

Whitby Heath Primary School Newsletter

10th February 2023



'Excellence in a Caring Community'



This week, across school, we have been celebrating Children's Mental Health week. The children have completed lots of different activities which have looked at having a positive mindset and how to have a healthy mind. Below is an outline of what each class has been up to.

In reception, we have been talking about our feelings and naming them. We have then been practicing things that we can do to keep our mind happy, such as: yoga, breathing techniques, calm music and exercise. We tried these out in our provision and talked about how it made us feel.

Year 1 have had such a fun week considering the importance of working together and teamwork. We listened to 'Room on the Broom' by Julia Donaldson and considered how the animals showed kindness to find the witch's lost things, in return, they sat on the broom. We considered how working together as a team can be great, but sometimes we like to do things by ourselves and that's ok! We also drew around our hands, drew a picture of ourself in the middle and decorated it beautifully. We cut them out and put all our hands together. We considered that although everyone is different, there are lots of things to join us together as a class and how we will always be there for one another.

In Year 2, the children thoroughly enjoyed the 'Class Connections' Children's Mental Health week activity. This activity helped the children to think of the different ways they are connected to their classmates. The children drew around their hand on a piece of paper and decorated them using lots of creative patterns and designs.



This week, Year 3 have completed a range of activities around Mental Health. We created some of our own sketches based on the book 'The Boy, the Mole, the Fox and the Horse', we also have enjoyed mindfulness colouring, looked at what makes us us, important people in our lives that we can go to for help and discussed our feelings using the story 'Lucy's blue day'.

For Children's Mental Health Week, Year 4 have been looking at things that help us feel connected to the people and things we care about. We displayed our thoughts and feelings about this on paper and made a paper chain to display in our classroom to show that we are all connected. Some ideas included, "I feel connected to people when I think of the Earth. I am reminded that we look after and share the same Earth, although it has different countries that don't look the same," and "I feel connected to people when I am with my friends in class and we are all working together."

Year 5 have focused on the theme of 'connect' and how important it is to be there for each other and find ways to get along to improve our mental health. We decorated paper chains with all our favourite things and connected them together and enjoyed singing and dancing to High School Musical's 'We're All in this Together'.

In Year 6, we have explored what it means to be aware of our own and others' mental wellbeing. The children have an excellent understanding of how to look after themselves and are very aware of strategies they can use and who they can turn to for support. As part of our work, we have also focused on staying connected. The children have had great fun demonstrating how we can stay

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connected to each other through various activities to get to know each other better and just for fun, a bit of dancing too!



This week, Year 2 had a very exciting week! They had a great time on their residential. They went into Delemere forest on a habitat walk and found Badger Sets. They splashed in puddles and explored the forest. They then built dens; all children showed great teamwork and made us all very proud! Well done Year 2!

Well done to all of our Shining Superstars this week:



Oak Class - Esmae P
Elm Class - Isabelle O
Ash Class - Arthur McC
Beech Class - Harry S
Fir Class - Lucas S
Cherry Class - Skylar B
Poplar Class - George R
Rowan Class - Faye B
Cedar Class - Lyla R-S
Holly Class - Claudia C
Sycamore Class - Minnie M
Willow Class - Jessica J
Birch Class - Heidi P
Maple Class - Ava McG

Congratulations to you all!

This week's Top Three classes for attendance are:

First: Willow 99%
Second: Poplar 98.3%
Third: Beech and Maple 98%

Whole school attendance: 96%



This is the second week in a row which we have hit our target of 96% whole school attendance. Well done! We thank you for your continued support with attendance.

Mental Health Awareness

As part of raising awareness of Mental Health and the available support within school, Miss Monins and Miss McLoughlin have created a leaflet for parents and carers. The leaflet outlines who within school is a key adult contact regarding Mental Health, the support services available, strategies as well as external links for more information. Miss Monins will have some at drop off next week should you request one, alternatively they will be able to look at during parents evening next week.

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NEU Strike Action

The next planned strike action for the NEU is due to take place on 28th February. Communication to parents/carers regarding this strike action will be sent out next week.

Mrs E Williams