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### Dates for your Diary

Monday 12th February - Year 6 Magistrates in the Community

Wednesday 14th February - **Year 5 Shang Dynasty Day**

Wednesday 14th February - Year 6 Magistrates in the Community

Thursday 15th February - Year 6 Swimming

Friday 16th February - Year 3 Earth Dome Day

Friday 16th February - Mufti Day for Macmillan Cancer - Wear something **green, minimum donation £1**

Friday 16th February - End of Term (Pupils back to school Monday 26th February)

Sunday 25th February - Bookings open for Parents Evenings - Midday

Thursday 29th February - Year 4 Swimming

### Newsletter

### 9th February 2024

#### Futsal Festival

On Tuesday this week Mr Russell and Miss Harbison took a group of children to The Pemberton Centre to take part in a mixed futsal tournament.

They played 6 matches, winning 2 and drawing the remaining 4.

The whole team played really well together and came away overall winners being 2 points clear at the top of the table.

Massive well done to Andrei, Bowie, Carter, Cohen, Kayson, Leo and Riley-James.



#### Parents Evenings

We are currently in the process of organising Parents Evening.

Parents evenings will be face to face in school over 2 afternoon/evenings, the booking link will become live on Sunday 25th February at midday and close on Sunday 24th March at midday.

Bookings are first come first served as usual.

Parents evening meetings will take place on Monday 25th March 3.30-6pm and Wednesday 27th March 5-7.30pm

#### Safer Internet Day

Feb 2024

Pupils will have the opportunity to share & discuss ideas around this years theme 'Inspiring Change'

When we return after half term.



### Clubs

Please can let the office know if your child will not be attending an after school club.  
You can do this by messaging through the system, calling or popping in at drop off.  
Many thanks

Reminder of the upcoming Years 4 and 6 February Residential payment.

Year 4 - £40

Year 6 - £55

Once February has been paid there are only 2 remaining payments left.

### World Book Day

Get your thinking caps on for World Book Day costumes if you want to dress up.

World Book Day is

Thursday 7th March.



On Wednesday February 14th Year 5 will be taking part in 'Shang Dynasty Day'

Year 5 Children are invited to wear something red on the day.



### Sports Performance of the Week

Joshua S - 6MT



### Reading Scores

<b>3TB</b>	98%	<b>5RF</b>	77%
<b>3OH</b>	80%	<b>5LF</b>	80%
<b>3GS</b>	86%	<b>5SM</b>	65%
<b>4GM</b>	92%	<b>6MT</b>	61%
<b>4IS</b>	85%	<b>6GR</b>	68%
<b>4HS</b>	100%	<b>6AM</b>	85%



### VIP

<b>3TB</b>	Max C	<b>5RF</b>	Miah H-S
<b>3OH</b>	Zachary P	<b>5LF</b>	Drew F
<b>3GS</b>	Tyler W	<b>5SM</b>	Poppy S
<b>4GM</b>	Joseph S	<b>6MT</b>	Matei S
<b>4IS</b>	Charleigh G	<b>6GR</b>	Riley-James G
<b>4HS</b>	Ella-Grace P	<b>6AM</b>	Ryan B



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# MARATHON

MUFTI FRIDAY 16TH

£1 Minimum

FEBRUARY

Donation in support

of Macmillan

Cancer Support -

Please wear

something green

Mrs McGee is running the London Marathon

To Support Mrs McGee please follow this link:

[Macmillan Cancer Support: Gemma's page \(enthuse.com\)](#)



ABOUT MENTAL HEALTH

This week is Children's Mental Health Week.

The theme for this year is:



In school, we introduced the theme for this year with an assembly on Monday. Throughout the week, the children will be completing various activities based around this theme. This might include: **Journaling**, **Positive Affirmations**, **Breathing Techniques and Meditations**, **Active Listening activities** and **Expressions through Art and Music**.

The children will come home this week with a 'Comfort Card', the card is to remind everyone that 'My Voice Matters' and there are people and places they can turn to, to get help. The card has useful apps, links and helplines where children and young people can find early intervention support.

Please find as an attachment to this information a document called 'Top Tips for Families' which has some ideas about how to talk to children about Mental Health.

You may also like to visit the 'Place To Be' website to look at their free resources on Mental Health.

[Primary age activities - Children's Mental Health Week \(childrensmentalhealthweek.org.uk\)](http://childrensmentalhealthweek.org.uk)

# My VOICE MATTERS

Place2Be's  
CHILDREN'S  
MENTAL HEALTH  
WEEK

## TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

### Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe – "My Voice Matters".

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.



### LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour. and act on their views.

[PARENTINGSMART.ORG.UK](https://parentingsmart.org.uk)

### Here's what children and young people told us they need from you:

- 1 We don't need to have 'one-off conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
- 2 I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- 3 Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- 4 Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- 5 Don't compare my experiences to your own when you were a child.
- 6 Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
- 7 Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- 8 If you are open with me about your feelings, this can help me to be more open about mine.
- 9 Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school - because they 'get it'.
- 10 Sometimes a hug is all it takes to make me feel supported.



### WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES

These wellbeing activities can help children and young people think about and share what matters to them.

[For primary children: bit.ly/3PzCGI8](https://bit.ly/3PzCGI8)

[For secondary children: bit.ly/3LBD2wK](https://bit.ly/3LBD2wK)

## CONVERSATION STARTERS

Some ways to start a conversation with your child about mental health could be...

TELL ME ABOUT  
YOUR DAY

WHAT WAS THE BEST  
THING ABOUT TODAY?

WHAT IS THE BIGGEST  
STRESS / WORRY IN YOUR  
LIFE RIGHT NOW?

WHAT'S YOUR  
ONLINE LIFE LIKE?

WHO WOULD YOU TALK  
TO IF YOU WERE FEELING  
WORRIED ABOUT YOUR  
MENTAL HEALTH?

WHAT CAN I DO  
TO HELP YOU?

# FEBRUARY SPORTS CAMPS

## DATES

MONDAY 19TH FEBRUARY - FRIDAY 23RD FEBRUARY

### WHAT CAMPS DO WE OFFER?

Our Multi-Sports Camps offer a variety of different activities including dodgeball, football, nerf wars, laser tag, cricket, basketball & more!


Our Elite Football Camp is available to players aged U5-U15 who are looking to improve their game. We have delivered our Elite Camp since 2019!

AVAILABLE FOR  
BOYS AND GIRLS

AGED 5-15  
YEARS

### VENUES ARE:

- St Patrick's Catholic Primary School
- Higham Ferrers Junior School
- Lodge Park Sports Centre

 [www.lmacademy.org.uk](http://www.lmacademy.org.uk)



**BOOK NOW**

Across our platforms, we have  
161 reviews rated 5 stars



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