



Newsletter No: 21

8th February 2019

Weekly Merit Certificates

Butterflies: Arya
Dragonflies: Ollie & Tom

Fireflies: Oliver & Henry A
Ladybirds: Harry Y & Lorna



Weekly Attendance Award: Fireflies 100%

Dear Parents

This week has been Children's Mental Health Week (4 – 10 February) nationally. This year's theme is Healthy: Inside and Out – we're encouraging everyone to think about how they look after their bodies and minds.

Good mental health allows children and young people to develop the resilience to cope with whatever life throws at them and grow into well-rounded, healthy adults, so as parents and carers, you play a very important role in your child's health.

When we think about healthy living, we tend to focus on looking after our bodies – our physical well-being – through food, being active and getting enough sleep. However, in order to be healthy overall it's important that we look after our minds – our mental wellbeing – too.

Our bodies and minds are actually very closely linked, so things that we do to improve our physical wellbeing can help our mental wellbeing as well. When we take steps to be Healthy: Inside and Out, it helps us to feel better in ourselves, focus on what we want to do and deal with difficult times.

Here are a few simple ways you can encourage your children to look after their body and mind:

- ~ Chat with your child about what you do to look after your body and mind, from walking the dog to turning your phone off before bed.
- ~ Praise your child and other family members for what they do to look after their body and mind – even if it's small.
- ~ Remind them that there's no such thing as a perfect body or mind – and no one is perfectly healthy! Your child might be tempted to compare themselves to other children, especially on social media, but it's important to remember that everyone's bodies and minds are different – and that's something to celebrate.
- ~ Do something regularly with your child to be Healthy: Inside and Out. Family life can be very busy and stressful at times. Cooking a meal, sitting down for a family dinner, or going for a walk together can be a great way to stay connected and have fun.

Miss Hayes and Mrs Arrowsmith
Heads of School

Next Week...

No Pupil Progress Meetings

Tues – Ladybirds Swimming

Tues – Fairground Lunch

Thurs – Valentine Disco

Fri – Ladybirds Reading Café

Fri – Treat Tuck Shop

Celebration Board

Congratulations to Sophie who has been awarded a gold medal in a Recreational Competition with King's Lynn Gymnastics Club.

Well Done Sophie.

Congratulations!

Dragonflies Swimming

Please remember that Dragonflies will be swimming every Wednesday next half term starting 27th February at Downham Market Swimming Pool. The swimming kit consists of trunks/costume, towel and hat in a named bag.

Thank you.



Valentine Disco

Don't forget your disco clothes for the Friends of the School Valentine Disco which is on Thursday 14th February ~ 3.15pm to 5pm.

There is still time to hand your form and payment to the school office should your child wish to attend. Thank you



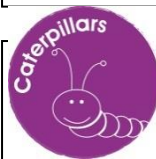
EDP Lego Resources Campaign

Please remember tokens will be printed in the EDP newspaper every day starting from tomorrow **Saturday, February 9th**. Please bring your tokens to the school office. Thank you

Eastern Daily Press 

Afterschool Clubs

The new Afterschool Club booklet is in bookbags **today**. We have some very popular clubs and they do fill up fast. Please make sure you return your booking form with payment as soon as possible to guarantee your place on the clubs. Childcare is also available.



Pre-school

It is never too early to place your child's details on the list indicating you wish them to attend St Germans Pre-school. Please speak to the school office to have your child added to the list, we can then arrange to have a pack sent home and a home visit booked in the diary in good time for them to start.

We attached a questionnaire about funded hours for preschool to the school newsletter on 25th January and have been requested to send out paper copies home too. If you have already returned a questionnaire you do not need to return a second one. Thank you

Outstanding Monies

Please could we ask that all outstanding monies be paid by **Thursday 14th February**. If you are having trouble paying please speak to either the ladies in the office or Toni Clarkstone as they will be happy to set up a payment plan for you. Thank you



Treat Tuck Shop



On **Friday 15th February** the School Council are holding a Treat Tuck Shop. They are raising money for King's Lynn Night Shelter which is one of our 2 chosen charities for this year. Please send in any 'treat' donations to the school office for us to sell on the day. Thank you

Reading Café

Our popular Reading Café's are taking place in February and March, please join us in class for your child's Café.

Ladybirds Class – Friday 15th February at 9.15am

Fireflies Class – Friday 1st March at 9.15am

Caterpillars/Butterflies Class – Monday 4th March at 9.15am

Dragonflies Class – Friday 8th March at 2pm

We look forward to seeing you there.



Parents as Partners

Diary Dates:

Ladybirds swimming this half term on Tuesdays starting 8th January
SAT Booster Sessions for Year 6 on Tuesdays starting 26th February

February

Thurs 14th ~ Friends of the School Valentine Disco

Fri 15th ~ Ladybirds Reading Café at 9.15am

Fri 15th ~ Treat Tuck Shop

Fri 15th ~ Break up for Half Term

Mon 25th ~ Back to School

Dragonflies swimming this half term on Wednesdays starting 27th February

Wed 27th ~ Friends of the School Meeting

March

Fri 1st ~ Fireflies Reading Café at 9.15am

Mon 4th ~ Caterpillars and Butterflies Reading Café at 9.15am

Thurs 7th ~ Dragonflies Trip to Flag Fen

Fri 8th ~ Dragonflies Reading Café at 2pm

Mon 11th ~ Friends of the School Film Night

Fri 22nd ~ Ladybirds Trip - Details to Follow

Tues 26th ~ HI5 Netball Event for Selected Pupils

April

Mon 1st ~ Tri-Golf Event for selected Year 1, 2, 3 & 4 pupils – Date Change

Thurs 4th ~ Friends of the School Easter Disco

Fri 5th ~ Break up for Easter Holidays