

7.02.2022

Newsletter

Attendance

Reception—93%

Year 1 & 2—93%

Year 3 & 4—93%

Year 4 & 5—92%

Year 6—95%

Whole School—93%

Monday—Gratitude Day

Time to think of three things you are grateful for.

Mine are;

1. I am grateful for the opportunities to improve children's lives at Kingsfold.
2. I am grateful for my family and the support they provide.
3. I am grateful for my health both physically and mentally.

Mrs Tierney

FEBRUARY HALF TERM EDEN RED VOUCHERS

These will go live for FSM families on Saturday 12th February. Any problems please contact EdenRed 03334 000018

Self-Care & Mental Health

for Kids


Share your own feelings to encourage self-awareness.




Find social groups that help them feel like they belong.

Set aside time for low-stress or solo activities.



Focus on articulating feelings.

"I am angry,"
"I am sad."

Encourage journaling and diaries.

Encourage your child to focus on the moment.

Practice self-care for yourself to set the standard.



Establish a self-care routine.

Recognize toxic stress events.

BlessingManifesting

Cultivate interests and hobbies.

We love reading

For those parents who have asked to come in and read on Wednesday with their own child we will host this in the afternoon.

Children's Mental Health Mindful Walk

A trip to Worden Park is booked for Tuesday 8th February, as part of Children's Mental Health Week. The whole school will be taking part, and we ask for a **£1.00 payment for each child** to help towards the cost of the transport. This is now live on ParentPay and includes a consent and medical needs section.

School uniform to be worn and suitable

If you have not given consent we will be unable to take your child off-site.



How to nurture a child's mental health



Actively listen before offering your advice



Be patient



Share your feelings and validate theirs



Tell the truth



Model healthy behavior



Surround them with healthy adults



Be consistent and follow through with what you promise



Teach them how to be safe



Believe them and in them



Use open ended questions



Have scheduled family time



Limit electronic time for everyone



Reach out and hug them



Practice relaxation exercises together



Model forgiveness



Respond calmly when their emotions are elevated



View their behavior as a window to their needs and feelings



Make play and exercise a requirement



Recognize positive choices



Be present



Set and respect boundaries