



Parents as Partners

Newsletter 17

Friday 31st January 2020



Dear Families,

Next week is national 'Children's Mental Health Week' and this year's theme is Find your Brave.

We will be sharing the following messages at school:

- Life is all about taking small brave steps every day.
- Bravery could be about sharing worries and asking for help when you need it, trying something new or making the right choices.
- 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.

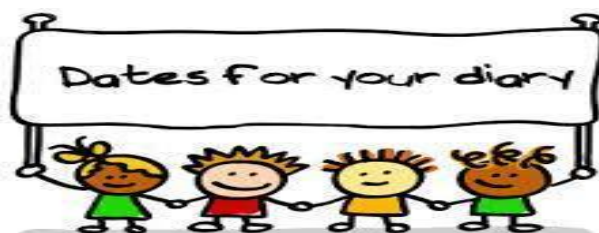
What you can do to encourage your child to Find their Brave.

- 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.
- 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.
- 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.
- Reassure your child that not feeling brave is OK too and that there are times when it might be more difficult to be brave.
- Let your child know that if they are not sure about something, they should talk to an adult they trust. It could be you, someone in your family, 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 come in to school. We are always more than happy to support any aspect of your child's wellbeing. We are lucky to have the amazing Mrs Clarkstone, our PSA, who has a wealth of knowledge of organisations we can access. You can also find a list of organisations that provide support and advice on the following website: www.place2be.org.uk/contacts

So next week lets all FIND OUR BRAVE!

Miss Hayes and Mrs Arrowsmith
Joint Head of School



February

Tues 4th – Gymnastics Competition

Thurs 6th – Netball Match

Fri 7th – NSPCC Number Day (20th Birthday)

Tues 11th – Friends of School Meeting 2pm

Weds 12th – Film Night – THE QUEENS CORGI

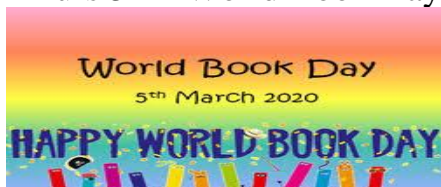
Fri 14th – Break up for half-term



Mon 24th – Back to School

March

Thurs 5th – World Book Day



Mon 9th – Science Week

Weds 11th – Bedtime Reading Café

Fri 20th – Swallows Class Trip

Weds 25th – Film Night (details to follow)

April

Weds 1st – Easter Service & Celebration Assembly

Wed 1st – Break up for the Easter Holidays



Mon 20th – Back to School

Tues 21st – KS1 Swimming

Weds 23rd – School Photo Day

Family Fun and Crafts
Espionage and Intrigue

Thursday 20 February
2-3.30pm



Be inspired by our original documents & create your own spy kit including periscope and decoder.

£3.50 per child, children under 3 free of charge
Children under 8 must be accompanied by an adult
Book your place www.archives.norfolk.gov.uk/events

Norfolk County Council

NORFOLK
children's
UNIVERSITY

Norfolk
Record
Office

The Archive Centre, Martineau Lane, Norwich NR1 2DQ

Friends of School-Film Night

3.00pm to 5pm

Weds 12th February

£3.50 per child

this includes Hotdog, Popcorn & refreshments and entry to win the DVD!



No extra money is needed on the night. Please return the reply slip by **Friday 7th February**

Number
Day 2020

Please make any donations via the school office in support of **NSPCC**.
Snack will be sold at Breaktime and at the Parent Cafe – 25p

7TH FEBRUARY



ALL TO WEAR CLOTHES
WITH NUMBERS OR
PATTERNS

All parents and family members are invited to join in with Math's Activities with your children between 2pm and 3pm

**SPEED LIMIT IS
THERE TO PROTECT
THE CHILDREN AT
OUR SCHOOL,
PLEASE RESPECT
THE 20 MPH LIMIT.**

THANK YOU



THIS SCHOOL IS A



**NUT
FREE
ZONE!**



MERIT CERTIFICATE

CYGNETS – ALEX

ROBINS – DAISY

SWALLOWS – CALLUM

OWLS - ISABELLA

MINI GEAR

RACE DATE: 3RD MAY 2020 - START TIME: 9:45AM

GET THE FAMILY TOGETHER AND GET ACTIVE WITH THIS EXCITING CHALLENGE – PART OF THE ASDA FOUNDATION GEAR 10K IN KING'S LYNN!

MISS HARDING IS RUNNING IN THE GEAR THIS YEAR. IF YOUR CHILDREN ARE INTERESTED THEN PLEASE LET US KNOW