



OLD FLETTON PRIMARY SCHOOL

Weekly Update - Monday 5th February 2024

Mental Health Week 5th - 9th February

Today is the start of Children's Mental Health Week. The children will be taking part in activities in their classrooms as part of their PSHE lessons during the week and we will be having a non-school uniform day to 'Express yourself' on Friday 9th February. We want all children, whoever they are and wherever they are in the world, to be able to say - and believe - 'My Voice Matters'. I have attached some information below for parents and carers to share with your children to encourage this. Sometimes in a school like ours, with over 400 pupils, ensuring we hear children's voices can prove challenging. This week is a timely reminder for us all to focus on the voice of a child.

Safer Internet Day

Safer Internet Day 2024 will take place on the 6th of February, with celebrations and learning based around the theme 'Inspiring change? Making a difference, managing influence and navigating change online'.

It is the UK's biggest celebration of online safety. Each year the theme is chosen based on the things young people are seeing and experiencing online and is created in consultation with young people across the UK. This year's theme focuses on change online, this includes:

- Young people's perspective on new and emerging technology
- Using the internet to make change for the better
- The changes young people want to see online
- The things that can influence and change the way young people think, feel and act online and offline.

Further resources and tips for parents can be found here: <https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2024>

Teaching Walk Thrus Visit - Day Two

John and Andrew were suitably impressed again by our implementation of different teaching strategies. They highlighted pupils' engagement in paired work, teachers' quality questioning and the importance we are placing on 'thinking time' before asking children to respond. They were so impressed by the work we are doing they are going to see if Tom Sherrington (the author of the handbooks) is available to come to our Day Three, as they said "this will bring him great joy".

Staff Absence

We are not immune - pun intended! - to the numerous viruses and bugs in school and the city. We are experiencing high levels of staff absence and a shortage of supply cover teachers and we are doing all we can to minimise this disruption to your children's learning. I have been made aware this is a similar situation in many schools in the city and this explains the shortage of cover teachers available.

Diary Dates

Tuesday 6th February

Safer Internet Day

Friday 9th February

Non-school uniform day to "Express Yourself"!

Thursday 15th February

Nursery Stay and Play

Tuesday 5th March

Year 6 SATs information evening

Thursday 7th March

World Book Day

and

Vision Screening for Reception

Attendance

(8th - 12th January)

RSK	85.5%	3EB	91.7%
RMH	81.0%	4TD	89.7%
1NG	87.0%	4HT	93.5%
1JR	92.0%	5SS	91.0%
2CF	92.0%	5FS	91.3%
2AM	92.0%	6SM	96.0%
3RP	89.0%	6JP	94.7%

Non-school uniform day
FRIDAY 9TH FEBRUARY

LET YOUR IMAGINATIONS RUN WILD

We're all different – we all have different things that make us tick and that bring a smile to our face.

Express Yourself allows children and young people to celebrate what makes them unique with an incredibly fun dress-up day – this could be sharing their favourite hobby, such as skateboarding or dancing, or wearing their favourite colour or accessory. Or it could just be coming in as themselves.

Express Yourself is about letting children's voice shine through and empowering them to tell their own stories! If you need a little inspiration, here are some ideas on the right to get you started!

EXPRESS YOURSELF!

The ways you could 'Express yourself' on Friday 9th February

①

Let your inner disco diva shine on the dance floor

②

Let your personality shine through with your favourite colours

③

Embrace your creative side and unleash your artistic energy

④

Show off your team spirit with your favourite team's kit

⑤

Take the stage as the coolest rockstar in town

⑥

Come as you are and wear your comfiest clothes!

⑦

Bring the cool energy of the skate park to the playground

⑧

Share what makes you... you and celebrate what sets you apart.



TIPS FOR FAMILIES

Place2Be's
**CHILDREN'S
MENTAL HEALTH
WEEK**

Talking to your child about mental health

Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe – "My Voice Matters".

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.



Here's what children and young people told us they need from you:

- ① We don't need to have 'one-off conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
- ② I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- ③ Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- ④ Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- ⑤ Don't compare my experiences to your own when you were a child.
- ⑥ Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
- ⑦ Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- ⑧ If you are open with me about your feelings, this can help me to be more open about mine.
- ⑨ Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school - because they 'get it'.
- ⑩ Sometimes a hug is all it takes to make me feel supported.

