

GREAT CHESTERFORD C. OF E. PRIMARY ACADEMY

NEWSLETTER WEEK ENDING FEBRUARY 8th 2019

Dear Parents,

Lots of our school community have been suffering with ill health over the last couple of weeks. I would like to say a sincere thank you to staff who have been flexible and accommodating in covering staff absence wherever required often going above and beyond to ensure that school continued as normal. For any children and staff still feeling unwell, we hope that you feel better very soon!

Class 3 Assembly

Well done Class 3 for delivering a super assembly for our Big Question: 'Is it better to be respected or liked?' You spoke so clearly and shared lots of thoughtful ideas including your own points of view. The stories, Bible references and drama all helped us to understand this week's question - thank you.

Sports Hall Athletics

Twenty one children from Years 5 and 6 represented the school at the Uttlesford District Finals of the Sports Hall Athletics Competition. Despite the many coughs and colds, we are delighted to share that the team finished in second place out of five schools - a fantastic achievement! Thanks go to Mrs Balchin, Mrs Mackswith Coe and Mrs Williams for accompanying the children to the event and providing lots of positive support. Congratulations to everyone involved!



Please save the date - June 20th 2019

We are delighted to inform you that after months of trying we have managed to book John and John from EST to deliver pupil workshops for Years 1 to 6, staff training and a parents' roadshow on the important topic of e-safety.

I hope that many of you are able to attend this parents' roadshow which aims to support you in helping to keep your child safe on-line. As I am sure you have repeatedly seen in the press, e-safety continues to be an area of great concern for children of all ages. As a teacher and indeed a parent myself, I would urge you to invest in a couple of hours to attend this evening workshop. The presentation identifies the potential but very real dangers and threats facing children using common apps such as:

Instagram

Snapchat

YouTube

Clash of Clans

Minecraft

Roblox and many more.

The roadshow will be held in the school hall and is open to all parents; details will follow on how to book a place. Ticket numbers per family may need to be restricted as we anticipate it being a popular event.

Chinese New Year

Thank you to Mrs Frost and Mrs Van Weede for providing a super themed lunch to mark Chinese New Year on Tuesday. The school hall looked amazing with the lantern decorations; everyone enjoyed the culinary treats and fortune cookies.

Nut and sesame food products

Please can I remind parents that we are a nut free school and items such as seeds, pine nuts, sesame and **humous** should not be brought into school for break or in packed lunch boxes. We do have a number of children in school with serious food allergies and our policy is to safeguard against anyone eating or coming into contact with known allergens - thank you for your support.

Children's Mental Health Week and Time to Talk Day 2019

This week has been Children's Mental Health Week and Time to Talk Day 2019. In school, classes have been giving additional time and focus to supporting activities. Here are a couple of examples:

Year 6 looked at the five strands recommended by the N.H.S. Using their maths' skills, they created a pie chart and annotated this with Connect, Take Notice, Give, Keep Active and Keep Learning. Each day they have done a specific activity to reinforce this. Reception Class have been practising different ways to make our minds and bodies feel calm, for example, the "Happy Hum". We have also been thinking about our own and other people's feelings.

Please see the message below from the West Essex Stay Safe Group who are sharing resources and support groups that individuals and families may find useful.

Dear All,

When we think about healthy living, we tend to think about on our physical health and wellbeing, predominantly focusing on looking after our bodies. The importance of a healthy diet, an active lifestyle and getting enough sleep is well recognised and promoted, but we don't always pay as much attention to our mental and emotional wellbeing. In order to be healthy overall, it's important that we look after both our bodies and our minds. The two are very closely linked, so the things that we do to improve our physical wellbeing can help our mental wellbeing as well.

It is estimated that 1 in 4 people will fight a mental health problem in any given year and that 1 in every 10 children have diagnosable mental health conditions. Despite this, people are still afraid to talk about mental health. That's why it's so important that we continue to raise awareness and provide support to those in need. No one should have to fear being treated differently because of a mental health problem.

So no matter who you are, whether you work with children or adults, whether you are a colleague, parent or carer, or just passionate about spreading the word, make sure you have a conversation about mental health and show your support for these fantastic campaigns.

You could do something as simple as taking a break for tea, biscuits and a chat with close friends or you could take part in some of the suggested activities. There's numerous ways to get involved and there's a whole range of promotional resources including posters, slides, activities, conversation starter tips and fundraising ideas available for free on the respective websites (listed below).

For further information on these campaigns and to access the resources please visit:

Children's Mental Health Week - www.ChildrensMentalHealthWeek.org.uk

Time to Talk Day - <https://www.time-to-change.org.uk/get-involved/timetotalkday2019>

For further information around mental health, how to approach the topic or how to access support, please take a look at some of the following websites:

World Mental Federation for Mental Health

<https://wfmh.global/>

Young Minds

<https://youngminds.org.uk/>

Essex Safeguarding Children Board (ESCB)

<http://www.escb.co.uk/working-with-children/emotional-wellbeing-and-mental-health/>

Samaritans

<https://www.samaritans.org/media-centre/our-campaigns/world-suicide-prevention-day>

Papyrus – Prevention of young suicide

<https://www.papyrus-uk.org/>

Kooth- Free, safe and anonymous online support for young people

<https://kooth.com/>

The Big White Wall- is an online mental health and wellbeing service

<https://www.bigwhitewall.com/v2/Home.aspx?ReturnUrl=%2f>

Childline – Online, on the phone, anytime.

<https://www.childline.org.uk/>

Please help us to spread the word and help promote both Children's Mental Health Week and Time to Talk Day 2019. You can share what you are doing using #ChildrensMentalHealthWeek for Children's Mental Health Week and #timetotalk for Time to Talk Day.

West Essex Stay Safe Group

Mrs Sarah Mitchell

Headteacher

Dates for your diary

Date	Event
13th February	Class 1 Trip to Danbury Park
14th February	Class 2 Trip to Pizza Express and Fitzwilliam Museum, Cambridge
18th-22nd February	Half Term
4th - 8th March	Book Week - When I Grow Up
12th March	KS2 Eucharist Service at 10:15am
14th March	Class 4 Trip - Viking life and lore
19th March	Class 5 Egyptian Day
21st March	Open Afternoon - focus on sports
28th March	Class 6 Trip to The Botanic Gardens, Cambridge
29th March	Class 3 African Drumming Workshop
5th April	Easter Service at All Saints' Church Last day of term
23rd April	Non pupil day
24th April	Pupils return to school