



**NEWSLETTER 5**  
**Autumn Term '19**  
**Thursday 3<sup>rd</sup> October 2019**

**Harvest Festival**

Our Harvest festival assembly will be on Friday 18<sup>th</sup> October, the last day of term. We will be collecting donations for our school food bank. Please send any donations the office.



**World Mental Health Day 2019**

This year World Mental Health Day is on 10<sup>th</sup> October. It is important that we look after our mental health as well as that of our loved ones around us.

**Talk openly about mental health**

Just as you might encourage them to eat fruit and veg to keep their bodies healthy, talk openly about staying connected with others or being physically active in order to take care of our minds.

**Model good habits**

Children often learn from copying what they see around them. If you are taking care of your own mental health, it's easier for them to see what good habits look like.

**Notice any changes in your child's behaviour**

Young people tell us how they're feeling in many ways, not always verbally. Learning what is normal for your child makes it easier to notice when things change, and if this might be a sign that they're struggling.

**Let your child know that you're concerned**

Explain why you feel that way, for example if you've noticed they haven't been interested in activities they usually enjoy. Use activities that you do together to have conversations about how they are doing. Talking whilst doing something together, side-by-side, such as cooking, can help them share their feelings more easily than a face-to-face conversation.

**Let them know that struggling sometimes is normal and nothing to be ashamed of**

Tell them that we all including you go up and down throughout our lives. Reassure them that talking about difficult feelings with the people we trust is a brave thing to do.

If you need support and would like someone to talk to please see the numbers below:

**Samaritans 116 123**

**MIND 03001233393**

**NHS 111**

**Mellers Committee**

We had an election in school last week for our Mellers Committee. A huge congratulations to the red team Sarmand, Mayar and Rayan who want to give more support to children at playtimes.

Our newly elected head girl is Rayan Mohammed; our head boy is Devayn Linger. Our deputy head girl is Mayar El Said and our deputy head boy is Anas Ayub. We are delighted with these results. Congratulations everyone!

**Miss Atherton**

As you know, Miss Atherton is pregnant. She will be starting her maternity leave on Friday 4<sup>th</sup> October, but will definitely be returning to work before the end of the school year. I know you will all want to wish her well!

Have a lovely weekend!

**Amanda Dawson**  
**Headteacher**

**Parking**

We have had several complaints from neighbours regarding inconsiderate parking around the surrounding streets of school. Parents have been blocking driveways as well as entrances to the Woodlands estate.

This is not acceptable and recently resulted in a child not being able to seek medical treatment. Please park safely and be considerate to others.