

# CONTACT

## The Newsletter for Whimble Primary School

Issue 5-19

08.02.19

This week there has been two national initiatives involving children - Children's Mental Health Week and Safer Internet Day. We believe both are equally important in all of our lives.

As part of Children's Mental Health Week we have been reminding the children about our '10 a day' including the importance of taking a relaxing break and getting enough sleep.

We all know that we do not function well when we haven't had a good nights sleep. For children this is even more important as they are unable to manage their emotions appropriately.



### '10 a day' choices towards balancing our mental health

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1 Talk about your feelings
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2 Do something you enjoy and are good at
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3 Keep yourself hydrated
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4 Eat well
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5 Keep active in mind and body
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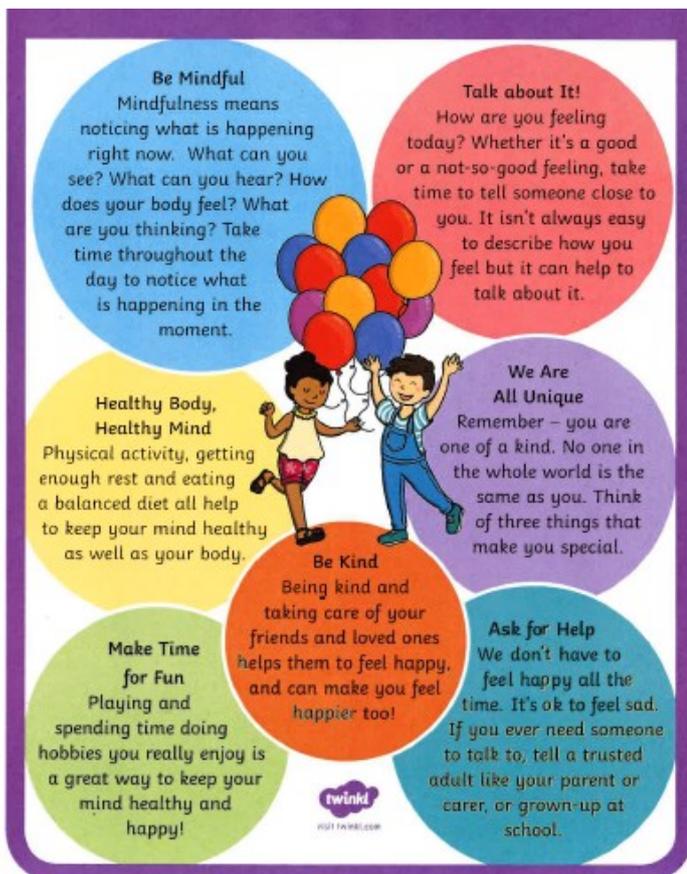
6 Take a break
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7 Stay connected to those you care about
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8 Ask for help
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9 Be proud of your very being
- 

10 Actively care for others



**Be Mindful**  
Mindfulness means noticing what is happening right now. What can you see? What can you hear? How does your body feel? What are you thinking? Take time throughout the day to notice what is happening in the moment.

**Healthy Body, Healthy Mind**  
Physical activity, getting enough rest and eating a balanced diet all help to keep your mind healthy as well as your body.

**Be Kind**  
Being kind and taking care of your friends and loved ones helps them to feel happy, and can make you feel happier too!

**Make Time for Fun**  
Playing and spending time doing hobbies you really enjoy is a great way to keep your mind healthy and happy!

**Talk about It!**  
How are you feeling today? Whether it's a good or a not-so-good feeling, take time to tell someone close to you. It isn't always easy to describe how you feel but it can help to talk about it.

**We Are All Unique**  
Remember - you are one of a kind. No one in the whole world is the same as you. Think of three things that make you special.

**Ask for Help**  
We don't have to feel happy all the time. It's ok to feel sad. If you ever need someone to talk to, tell a trusted adult like your parent or carer, or grown-up at school.



Did you know it is recommended that primary aged children get an average of 10 hours sleep? Whilst our reception children should get nearer to 12 hours per night. This time of year it is even more important as our bodies require more rest when we are trying to fight off various coughs, colds and other diseases.

## Safer Internet Day

We continue to raise awareness of the internet and trying to promote appropriate use whilst keeping children safe. We will be having our own Internet Safety Day after half-term and hope to produce an assembly for parents to watch. In the meantime there have been some new resources produced for parents which are available on our website.

2Simple/Purple Mash have also produced a new guide to support parents, called Parenting in a Digital World.

Child Safety on Tik-Tok—a parent factsheet. This may be especially useful if you have secondary aged children as well.

Our website link:

Parents Tab/Online Safety: [https://whimble-primary.eschools.co.uk/website/online\\_safety/378283](https://whimble-primary.eschools.co.uk/website/online_safety/378283)

## Polite Request

Staff on duty at playtimes and lunchtimes have voiced concerns about vehicles driving slowly and even stopping outside the school whilst trying to get the attention of children in the playground. As it is not possible for staff to know if these adults are known to the pupils or not and we are very aware of our safeguarding responsibilities, please can you and your family members refrain from causing staff this worry.

Many thanks for your co-operation in this matter.



FOWS Cake Sale - **Thursday** 14th February♥ Valentines Day ♥ - Oak Class will be baking for this one however if anyone else would like to bake please do.

We normally have cake sales on Fridays but thought, as there are a few after school activities going on, on Fridays, we would trial a Thursday before half term. Let us know if you think it works better.

All profits from the cake sales go specifically towards the year 6 leavers party.

At the FOWS meeting on 29th January a lot was discussed. The minutes from the meeting will be emailed out to everyone shortly. FOWS next events after half term will be all about Easter.

The idea of a spring school disco has been mentioned, if anyone is interested in organising a spring disco please get in touch.

## Useful Information:

Autism: Making Sense of Sensory (a detailed insight into the sensory world of children)

Free training for parents—see link for more details.

<https://new.devon.gov.uk/eys/autism-making-sense-of-sensory-training-14th-march-2019-colyton-2/>

Dear Parents / Carers,

### Are you interested in training to become a primary school teacher?



We are pleased to be able to offer members of our school community the opportunity to train to become primary teachers through Exeter Consortium and Teaching School Alliance (ECTSA).

Exeter Consortium is a growing group of schools in and around Exeter, all working to improve the quality of learning for our pupils. Working in partnership with your child's school, ECTSA are training the next generation of teachers, improving the quality of teaching, raising the attainment of pupils and closing the gap between different groups of pupils.

Being able to attract talented people into the teaching profession is vitally important as we know it makes such a difference to the quality of education for our children; and what better place to start than our own community!

This opportunity is possible through the teacher training route called 'School Direct', led by Exeter Consortium. More and more, people are training through the School Direct route because it allows you to train close to home, is a 'hands-on' learning experience and is guided by practising teachers working in real-life classrooms. With Exeter Consortium, you achieve Qualified Teacher Status (QTS) and a Post Graduate Certificate in Education (PGCE) from Bath Spa University, an Outstanding provider of Initial Teacher Training.

How does the course work? The course takes one year to complete and starts in September 2019. You would spend three days a week at your placement school (one of our 60 Primary Schools in and around Exeter) completing your teaching practice, and two days a week receiving training from Exeter Consortium and Bath Spa. You undertake a second contrasting placement in another school during the Spring term.

We would be very interested to hear from you if you are thinking of becoming a teacher. We are looking for people who have (or will have) a degree, have a passion for teaching and want to inspire young people to fulfil their potential. If you would like to find out more, please contact Dawn Chapman at [dawn@exeterconsortium.com](mailto:dawn@exeterconsortium.com). You can also visit [www.exeterconsortium.com](http://www.exeterconsortium.com) or phone us for an informal chat on 01392 92717.1

We look forward to hearing from you.

Yours faithfully  
Dawn Chapman



# Don't Forget

- To look after yourselves - both body and mind. Take a break from technology.

## Dates for your diary

Thursday 14th February      Cake sale (FOWS)  
Monday 18th - Friday 22nd February      Half-term

### **Orchestra practise dates: 7th, 14th and 21st March.**

w/c 11th March	Science Week activities
Wednesday 13th March	Dental Nurse visit - Year 3 and 4
w/c 25th March	Parent consultations
Monday 1st April	M&M Theatre visit - Wizard of Oz
w/c 1st April	Year 6 Drama production—dates and times to be confirmed
Friday 5th April	End of term - school finishes at 1.30pm
Tuesday 23rd April	Summer term starts
Monday 13th May	KS2 SATS week
Monday 27th May	Half-term holiday
Monday 3rd June	Non-pupil day
Friday 7th June	Provisional sports day date (to be confirmed)
Monday 8th July	Year 6 Residential Week

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