

# Milton St. John's CE Primary School Newsletter

Wednesday 7 February 2024

Remember to subscribe to the newsletter on our website to receive an electronic copy.

## CHILDREN'S MENTAL HEALTH WEEK

This week is Children's Mental Health week and the children will be taking part in activities during the week around the theme of 'My Voice Matters'. Place2Be is a children and young people's mental health charity with almost 30 years experience working with pupils, families and staff in UK schools and they have provided some useful tips for parents/ carers. We will be sending the poster below separately to the newsletter so that you can access the various hyperlinks.

**My VOICE MATTERS**

**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, wherever 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)

CHILDRENSMENTALHEALTHWEEK.ORG.UK

**My VOICE MATTERS**

**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?

CHILDRENSMENTALHEALTHWEEK.ORG.UK

## SAFER INTERNET DAY

Yesterday, for Safer Internet day, the children were learning about keeping safe online at age appropriate levels. With technology constantly evolving, it's important to try and keep your children as safe as possible online. You don't need to be an expert on the internet to help keep your child stay safe online. Saferinternet.org offer advice

We **S**how respect. We are **H**onest. We **I**nclude others. We **N**ever give up. We seek **E**xcellence in all we do.

and resources to Parents/carers to help support their child to use the internet safely, responsibly and positively. Visit <https://saferinternet.org.uk/guide-and-resource/parents-and-carers> for more information.

## PE DAYS AFTER HALF TERM

There are a few minor changes to PE days next half term. Please see below.

Year Group	PE days
Reception	Thursday and Friday
Year 1	Monday and Friday
Year 2	Tuesday and Friday
Year 3	Tuesday and Friday
Year 4	Wednesday and Thursday
Year 5	Thursday and Swimming on Friday
Year 6	Wednesday and Thursday

## CHILDREN'S SAFETY DROP OFF/PICK UP

Please can we all take care at drop off and pick up times. We are noticing that people are still pausing on the zig zag lines to drop children off (this is illegal) and have also noticed that some drivers are not parking considerately and with safety in mind for other people/children coming into or going home from school. May we remind you that the staff car park can only be used for blue badge holders.

## ABSENCES AROUND A SCHOOL HOLIDAY

Please can we remind parents that we are unable to authorise any absences around a school holiday without medical evidence. If you are going on holiday, please complete an absence request form (available at the school office). We do ask that four weeks' notice is given. As you will be aware, children are very honest (which we encourage as part of our SHINE ethos) and will tell us on their return. Please consider the implications and be honest about time off in term time.

## MOSSLEY FOOD BANK

Mossley Food Bank have recently been asking for donations. If you would like to donate any non-perishable food items for Mossley Food Bank please drop them off at the school office as soon as possible. We will ensure they receive the items which we know they will appreciate.

## PROTECT YOURSELF AGAINST MEASLES

We have been asked to circulate the following information...

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Measles can be a very serious illness and with cases on the rise, please make sure you and your child are up to date with your MMR vaccination to get the best protection. This advice isn't just for kids, everyone should check they've been vaccinated, especially if aged under 35. Most people can check their vaccination records through the NHS app.

One in five children with measles will attend hospital, while nine in ten unvaccinated children will catch measles if a classmate has it. The rise in measles cases nationally increases the risk of outbreaks as the infection spreads easily between people who have not been vaccinated. Vaccination is the best way to protect yourself and others from the infection – it is safe and very effective, with 99% of people who've had two doses of MMR being protected.

Please contact your GP practice if you need to book a vaccination for yourself or your child.

## SCHOOL CALENDAR 2024/2025

The school calendar for 2024/2025 is now on the website to view.

## WORLD BOOK DAY – 7 MARCH

World Book Day this year is on 7 March. As it has been quite a while since we have last done this, we have decided that the children can come into school dressed as a character in a book on this day. We would like to emphasize that we will be encouraging the children to try and be creative with the clothes and resources they already have at home, rather than go out and buy a ready-made costume. We are very aware that things cost a lot of money and we do not want to add any further pressure to parents.

## CLASS ASSEMBLY DATES

Parents are welcome to attend the following assembly dates for the class assemblies. We anticipate they will last approximately 20 – 30 minutes. Year 6 will be performing in another show later on in the year rather than a class assembly. We will inform you of dates nearer the time. All assemblies will start at 9.05am.

Year 3	20.3.24
Year 2	26.6.24
Year 1	8.5.24
Reception	3.7.24

## DIARY DATES

Wed 7 Feb 2024  
Thurs 8 Feb 2024  
Thurs 7 March 2024  
Thurs 28 March 2024

PTA Valentine's Disco Rec/Yr 1/Yr 2  
PTA Valentine's Disco Yr 3/Yr 4/Yr 5/Yr 6  
World Book Day  
Yr 5 trip to Lowry Theatre and Imperial War Museum

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Mon 13 May-Thurs 16 May 2024 Yr 6 SATs week  
 Fri 14 June – Mon 17 June 2024 Yr 6 Kingswood Residential trip  
 Fri 19 July 2024 Yr 6 Leavers' Party

<https://cosmickids.com/childrens-mental-health-week-activities/>

9 ways to help children with anxiety



Resources to help children develop mental super powers

Children's Mental Health Week

5-11<sup>th</sup> February

Free resources to support your Whole School Approach

<https://www.worthit.org.uk/blog/5-practical-meaningful-activities-childrens-mental-health-week>



5 Practical and Meaningful Activities for Children's Mental Health Week

Apply for a Cost-of-Living Grant | Cash for Kids | Helping the children that need it most



For key workers and schools to apply. Please check criteria before applying

Children's Mental Health Week  
 (childrensmentalhealthweek.org.uk)



Resources to support Children's Mental Health Week

<https://www.bbc.co.uk/teach/teach/childrens-mental-health-week/zk37bdm>



Animations and activities to support Early Years. Primary and Secondary Schools

<https://cloud.brandmaster.com/point/en/koothplc/component/default/103665>



Free mental health resources for our amazing supporters

**Kooth Resource Hub**

<https://www.place2be.org.uk/about-us/childrens-mental-health-week/>



Improving children's mental health

This year's theme is My Voice Matters.

Free Resources for Schools.

**National Literacy Trust**

Change your story

Supporting wellbeing through literacy teaching

A collection of resources and insights to support wellbeing and the recovery curriculum through literacy.

<https://literacytrust.org.uk/resources/childrens-mental-health-week/>



UK Health  
Security  
Agency

# Measles: How to Stay Safe

The best protection is 2 doses of the safe, effective MMR vaccine at 1 year of age, and 3 years, 4 months



If you have not had two doses, you can get them free from your GP surgery



Know the symptoms!  
Keep people with symptoms away from others



Call ahead before going to A&E or your GP



## Symptoms

Rash



Temperature



Runny Nose



Red Eyes



Cough

