

# Christ Church CofE Primary School



Friday 2nd February 2024



## KEY DATES

Today an increasing number of children (and adults) face challenges to their emotional wellbeing and may experience stress, anxiety or low self-esteem.

How do we support our children to cope with everything that life throws at them so that they can grow into happy and emotionally resilient young people? As parents it can be difficult to know how best to support our children or to feel confident that we are doing the best thing.

As part of our commitment work with parents/carers, Christ Church Primary School are offering a series of workshops for you to discover more about supporting your child's emotional wellbeing, building their resilience and managing their anxieties. Led by Dr Katie Phillips, an Educational Psychologist who has worked with us for a number of years, these sessions aim to give you practical ideas as well as opportunities to talk with other parents.

The sessions will be:

Workshop 1: 'Understanding emotional development and building resilience' – Wednesday 13th March at 9am

Workshop 2: 'Coping with worry and anxiety' – Wednesday 20th March at 9am

Both sessions will last approximately 1 1/2 hours and tea and coffee will be provided.

If you would like to come along to the either one or both sessions, please use parent pay to book.

Many thanks and looking forward to seeing you.

5th February- Children's Mental Health Week

6th February- Safer Internet Day

8th February- Last Church Service with Cannon Glyn Evans before he retires.

13th February- Shrove Tuesday Event (details to follow)

15th February- Valentine's Disco- see page 5 for details.

Friday 16th February- School Closes for Half term

Monday 26th February- School Opens for Spring Term

Wednesday 13th March- Coffee Morning in school at 9am held by Educational Psychologist (book a place using parent pay)

Wednesday 20th March - Coffee Morning in school at 9am held by Educational Psychologist (book a place using parent pay)

Thursday 21st March - House treat trip to Shiremoor Adventure Playground

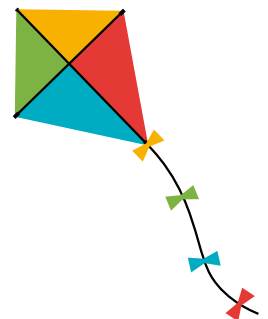
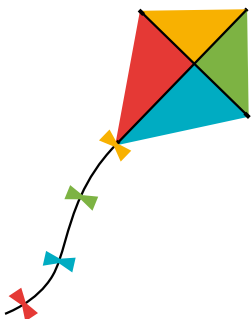
Thursday 28th March- School Breaks up for the Easter holidays

Tuesday 16th April- School Re Opens for Summer Term.

**Mental  
health  
matters**

# Year 4 Flying Kites

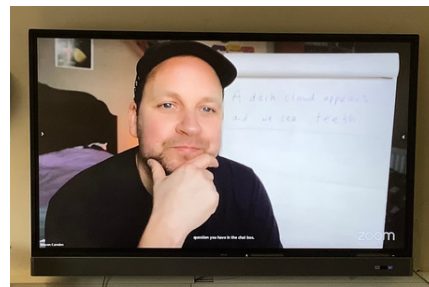
In Year 4's class text, The Butterfly Lion, Bertie makes Millie a kite. Year 4 wrote instructions about how to make a kite and then they used their instructions to make their own kites. Once the instructions were written, they went outside to see if their kites would fly.





# National Story Telling Week

It has been National Storytelling Week this week not only in school but around the country. The idea of this week is to celebrate the art of storytelling and the power of stories to connect, entertain, and inspire. During this event in school, we have had many different story telling activities happening, from story time mix up where children chose which class they'd like to go to for a story, to guest readers to live story telling and creating events online. Here are some pictures of what the children got up to around school this week.





# Year 5/6 Hockey Competition



Teams from year 5 and 6 represented school in a hockey festival this week at John Spence. We played brilliantly with brilliant sportsmanship and teamwork from everyone!



## MINI HOCKEY FESTIVAL

Thursday 1<sup>st</sup> FEBRUARY 2024

JOHN SPENCE COMMUNITY HIGH SCHOOL – Tennis Courts

Pitch 1 – TEAMS 1 only		Pitch 2 – Mix Up		Pitch 3 – TEAMS 2 only	
GAME	RESULT	GAME	RESULT	GAME	RESULT
SG1 v CC1	1 - 0	KE1 v PG1	2 - 1	SG2 v CC2	0 - 3
WH1 v KE1	0 - 2	PG2 v SG2	1 - 0	WH2 v KE2	1 - 1
PG1 v SG1	3 - 0	CC1 v WH1	1 - 0	KE2 v PG2	2 - 0
PG1 v CC1	0 - 1	WH2 v SG2	1 - 0	PG2 v CC2	1 - 0
WH1 v SG1	2 - 0	KE1 v CC1	1 - 0	SG2 v KE2	0 - 1
SG1 v KE1	1 - 3	CC2 v KE2	0 - 2	WH2 v CC2	0 - 1
WH1 v PG1	0 - 2			WH2 v PG2	1 - 1

5 points - Win  
3 points - Draw  
1 point - Loss

7 a side (min 3 boys or 3 girls on at anytime)  
No deliberate feet  
Stick kept below shoulder height  
Flat side of stick encouraged

No rear tackles  
Shooting only inside marked area only  
No goal keepers  
Shin pads and mouth guards strongly advised

ROUND ROBIN COMPETITION FOR TEAMS 1 and REPEAT FOR TEAMS 2





**2:15-3:15**

**Nursery & Reception**

# **SCHOOL DISCO!**

**Thursday 15th February**

**3:15-4:30 Years 1-6**

**Tickets**

**£1**





Help give a voice to children and young people across the UK in Children's Mental Health Week, from 5-11 February 2024.

Children's Mental Health Week is a mental health awareness week that empowers, equips and gives a voice to all children and young people in the UK.

Children's Mental Health Week was launched in 2015 and each year, hundreds of schools, children, parents and carers take part. Now in its 10th year, our theme is 'My Voice Matters'.

## In school next week:

**Mon** – Mindfulness Monday

**Tues** – Safer Internet Day

**Wed** – Melva Mental Health Education through storytelling  
– KS2 only

**Thurs** – Physical activity

**Fri** – Friendship Friday



**Children will acquire knowledge, understanding and skills in these 5 key steps to mental wellbeing:**

**1** – Connect with other people

**2** – Be physically active

**3** – Learn new skills

**4** – Give to others

**5** – Pay attention to the present moment





# DO YOU SOMETIMES WORRY ABOUT HOW YOU ARE FEELING?

If so, read on!

Here are some brilliant tips from children just like you\*. These children have also had ups and downs with their mental health and want to pass on some ideas that have helped them:

- Ask for help – from a teacher, parent, brother, sister, or other family member. Keep telling until someone listens to you.
- Remember you are not alone – everyone goes through tough times. Be kind to yourself – everyone is perfect in their own way.
- Stay calm – take some breathers or find somewhere to sit quietly for 2 minutes.
- Go outside and get some exercise to make yourself feel stronger.
- Spend time with your family and friends (or pets).
- It's okay to not always be okay.
- Think of your favourite thing and write it down.
- Keep a diary to track all your emotions.
- Stay positive and focus on things that make you happy. If you can't think of anything, maybe a friend can help you.
- Remember you are enough, and you are the only you.
- If you are being bullied, maybe the bully is being bullied or has something going on at home and they're taking it out on someone else. Tell an adult or trusted friend.



## DO YOU SOMETIMES FEEL A BIT WORRIED ABOUT HOW SOMEONE ELSE IS FEELING?

If so, read on!

Things you can say to help support someone else:

Do you want to be my friend?

Do you want to play?

I'm here for you.

Shall we tell an adult?

You're a star!

Would you like me to find your friends?



\*With thanks to the pupils at Seascope Primary School and Ark Globe Primary School.

BEANO

Place2Be's  
CHILDREN'S  
MENTAL HEALTH  
WEEK

# Melva: Mental Health Education through storytelling

Brave

isn't how you feel,  
it's what you do!

**Melva is a creative, web-based programme, designed to improve children and young people's knowledge and understanding of mental health and wellbeing.**

The programme centres around the character of **Melva Mapletree**: a nearly-11-year-old girl whose struggles with anxiety, trauma and bereavement (or 'worrits' as she calls them) are keeping her from doing new things or even wanting to leave the cottage she lives in with her Grandpa.

Through creative storytelling, engaging characters, and practical activities, children learn alongside Melva about how to recognise, understand, talk about and manage their mental wellbeing and deal with their 'worrits'.

## Key features of Melva:

- **Child-friendly language** enables open conversations about worries and anxiety in a way that doesn't feel daunting or exposing and gives young people and adults a shared language.
- **Engaging storytelling** supports young people to learn through fictional characters and apply this to their own life, helping them to self-reflect and develop empathy.
- **Practical activities** which focus on early intervention teach children effective self-management techniques to be able to manage their physical and emotional responses before they become a significant problem.
- **Repetition and reinforcement** of key learning through different stories and approaches help consolidate learning whilst keeping children engaged.
- **Fun and silly characters** make learning fun, which not only supports wellbeing through providing positive social experiences, but also increases children's capacity for learning.

Neuroscience is clear that learning happens more quickly and more effectively when we're having fun.



The Melva programme focuses on **early intervention** for children aged 7-11 (Key Stage 2), using recognised and recommended **mental health first aid strategies**, communicated in a child-friendly and accessible way.

Melva is for **all children**, not just those who are struggling. It focuses on teaching children the basic skills and understanding they need to keep themselves well, whatever challenges they might face in the future; supporting them to develop resilience pathways and positive emotional responses and relationships.



# 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/3PzCG18](https://bit.ly/3PzCG18)

[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?





# WhatsApp

## safety guide for parents

internet  
matters.org

16+

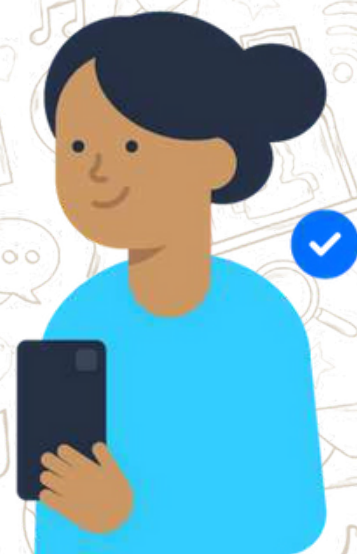
WhatsApp's  
minimum age  
in the UK

58%

Kids aged 3-17  
who use  
WhatsApp

37%

Kids under 13  
who use  
WhatsApp



## 5 tips to keep kids safe on WhatsApp



1

**Review privacy settings** WhatsApp has a range of privacy and security settings to keep users safe. Customise groups, app access, live location and more.



2

**Customise contacts** Show your child how to report and block unwanted contacts. Then, work with them to add their friends and family. Review and talk about their contacts regularly.



3

**Talk about personal information** Make sure your child understands what personal information is. Talk about the importance of keeping that information private on WhatsApp.



4

**Show them where to get support** If something goes wrong or they see something worrying on WhatsApp, make sure they know to come to you, and talk about other sources of support.



5

**Check in regularly** Once you've done all of the above, check in with them regularly to review settings and how they use WhatsApp.

internet  
matters.org



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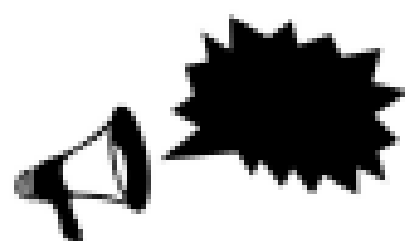


[@InternetMatters\\_org](#)



[Internet Matters Ltd](#)

# Calling all 6-11 year olds



**We need  
you!**



**Come and join us for after school board  
games and crafts in our Family Hubs.**

**Mondays 3:30pm—5pm @ Howdon Family  
Hub**

**Mondays 3:30pm—5pm @ Riverside Family  
Hub**

**Tuesdays 3:30pm—5pm @ Shiremoor Family  
Hub**

**Free of charge. Parents do not need to stay as long as they  
sign children in on the register first.**

