9th February 2024

Dear Parents and Carers,

**Newsletter**

**Children's Mental Health Week**

In school this week we learned about what 'mental health' means, how we can help manage this and who we could turn to for help.  Miss Harwood led an assembly, sharing a short film which parents/carers may also want to watch [ttps://www.youtube.com/watch?v=nCrjevx3-Js](https://www.youtube.com/watch?v=nCrjevx3-Js)

The Anna Freud website has lots of useful resources and information worth looking at too <https://www.annafreud.org/>

In another assembly yesterday we looked at the 'Five Ways to Wellbeing Model' and considered how these can support our mental health:

**Connect.** Good relationships are important for our wellbeing. We connect with others when we eat lunch together, chat with a friend, switch off the TV to talk or play a game with our family and volunteer to help younger students. When we do these things, we experience greater connection with others, which is really good for us.

**Be active.** Being physically active improves our physical fitness and mental wellbeing by raising our self-esteem and giving us a sense of achievement. Exercise - whether it's walking, hula-hooping, dancing, football or anything else - causes chemical changes in our brains that can help to change our mood for the better.

**Take notice**. Paying more attention to things around us can help us to feel calm and peaceful. Noticing our thoughts and feelings, our body and the world around us can help us to enjoy life more and understand ourselves better. Sometimes, this is called mindfulness.

**Keep learning**. When we adopt an attitude that there is always something to learn, we increase our wellbeing. Learning a new skill or hobby can boost our self-esteem and confidence.

**Give**. Giving our time, skills or resources to help others is proven to help us too! Research suggests that acts of giving and kindness can help to improve our mental wellbeing.

We have also marked Children's Mental Health Week with our annual Taskmaster Week where children have competed in their House Teams to win points and ultimately, the trophy.

We are pleased to see that many children chose to participate in the "Express Yourself Day" choosing their outfit in exchange for a donation for the Children's Mental Health charity Place2Be. "Express Yourself" is about letting children's voices shine through and empowering them to tell their own stories!



**Safer Internet Day (Inspiring Change)**

Through an assembly and class time, children deepened their understanding of how to stay safe online.  Children were very responsive and showed good progress in their understanding of the themes and issues raised.  This was particularly evident during the pupil voice monitoring session with parent governor, Mrs White.  We were very impressed with how well the children had engaged with their learning, told us about their use of the internet, maturely discussing possible risks and how to stay safe online.

**Volunteer Safeguarding Training Session**

A reminder that we will be holding a training session on Tuesday 20th February 2:00-3:00pm for parents/carers/volunteers interested in supporting children's learning in school or accompanying classes on educational visits.  Please contact the school office for further details and to book a place.

**Kangaroo Class - Victorian Day**

What a wonderful immersive experience the children had on their Victorian Day!  They tried gruel, baked victoria sponge cake, made spinners, silhouettes, dolls and engaged in strict handwriting practice!  The children, as well as Mrs Connor and Mr Pledger, looked the part in their wonderful costumes.

Thank you to parents/carers for joining the class in the afternoon and your support with costumes too.

**Club News**

Absolute Sports will start back on Tuesday 20th February through to Friday 22nd March 2024.

**Taskmaster Club**

You can now book your children on to Mr Pledger's Taskmaster Club for next term. Visit <https://taskmastereducation.com/clubs> to use our school code A2W0K, to register. The next round of Taskmaster Club will begin on Wednesday 21st February.

**The latest from Sidlesham Media**

You can read all the latest news from our Junior Journalists in the February edition of the [Sidlesham News](https://docs.google.com/document/d/1autWNl5BLGyBF5Ll8PA7nAW6t4i7akC-pkfRQ9UicXY/edit?usp=sharing" \t "_blank) or listen to it on Sidlesham Radio [here](https://on.soundcloud.com/aD4EE).

**Dates for your diary**

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| Half Term | Monday 12th - Friday 16th February |
| INSET Day | Monday 19th February |
| World Book Day | **Wednesday 6th March (change of date)** |
| House event: Spelling Bee | Wednesday 13th March |
| Annual reports | Friday 22nd March |
| Parent/Carer/teacher Consultation Evenings (We will open up bookings after half term) | Tuesday 26th March & Wednesday 27th March 3:30pm - 6:00pm |
| Last day of term | Thursday 28th March |

It has been a very busy 6 weeks and I would like to take this opportunity to thank all the staff and governors for their hard work and energy and extend my thanks to parents/carers for all their support of their children and school.  It is a privilege to spend each working day with our pupils and for me to begin to get to know them!  I wish you a relaxing half-term break and look forward to seeing everyone back on Tuesday 20th February.

With very best wishes

Mrs Norton

Interim Headteacher