

Wortham Primary School Weekly Newsletter



2nd February 2024

In school this week...



Children's Mental Health Week

This week we celebrated Children's Mental Health Week by kick starting the week with an assembly where we talked about what it means to have positive mental health and what we can do to keep our minds healthy and positive.

One great piece of advice included:

"If you ever feel stressed or worried, then just take yourself outside and find something that inspires you - everyone can do this - just go outside!" - Isobel, Year 1.

Everyday and in every class, the children had an activity that aimed to support their mental health. These activities included: mindfulness, yoga, forest bathing, mindfulness colouring, having a spring clean and practicing breathing techniques.

If you are ever worried about your child's mental health, please do come in and speak to us. You can also follow this link to the [Children and Young People's Emotional Wellbeing Hub](#) where you can find links to support services and details on how to contact the centre for further advice.



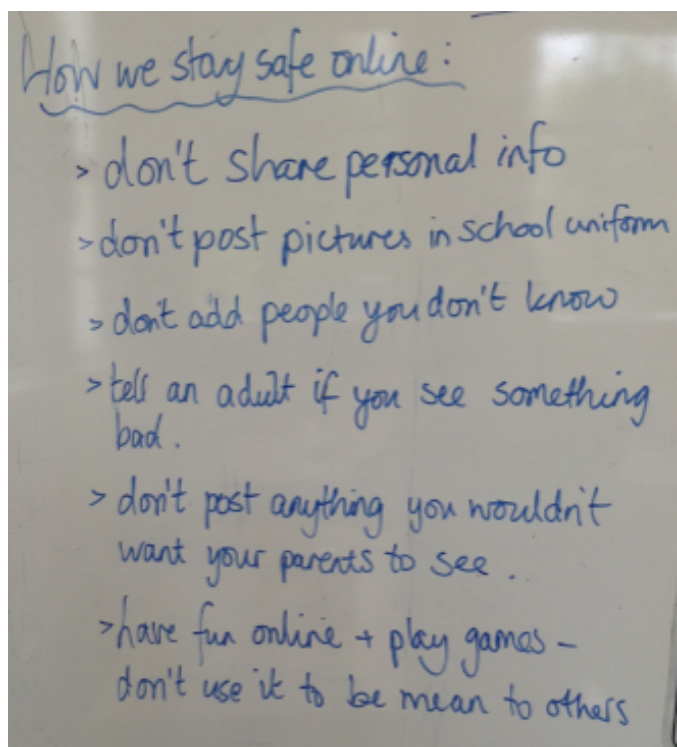
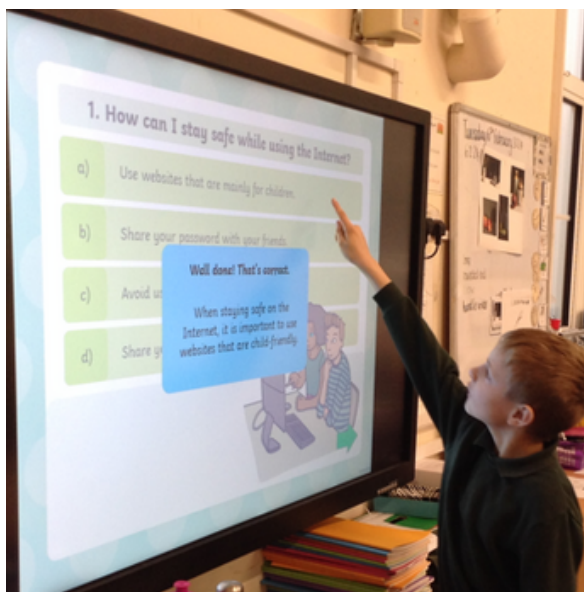


On Tuesday, we also celebrated 'Safer Internet Day'. Each class shared the ways that they keep themselves safe online and what to do if they are ever worried. The children role played scenarios, completed a quiz to test their knowledge and took part in a game called 'The Moral Compass' which prompted them to think about the pros and cons of being online. This was also a great opportunity, in conjunction with Children's Mental Health Week, to talk to the children about how being online and social media impacts on how they feel and how they feel about themselves.

Mrs Clarke set Year 6 a special challenge of spending the whole week off social media and online gaming. Many children were up for the challenge and I cannot wait to hear how they all got on - well done Otter Class!

Please keep these conversations happening at home with your children. Below is a link to the UK Safer Internet Centre, which includes a list of brilliant questions that are often asked by parents.

UK Safer Internet Centre





Art Competition

'A View From My Window'

We have been amazed by the entries that have been submitted for the art competition. The time and effort that has clearly been given to every entry has blown us away.



The staff will be judging all the entries this week and will be announcing the winner on Friday.

Please come along to our open art gallery on Friday after school and come and see the incredible artwork!

What's on next week?



Monday

- Closing date for the art competition
- Open gallery 3.30pm

Wednesday

- Boccia Sports tournament

Thursday

- Y6 Transition to Hartismere

Friday

- Art open gallery 3.30pm

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