



Newsletter No 21 Friday 8th February 2019



Dear Families

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.

Certificates

Ducklings – Florrie

Kingfishers – Ellie H &
Grace C

Swans – Piper & Max

Hérons – Harrison & George

No Pupil Progress until W/C
04/03/19



Next week

- Friday 15th- Swans Class
Stone Age Dress up day
- Y6 Maths Masterclass
DMA Selected pupils
- Friday 15th – Break up
Return to school – Mon
25th Feb

Cloakroom Congestion

We have noticed that some parents are starting to bring their children in to the cloakroom/Classroom area. Please can we remind parents to encourage their children to become more independent at morning drop off time, by saying your goodbyes on the front playground (this does not apply to Preschool children). This is to help them become more independent but more importantly to ease congestion in the cloakroom for safeguarding purposes. We thank you for your continued support, and will happily discuss this with you if there are any detachments issues we need to help resolve.

THANK
YOU!

Thank You to everyone who came to our Class 'Cafes for All'

Information in Book Bags

Please can we ask that

Book Bags are checked daily

as information/letters and leaflets are sent home frequently, these can often require parental consent by an **allocated deadline.**

Afterschool Clubs for next half Term

Monday – Y6 SATS Booster

Tuesdays – Art & Crafts

Wednesday – Football

Thursday – Childcare

Friday – Book Club

Clubs start 25/02/19

Please remember our website is up and running, the address is;
www.wimbotshamstow.co.uk once on the website select
Wimbotsham Primary School tab for lots of information on what is
happening at school.



Swans swimming this term on Tuesdays

February

Fri 15th ~ Maths Masterclass DMA

Fri 15th ~ break up for Half Term

Mon 25th ~ Back to School

Mon 25th ~ Afterschool clubs start

Mon 25th ~ Y6 Sats Booster sessions start 4.30pm pick up

March

Tue 5th – KWEST Academy Roadshow

Thur 7th ~ Swans Trip to Flag Fen

Fri 8th ~ Celebrating World Book Day

Mon 11th ~ Ducklings Hearing and vision checks

Fri 15th ~ Red Nose Day

Fri 22nd ~ Herons Trip (details to follow)

Fri 29th ~ FOWPS Easter egg Hunt for the whole school

Fri 29th ~ FOWPS Dress down Day ~ in exchange for an Easter themed tombola prize for Cake cafe

April

Fri 5th ~ FOWPS Cake Cafe

Fri 5th ~ Break up for Easter Holidays

Tues 23rd ~ Back to School

Fri 26th ~ FOWPS Easter Disco

May

Fri 3rd ~ Pret a portrait class photos

Mon 6th ~ May Day Bank Holiday

W/C 20th May ~ International Health and wellness week

Wed 22nd ~ Year 6 Leavers Trip to London

Fri 24th ~ Downham Games Sponsored walk

Fri 24th ~ Break up for Half Term

June

Mon 3rd ~ Back to school