



PARENT CODE OF CONDUCT

Please remember that parents are expected to act in accordance with our code of conduct at all times.

Inappropriate behaviour will not be tolerated and could result in a parent being barred from the school premises or the local authority and police being informed of the incident.

You can refer to our 'Parent Code of Conduct' policy via the link below for a list of behaviours deemed unacceptable.

[Parent Code of Conduct](#)

HAPPY BIRTHDAY MR WHITTLE

A big happy 21st birthday to our lovely Mr Whittle! We hope you enjoy your special day.



KEEPING CHILDREN SAFE

Please ensure that you have eyes on your children whilst on the playground before drop-off.

The gates are open and there are lots of people coming and going so it's really important that you know where your child is at all times.

SAFER INTERNET DAY

Next Tuesday 11th February is Safer Internet Day!

Take a look at National Online Safety for lots of useful tips and information about how to keep your children safe online.



CLASS PHOTOS

The photographer will be in school next **Monday 10th February** to take our Reception and Year 6 class photos.

Please make sure children are in their full school uniform on the day.

CHILDREN'S MENTAL HEALTH WEEK

This week is Children's Mental Health week! Take a look at the image below for tips and tricks for children and parents.

The theme this year is "Know Yourself, Grow Yourself". Our pupils enjoyed creating their own tree of life at lunchtime with Mrs Dennett along with lots of other activities.

Thank you for showing your support by wearing something yellow today!

TIPS FOR FAMILIES

1 Encourage journaling
Just like Riley, encourage your older children and young people to express their emotions and thoughts through journaling. It can be less confronting than speaking out loud and is a helpful way to process what is going on.

2 Make space for reflection
When children and young people reflect on their different emotions, it can help them better understand themselves and what they need. Go for a walk, drive, or try some mindful colouring or baking together.

3 Be visual
Use imagery, such as emojis or flashcards to help children and young people recognise and label their feelings.

4 Practice mindfulness
Try mindful activities, and quiet family time, to enjoy being in the present moment. This can help children and young people be aware of their thoughts and emotions and learn a useful new coping technique.

5 Communicate
Feedback is crucial for helping us see our blind spots and gain greater insight. Children and young people are no different. Creating safe and supportive ways to share your own experience with your child can help them understand themselves and their impact on the world around them.

If you're a parent or teacher, you'll find loads of useful advice to help you support the brilliant young people in your lives - from FAQs to downloadable packs. [Here4You.co.uk](#)

PLEASE MAKE SURE YOUR ARBOR NOTIFICATIONS ARE SWITCHED ON TO AVOID MISSING MESSAGES FROM US.

ATTENDANCE

Regular attendance at school is crucial if children are to achieve the best outcomes possible. Please ensure your child attends school every day or you may be given a fixed penalty notice.

Best attending classes week ending **31/01/25:**
EY/KS1 - Kestrel 99.6%
KS2 - Robin 93.3%

KEY DATES FOR YOUR DIARY

10.02.25: Reception & Year 6 class photos
14.02.25: School closes for Feb half term break
24.02.25: Return to school today



Swallow Class

In Design and Technology, we have designed and made healthy snacks. Lots of us tried many new foods for the first time!



Learning to chop, grate and peel.

HOW ARE YOU FEELING?



| | | | | | | |
|------------|------------|------------|----------|-----------|-----------|-------------|
| Irritated | Brave | Optimistic | Calm | Worried | Hurt | Compassion |
| Annoyed | Encouraged | Excited | Content | Alarmed | Lonely | Supported |
| Frustrated | Supported | Delighted | Relaxed | Shy | Upset | Cherished |
| Mad | Proud | Joy | Focused | Afraid | Down | Special |
| Furious | Determined | Hopeful | Mindful | Stressed | Miserable | Treasured |
| Cross | Prepared | Overjoyed | Restful | Concerned | Tired | Appreciated |
| Fuming | Grateful | Silly | Pleasant | Fearful | Crushed | Valued |
| Heated | Belief | Positive | Peaceful | Nervous | Left out | Warmth |
| Aggrieved | Trust | Fun | Soothing | Scared | Sadness | Devotion |
| Angry | Confident | Happy | Still | Anxious | Blue | Love |

This week, we have celebrated Children's Mental Health week. The theme this year is Know Yourself, Grow Yourself. It is important to look after your mental health!



In RE, we have been looking at how we can care for our environment. We made bird seed balls and hung them in forest school. We can't wait to do our bird watch and see what birds visit our school grounds.

Children's Mental Health Week

Know Yourself, Grow Yourself.

