



A message from Mrs Robinson

Dear Families,
This week all the children across school have been taking part in Mental Health activities linked to the theme 'My Voice Matters'. My Voice Matters is about empowering children and young people by providing them with the tools they need to express themselves. When we feel empowered, there's a positive impact on wellbeing. Children who feel that their voices are heard and can make a difference have a greater sense of community and self esteem.

Thank you for your generous Number Day donations. **We raised £165.**

I hope you all have a lovely half term and remember that children are all back at school on Monday 19th February

Warm wishes Mrs Robinson



Dates for your calendar

School Opens Monday 19th February

Week beginning 26th February
Parent Consultation Week

Thursday 7th March World Book Day:
more information following soon.

Year 5 and Year 6 New Hometown Routines

This half term we have had lots of new starters at our school and as a result we need to change our end of day routines for Year 5 and Year 6 to ensure all children can exit the school building safely.

After Half Term Year 5 and Year 6 will exit school from the EYFS playground. Thank you for your ongoing support.

Hollie Year 6

" This mental health week we have learnt what makes someone/something beautiful, what the word hate means and how it isn't right to hate someone. Finally we learnt about Self-Esteem. To do this we wrote our name on an envelope and passed it round the class and we had to write kind things about each other so we understood why people thought we were amazing! "



PUPIL VOICE

Tiny Steps and Nursery Starts at 8.30am

We know that our younger children really benefit from having a structure and routine to their day. When they arrive on time it helps them to feel secure because they can predict what is going to happen. When a child arrives late, it can be upsetting for them and their friends within the setting.

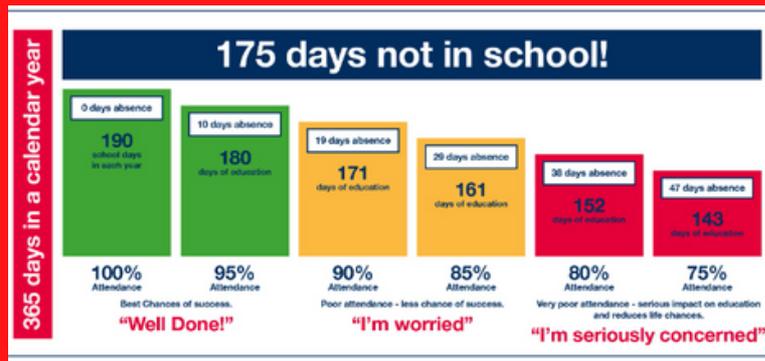
Please can we ask that your child arrives on time after half term. If you need support please speak to a member of the EYFS team. We are happy to help.



Our School Target is 97% National Figure 96%

This week our whole school attendance was: **93.89%**

- Jubbergate: 90.87%
- Ousegate: 91.19%
- Fishergate: 92.89 %
- Whip-Ma-Whop-Ma-Gate: 93.03: %
- Gillygate: 96.03%
- Fossgate: 93.36%
- Micklegate: 96.30%
- Stonegate: 97.44%



School Attendance

The winning class is Stonegate Well Done!



DO YOU SOMETIMES WORRY ABOUT HOW YOU ARE FEELING?

If so, read on!



Here are some brilliant tips from children just like you*. These children have also had ups and downs with their mental health and want to pass on some ideas that have helped them:

- Ask for help – from a teacher, parent, brother, sister, or other family member. Keep telling until someone listens to you.
- Remember you are not alone – everyone goes through tough times. Be kind to yourself – everyone is perfect in their own way.
- Stay calm – take some breaths or find somewhere to sit quietly for 2 minutes.
- Go outside and get some exercise to make yourself feel stronger.
- Spend time with your family and friends (or pets).
- It's okay to not always be okay.
- Think of your favourite thing and write it down.
- Keep a diary to track all your emotions.
- Stay positive and focus on things that make you happy. If you can't think of anything, maybe a friend can help you.
- Remember you are enough, and you are the only you.
- If you are being bullied, maybe the bully is being bullied or has something going on at home and they're taking it out on someone else. Tell an adult or trusted friend.



DO YOU SOMETIMES FEEL A BIT WORRIED ABOUT HOW SOMEONE ELSE IS FEELING?

If so, read on!

Things you can say to help support someone else:

