

20.01.2022

Newsletter

Attendance

Reception—92%

Year 1 & 2—93%

Year 3 & 4—93%

Year 4 & 5—91%

Year 6—95%

Whole School—93%

Meetings will be arranged for those pupils classed as persistently absent—below 90%.

Please note, this will not include those whose attendance has been effected by Covid absences.

Before School

There is a growing number of children either walking to school alone or being left on the main playground in a morning, please note if there is an accident requiring first aid, there may not always be a member of staff available until school starts.

Trainers

Please can all pupils wearing trainers have school shoes on by Monday 24th January. If for any reason you are struggling with this, please discuss this with your class teacher.



7th-13th February

With a little help from our governor Miss Hattam, we are planning a mental health week to remember. We are hoping parents would like to join us across the week for some events from our wellbeing challenges.



Monday 7th —write down three things you're grateful for

Tuesday 8th —go for a wellbeing walk

Wednesday 9th —take time out to read a book

Thursday 10th —dress to express and give someone a compliment

Friday 11th —do yoga

Please note we have moved the dress to express day to avoid interrupting the Year 4&5 swimming on the Friday.

WELLBEING CHALLENGE

Make wellbeing a priority during Children's Mental Health Week and take on a Wellbeing Challenge. How many wellbeing actions can you tick off in a week?

Get 8hrs of sleep



Do a deep breathing exercise



Go for a walk



Wear something that makes you feel good



Take time out to read a book



Eat your favourite food



Go for a walk in your local park



Drink 2L of water



Do 30 minutes of yoga



Give someone a compliment



Have a 'no social media' day



Catch up with a friend



Try a 5 minute meditation



Listen to a podcast



Go to bed 30 minutes earlier than usual



Write down 3 things you're grateful for

