

**Monday 3rd February 2025**

Our half term Core Value is

**Aspiration**



Last week, Willow class enjoyed learning about Chinese New Year and the year of the snake! We read the zodiac story and children have been recreating the story themselves with animal figures.

We also explored how the Chinese New Year is celebrated and Willow class were particularly impressed by the Lion and Dragon dances! There have been a variety of craft activities linked to the Chinese New Year including making and decorating paper lanterns and snakes. Some of these you can see on our classroom window.

Please note the upcoming dates which includes an information evening for Year 5 & 6 (and their parents) on Wednesday 5th February at 6.00pm. The rearranged date for coffee/catch up, which will now be held at school, is Wednesday 5th March. Parents are welcome to attend after dropping children off in the morning.

Have a good week. Mr Caswell

### Upcoming Dates

**Fridays until 28th March** - Year 3 & 4 swimming

**Monday 3rd February**—wear sports/fitness kits for healthy bodies, healthy minds project

**Wednesday 5th February– (6:00pm)** Yr 5 & 6 Cardiff Information evening in the School Hall

**Monday 10th February** - Cross Country , Bucklers Mead

**Thursday 13th February (9.00am)** - Awards Assembly

**Friday 14th February** - Non-school uniform day

**Friday 14th February (4.30pm-5.45pm)** - FONS Disco

**Monday 24th February**— First day back for children

**Wednesday 26th February**— Willow EYFS/Y1 Carymoor trip

**Wednesday 5th March (8.50am)** - Rearranged date for coffee catch-up now in Norton School Hall

### Wraparound Care

Every day from 7.45am with breakfast option until 8.30am.

*5.00pm pickup available Mon - Wed (book through the pro-coaching site)*

### **Afterschool clubs until 4.05pm**

**Monday:** Dodgeball

**Tuesday:** MultiSports

**Wednesday:** Archery

**Thursday:**

School run clubs available via ParentPay

## Well-Being and SEND parent support



This week I would like you to introduce you to our school's Wellbeing team; Miss Vaux, Mrs Hallett, Mrs Brimble and Mrs Jaggard. We have all recently completed training to improve and support a whole school approach to mental health and well being.

Mrs Ellie Jaggard – Senior Mental Health Lead (SMHL) across both schools

Mrs Hallett and Miss Vaux – Youth Mental Health First Aid trained

Mrs Brimble (Breakfast Club) – Youth Mental Health First Aid Champion

Remember you can get in touch with requests for this support section via the school office:

[enquires@nshwc.bwmat.org](mailto:enquires@nshwc.bwmat.org)

Ellie Jaggard, SENDCo and SMHL (Senior Mental Health Lead)



# TIPS FOR FAMILIES

Place2Be's  
**CHILDREN'S MENTAL HEALTH WEEK**

## 1 Encourage journalling

Just like Riley, encourage your older children and young people to express their emotions and thoughts through journalling. It can be less confronting than speaking out loud and is a helpful way to process what is going on.

## 2 Make space for reflection

When children and young people reflect on their different emotions, it can help them better understand themselves and what they need. Go for a walk, drive, or try some mindful colouring or baking together.

## 3 Be visual

Use imagery, such as emojis or flashcards to help children and young people recognise and label their feelings.

## 4 Practice mindfulness

Try mindful activities, and quiet family time, to enjoy being in the present moment. This can help children and young people be aware of their thoughts and emotions and learn a useful new coping technique.

## 5 Communicate

Feedback is crucial for helping us see our blind spots and gain greater insight. Children and young people are no different. Creating safe and supportive ways to share your own experience with your child can help them understand themselves and their impact on the world around them.



If you're a parent or teacher, you'll find loads of useful advice to help you support the brilliant young people in your lives – from FAQs to downloadable packs. [Here4You.co.uk](https://www.here4you.co.uk)

