out how the school can better support and raise awareness for parents on Mental Health and Wellbeing.

Staying safe - Mobile Phones

Primary aged children having their own mobile phones is becoming more and more common. In previous years it tended to be children in Upper Key Stage 2 and was often part of their transition to secondary school, yet recently we are surprised to learn of the number that have them at a much younger age. The school often has to deal with incidents between pupils that have occurred out of hours on a mobile device or tablet and we **strongly** urge that parents use software controls to filter and regulate their child's screen time.

We were interested to learn that Tesco have recently launched a phone for children: monqi. Here's an extract from their website:

monqi works using mobile software designed for full parental control and safe internet browsing. It's built into the phone's operating system, so it can't be turned off by tech savvy kids.

Not only can you manage usage and screen time, you can also approve or disapprove apps and contacts. That way you can rest assured your kids are only playing appropriate games and aren't in contact with anyone you don't know.

The kids' smartphone features a built-in SCOUT browser that includes safe search and lets parents view a child's searches in real time. With these real-time updates, parents have the ability to lock or block the phone remotely, while still enabling kids with the ability to call home.

None of the apps that can be downloaded have ads or in-app purchases, so that your kids won't accidentally run up expensive phone bills but can still have the full smartphone experience.

For further information please visit: <https://www.tescomobile.com/monqi>

Arctic Challenge!

In February 2020, I am going to be testing my resilience in one of the harshest environments on the planet – the Arctic Circle – all in the name of literacy!

I'm taking part in The National Literacy Trust's incredible Arctic Challenge – a series of mental and physical challenges to raise vital funds to change the life stories of disadvantaged children in the UK. I'll be learning new skills including dog sledding, Nordic skiing, ice fishing, and orienteering, but with temperatures reaching as low as -30 degrees centigrade and sunlight only lasting a few hours, I'll be pushed to my limits!

The biggest challenge of all though, is fundraising. On the 24th January you can come to school in your own clothes – cold weather gear if you want to! Just contribute £1 or more to this fantastic cause.

Many thanks for all your support
Mrs Strong

Are you eligible for Free School Meals and access to the Pupil Premium?

Visit: <https://myfreeschoolmeals.com/> to check for eligibility



Tuck Shop

We encourage all children in KS2 to bring in a healthy snack for morning playtime such as vegetables or fruit. Children in KS1 enjoy fruit at playtime and their parents have the option to purchase milk from Cool Milk. Children in KS2 have access to the Tuck Shop, where they can pick up a healthy snack for 50p.

ParentPay is now LIVE!

Once you have set up your account you will be able to book your child's Spring Term after school clubs and book RASCALS places.

All meals will need to be ordered and paid for on ParentPay.

Parents who pay with childcare vouchers should also be able to make bookings for RASCALS via ParentPay, we will send more information directly to you as we receive it.

EVERYONE should have received their sign in details and you need to ensure all your children have been registered.



IMPORTANT DATES:

SPRING TERM

Find Your Brave Week 3-9 February 2020

Phonics Breakfast -Wednesday 12 February 2020

Half Term - Monday 17th - Friday 21st February 2020

JRSO Dragons Den at Winston Churchill Hass - 26th February

Election Day - 27th February - Nursery closed

Junior Citizens event at Brunel University - 9th March

Be Headteacher for the Day - *Raffle Draw*: Monday 9 March 2020

Be Headteacher for the Day- *Actual day as Headteacher*: Thursday 12 March 2020

Parents Evening - 11th and 12th March

Swimming Gala - 12th March

Mothers Day Shop - 20th March

Spring Disco - 27th March

End of Term - Friday 3rd April 2020 School finishes at 1.30pm **Infants**

School finishes at 1.35pm **Juniors**

Term Starts - Monday 20th April 2020

Bank Holiday - Friday 8th May 2020

Half Term - Monday 25th - Friday 29th May 2020

End of Term - Friday 17th July 2020 School finishes at 1.30pm **Infants**

School finishes at 1.35pm **Juniors**

