

CONTACT

The Newsletter for Whimble Primary School

Issue 6 - 22

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Just one week to go before half-term - not that I am counting, however, 'Staying Positive', I am hoping for a better second half to the term.

We have been having some issues with our email accounts, hence why this hasn't been sent previously. If you have any urgent information please phone the office rather than relying on the email.

Children's Mental Health Week

This was officially the week beginning 7th February and although we did cover some aspects many more will be developed with the children during this last week of term. Many aspects of supporting children with both their mental and physical health is promoted through our PSHE curriculum but it is always helpful to use other resources produced for national initiatives.

For more information go to the website below:

<https://www.childrensmentalhealthweek.org.uk/>

Safer Internet Day



All children are taught about how to keep themselves safe online as part of the Computing and PSHE curriculum. Safer Internet Day is one aspect of this and provides an annual focus on the matter internationally. Last week all children watched and participated in an assembly which was around the theme:

'All fun and games? Exploring respect and relationships online.'

For more information go to the website below:

<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2022/advice-for-parents-and-carers>

Skills Builder

We have been lucky enough to be part of the Skills Builder Accelerator Programme this year. We have incorporated many skills into children's daily lives as they compliment our 6Rs. Each half-term we have had one focus skill, this half-term it has been 'Staying Positive' which is our 'apple Harvey—Resilience. Certificates have been adapted to include linked phrases and we have introduced an updated Team Point system where children can receive a token for any of the skills.

The winning team for collecting Staying Positive points will be announced on Thursday and children in that team are able to wear non-uniform for Friday 18th February.



Homezone is Skills Builder linked site where families can access some information and activities to use at home.

You can sign up from this site to a parents newsletter and there is also a suite of videos and other materials to support children's skill development.

<https://www.skillsbuilder.org/homezone>

Here is the latest Current Staying Positive task:

Affirmations are positive statements that can help people to feel happier when they are having negative thoughts and feelings in tough times. Challenge yourself to come up with 5 positive things (affirmations) you could say to yourself when you do not feel so happy.

Some examples include: 'I am a friendly kind person.' 'I tell great jokes to cheer others up.' 'I am thoughtful and always remember my friends birthdays.'

What affirmations would you come up with for other people in your family or your friends?

Share your ideas and talk about how these might help you all to stay positive.

Reflection Questions

Getting Started: How does this activity make you feel?

Intermediate: How could you use this activity to feel more positive when something goes wrong?



Dates for your diary

Friday 18th February Non-uniform day for winning team (announced on Thursday)

Monday 21st February to Friday 25th February Half Term

Thursday 3rd March Fire Safety Talks - Ash, Oak, Beech and Willow

Friday 4th March Whimble World Book Day (more details on Friday)

Term dates for pupils - 2022/23:

AUTUMN TERM 2022

5th September to 16th December 2022

Half term - 24th to 28th October 2022

SPRING TERM 2023

4th January to 31st March 2023

Half term - 13th to 17th February 2023

SUMMER TERM 2024

17th April to 21st July 2023

May Day holiday - 1st May 2023

Half term - 29th May to 2nd June 2023

Non-pupil days (i.e. staff only): 1st and 2nd September, 31st October 2022, 3rd January, 30th June 2023

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