

**Friday 5 February 2021**

Dear Parents

Children's Mental Health Week



"This year's Children's Mental Health Week is all about expressing yourself, about finding creative ways to share your thoughts, ideas and feelings...it's finding those things that makes you feel good about yourself." HRH The Duchess of Cambridge.

The charity have suggested some tips for parents and carers to help children to express themselves. You may find the following of interest.

1. Build on existing interests or passions. Think about what has helped them to get through the past year. Baking, drawing, playing with Lego? Encourage your child by praising their efforts.
2. Trying new things can be a great way to find a new creative outlet.

You could try something new together or ask someone you know to share their creative ideas and give them a go.

3. Some children may not think of themselves as being creative. Try to focus on the importance of the process and how it can make them feel rather than the end result. Encourage them for trying rather than for doing something well.
4. Listening carefully can help children feel more comfortable and confident expressing themselves. Try to minimise distractions and give your child your full attention when you are spending time together, being aware of your own body language and eye contact.
5. Children are expressing themselves all the time but not necessarily with words. Listen to everything they are trying to tell you with their behaviour, or with their play and creativity or their silence. It is all self-expression.

At school this week, the children have been exploring happiness and have had opportunities to express their interests and preferences. The Half Day classes have explored topics of a shared interest and the role play area has been a key avenue for exploring their feelings and expressing themselves. Full Day classes have had the opportunity to participate in relaxation or yoga sessions with Cosmic Kids.

**Mrs Sylvester**



## Class 1 News

London's burning! London's burning!

Owing to Class 1's shared interest in transport, we have chosen a theme of transport and emergency vehicles for this week's topic. This has been incorporated into our week through activities such as painting our own fire engines, as well as, enjoying our doctor's surgery role play area. Miss Jane and I have been receiving regular temperature checks from the children using the pretend thermometers, as well as having our heart rates checked using a stethoscope. Our poorly dollies have also been receiving lots of Calpol and care.

For Phonics this week we have been recapping our sounds 's', 'a', 't', 'p', 'i', 'n' through singing the songs and repeating the actions. We have also been finding objects and words which begin with these sounds. I am delighted to see that Class 1 are taking such an interest in learning these sounds. We are also beginning to learn the sounds for the initial letters in our names, as we also begin to trace them.

For Maths, we enjoyed reciting numbers and sequencing them using resources such as number flashcards and our lovely numbers floor puzzle. We have also enjoyed incorporating Maths into our everyday singing by singing songs such as '1, 2, 3, 4, 5, Once I Caught a Fish Alive', plus some counting back with one of our other favourites, which is 'Zoom, Zoom, Zoom, We're Going to the Moon'.

We have been learning about the different parts of our bodies through singing songs such as 'Heads, Shoulders, Knees and Toes', playing 'Miss Roisin Says' and bandaging different parts of our bodies and different parts of the dollies in our doctor's surgery.

We are looking forward to more learning through play next week, where we will be incorporating some Valentine and Chinese New Year themed crafts and activities.

**Miss Roisin**

## Class 1 Photo Gallery

