



31st January 2020

Spring 1 Week 4

Special Points of Interest

- FREE 1st Aid
- Children's Mental Health
- Appointments

Dates for your diary

Stay and Play 0-4yrs

Fridays

9.30am – 12noon

Entrance side of
reception

ALL WELCOME



TURNING UP JUST
5 MINUTES LATE
EVERY DAY ADDS UP
TO OVER 3 DAYS
LOST IN THE YEAR!

Children's Mental Health Week

1 in 8 children and young people have a diagnosable mental health condition. In February, we're supporting #ChildrensMentalHealthWeek - raising awareness of the importance of children and young people's mental health. Learn more: childrensmentalhealthweek.org.uk

What can you do?

Here are a few simple ways you can encourage your child to Find their 'Brave'.

1. Remind your child that bravery comes in many forms and everyone is different. What's brave for them might not feel brave to someone else.
2. Chat with your child about a time when you've had to 'Find your Brave'. It might have been something big or small.
3. Praise your child when they 'Find their Brave'. Maybe they've kept going at learning a new skill or tried something outside their comfort zone which boosted their confidence.
4. Point out examples of bravery in books and films to your child and talk about how trying out different ways of being brave will help them feel good.
5. Reassure your child that not feeling brave is OK too and that there are times when it might be more difficult to be brave.

Our Y3/4 fishkeeper of the week has been awarded to Gabriel for recalling all key facts about aquarium water testing. Great effort, Gabriel.



Medical Appointments

If your child has a medical appointment at any time during the day, **DO NOT KEEP** them off for the whole morning or afternoon session. Instead, bring them in and wait until they have their registration mark at 9am. Again, if you must pick your child up for an afternoon medical appointment, they get their afternoon mark at 1pm, so please wait until 1.05pm. Better still, leave them in school and pick them up just in time to travel to the medical appointment.

REMINDER

Breakfast Club and Stay and Play after school sessions are still being run. Cost per session :- Breakfast Club £1, Stay and Play £2.50

FREE Family First Aid

Saturday 22nd February 9.30am—12.30pm - Vale Park Community Centre, CH45 1LT.

A life skills session to train you in baby, child and adult CPR, use of a defibrillator and what to do for a choking casualty. Although the course is free we ask for a donation of £5 to cover room hire. For further details contact us by email at

1staidolutionswirral@gmail.com or tel: 07816989207

Fish Keepers

Year 3 and 4 have taken delivery of an aquarium, which is part of an eight week programme. This will show the children how to care for another being. Each week another fish will be introduced and it will be up to the class to feed and maintain the aquarium

