



A message from Mrs Robinson....

What a fantastic week it's been in school! It was wonderful to see all the children sporting their maths-themed outfits today – we were truly impressed by the creative and imaginative designs! This week, we've also been focusing on something incredibly important: our mental wellbeing. We've spent time thinking carefully about how we can all look after our minds and stay happy and healthy. In this week's newsletter, we're excited to share lots of helpful tips and information about mental wellbeing, so be sure to take a look!

At Haxby Road safeguarding and promoting the welfare of children is **everyone's responsibility** and our top priority. Anyone who comes into contact with children and their families has a role to play. If you have any concerns about your child's health and well being please contact your class teacher, Mr Smart or Mrs Suttle our wellbeing leaders.

Have a lovely weekend
Mrs Robinson



Terry	382	1522
Rowntree	286	1379
Tuke	308	1490
Craven	309	1375

HOUSE POINTS



Dates for your calendar

School Closes: Friday 14th February
at 2:00pm

School Opens: Monday 24th February
8:40am

3.3.25-6.3.25: Parent Consultant
Thursday 6th March World Book Day.
Children can come to school as their favourite story time character or in their Pjs.

Our School Target is 96%

National Figure 96 %

This week our whole school attendance was: 93.57%

Jubbergate	81.11%
Ousegate	95.56%
Fishergate	94.00%
Whip-ma-whop-ma-gate	92.67%

Gillygate	97.31%
Fossgate	95.71%
Micklegate	94.48%
Stonegate	97.38%





Spotlight of the Children's mental health

As we mark Children's Mental Health Week, it's a perfect time for us to reflect on the importance of fostering mental well-being in our children. This year's theme is,

"Know Yourself, grow yourself".

This newsletter will focus on how children can know themselves and the support around them.

With the many challenges our little ones face, whether social, academic, or emotional, we must come together to support their mental health and help them navigate the ups and downs of life with confidence and resilience.

Top Tips for Parents

1

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.

It is so important we understand what makes us tick, our likes and dislikes, strengths, fears, hopes and dreams. Our emotions play a key role in telling us just that, and being aware of how to listen to and express ourselves is a major part of building self-awareness. It is through knowing ourselves and speaking with others, that we can build resilience, grow and develop.



Encourage your children and young people to express their emotions and thoughts through journaling. It can be less confronting than speaking out loud and is a helpful way to process what is going on.

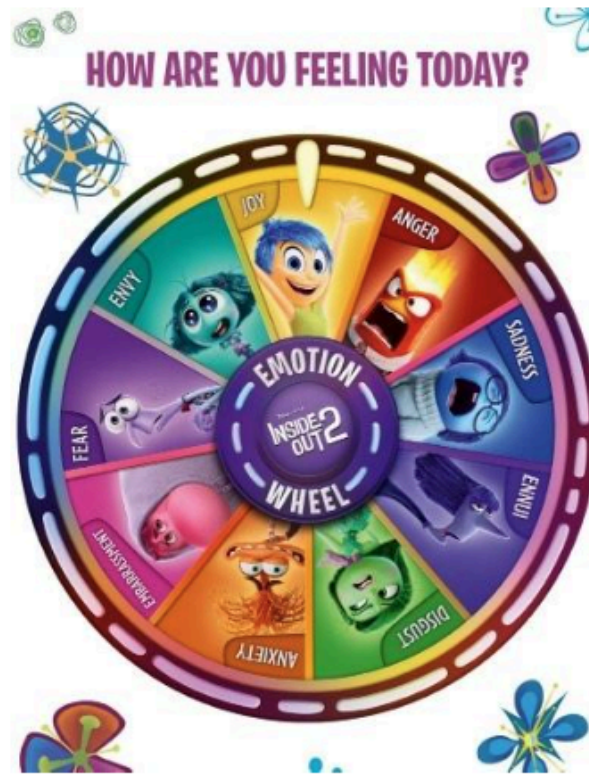
2

3

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.

Being self-aware means getting to know and understand what we are good at, what we find difficult, our likes and dislikes, what makes us feel JOY and what may cause us SADNESS. It is also about understanding what makes us unique and our fears, hopes and dreams. As we build a sense of self, we grow in our ability to connect with others, as well as develop our skills and talents. It is with this basis we can form strong and healthy relationships, from early childhood right through to adulthood and are equipped to cope with the challenges that life brings our way.



it's okay to
feel your
feelings

We talked to the children about how important it is to take notice of how we feel. When we take notice of ourselves and how we feel, we are able to make better choices and be more connected with our feelings and behaviours. Noticing these things can help us recognise when we need support.

it's okay to feel



your feelings

Why not ask your child?

What are some things we love doing?

What makes you feel happy?

What are the things that fill us with fear or disgust?

Help at home

Want to know more or access further resources to support at home?

Below, we recommend some useful places to **find out more**.

Place2Be '[Parenting Smart](https://parentingsmart.place2be.org.uk)' useful resources, including videos, for parents and carers:

<https://parentingsmart.place2be.org.uk>

National Online Safety - guide for social media and mental health:

What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted - sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so enthral young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK... and knowing what to do about content that upsets them.

1. UNDERSTAND THE ALGORITHM



Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

2. AVOID THE MAIN FEEDS

Leaving the default feeds on social media platforms isn't an ideal idea. Users can get to an account's private messages, they follow, or suggested modes, or 'recommended' posts that they don't want to see. Explore the platform's privacy settings to see how you can take control of what your child's phone shows them when they open the app.

3. DISCUSS WHAT THEY'VE SEEN



Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds; if alarm bells ring, it could be time for a more in-depth talk or to seek support.

4. LEARN HOW TO HIDE CONTENT



If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

5. SET DAILY LIMITS



Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules - for everyone to follow - around device use, such as screen time limits and tech-free spaces. Involving your child in creating this agreement makes them more likely to stick to it.

Meet Our Expert

Shoshie Lawrence is an executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for children's interests, Shoshie is Fellow of the Chartered College of Teachers, and the author of the Rainbow Within, a book which supports children with ELMH needs.



6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence - but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

7. TURN OFF PUSH NOTIFICATIONS



Even for adults, it's tempting to check an email or message as soon as the alert sound rings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practice mindful use of tech. Most of us have other things that we need to focus on as a priority - and those notifications will still be there later, when we have more time.

8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area of home a designated space to use phones, tablets and so on - making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well - so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but - just like offline life - the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

