



Reach for the stars

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The last couple of weeks have seen our leadership teams continuing to work towards our school vision; the wellbeing team has joined forces with the eco-team to work on improving our outside space following feedback from the children. The learning team organised a great hot chocolate and book event – it was lovely to see how many people were able to stay for it and the curriculum team have been out visiting other schools to see how they are tailoring their curricula. It's been a short but fun packed half term, enjoy the week off! Mrs Sutherland.

Children's Mental Health Week

5 – 11 February

Mental health is something we take very seriously at St Anne's. In fact, when thinking about which area of the Healthy Schools Award to work on first, the wellbeing team chose Mental Health and Wellbeing and they are working towards the advanced badge because we are already well on the way.

It can sometimes feel difficult to think of positive things about ourselves and to know what it is exactly that makes us who we are. Understanding that we are all unique, with our own strengths, qualities and interests is very important for our wellbeing. Through having a positive view of ourselves, we can feel better equipped to cope with life's challenges and make better connections with others. As parents and carers, you play a very important role in helping your children to understand that they are unique.

- **Point out your children's positive qualities** e.g. determination, courage, kindness – help them to notice what makes them unique.
- **Have a chat about the strengths, qualities and interests within your family** over dinner, in the car or when you are playing together... it can be fun to notice how we are all different from each other!
- **Celebrate your efforts with your children** whether you go for a run, get promoted at work or cook a great meal, sharing your achievements, no matter how big or small, will help your children to recognise their own!

If your child has a worry, encourage them to talk to a member of staff or write it down and put it in the worry boxes in the halls.

If you are worried about your child, please know that you are always welcome to talk to any of the safeguarding team – Mrs Fillingham, Mrs Moss, Mrs Beard or myself. Alternatively speak to your GP or access support through the NSPCC or Young Minds websites.

In Key Stage 1 assemblies recently, I have been talking to the children about the different parts of the brain and how sometimes when we have strong emotions, it is hard to keep the 'thinking' part of our brain working. I have introduced them to the 'hand-model of the brain' which can easily be found on You Tube. It is a simple way of helping children to understand behaviours that sometimes go along with strong feelings. Once they are aware of these, they can begin to learn more appropriate responses. The story of The Red Beast explains this brilliantly and begins to explore calming strategies.

We have begun the process of setting up a calm room in the Early Years building and next term, we are both fortunate and excited to be welcoming a team from Rolls Royce who will be setting up a sensory room in the KS1 building and helping the eco-team to develop a quiet zone in the playground!

Thank you to St Anne's Church who have kindly donated money towards the cost of our playground work!

St Anne's Infants' School Newsletter



Reach for the stars

Congratulations to one of our parents, Esme Parry, who will be attending the House of Commons this week to receive a **Heat Hero Award** for the works she has done to support those facing fuel poverty!

Support for parents

Along with the **maths workshop** for KS1 parents and carers, mentioned in the last newsletter, there are a couple of other opportunities for support coming up next term.

At 2pm on Friday 9 March, we will be holding a **safeguarding workshop** for all parents and carers. It will explain what safeguarding is and the difference between that and child protection, what we do in school to safeguard children and our processes in the event of having a concern about a child. More details will follow next term.

Early Help will also be running a parenting course called **The Incredible Years** in our community room. It will start on Friday 9 March and run for 14 weeks during term time from 9.30 – 11.45am. The Incredible Years is a highly successful parenting programme that aims to 'assist in preventing and treating behaviour problems and promoting social, emotional, and academic competence before a child becomes an adult.' If you are interested in joining the course, please see Mrs Beard.

Please can I remind you that the **gates close in the morning at 9.00am and school finishes at 3.15pm**. There are a number of children who are often late for school which impacts on their emotional security as well as their academic learning. Likewise there are some children who are frequently picked up late. However, we do not always have staff readily available to supervise these children which means staff are then not able to do what they need to.

This time of year is always difficult for illness and attendance has dropped to below 95%. 17% of the school still have 100% attendance though – find out who they are in next term's attendance newsletter!

Please note that only parents or those with parental responsibility can phone in to inform us of children's absence from school. If grandparents or other family members call, we will contact parents / carers to confirm their child's absence.

February dates	March dates
8th: Last day of term 9th: INSET day 19th: Term 4 starts 22nd: Nursery open day 10am 23rd – 25th: Window Wonderland	1st: World Book Day 9th: Safeguarding workshop for parents 2pm 13th and 15th: Parents' evenings (also 14th for Nursery C group) 20th: KS1 maths workshop 9.15am 22nd: Easter church service 10.15am KS1, 11am Reception – parents and carers welcome 22nd: Spring disco 4.15pm Reception, 5.15pm KS1 23rd: Last day of term

Today is Safer Internet Day - look out for a leaflet about online safety in your child's book bag!