



## This week is Children's Mental Health week

This year's theme is "**Express Yourself**" and is focused on getting children and adults to find creative ways to share their thoughts, feelings and emotions through activities like music, art, dance and photography. If you have any photographs you would like to share with us of some activities the children have done at home then please send them in to [office@stpetersthanet.co.uk](mailto:office@stpetersthanet.co.uk)

**We would love to see them!**

In school, the children have also been talking about mental health.

In Year 6, for their Blood & Heart Topic, the children have been planning a well-being clinic for Years 5 and 6 pupils to attend.

Here is a link to a wellbeing guidebook to support children aged 7- to 12-year-old from "Happy Space" and "Now and Beyond"

<https://www.happyspace.org.uk/digital-book>

## Home Learning Survey Feedback

Thank you to all those who have completed the home learning survey, as this also helps us with wellbeing for children and their families.

**Please read the feedback letter attached with this newsletter, from Mrs Goodson and Mrs Newport.**

## Message from the Head:

### Next Week in School

Dear All,

Just a quick message to you about the weather for next week.

**It is going to be cold! Crazy cold!**

And we are going to have our doors and windows open to keep the rooms well ventilated. The 'feels-like' temperature for next week is -7 most days so please, can we remember the importance of physical well-being and make sure that children are wrapped up as warm as possible. Think layers. Think hats and scarves and gloves. Think vests and hoodies. Think Arctic expeditions!

Mr Whitehouse

### Well Done to our Science Winners!

Selected children received a signed copy of 'Space Explorers' by Libby Jackson from the STEM Hub (supported by Canterbury Christ Church University) after she saw some fantastic science home learning!

Jem (below) created a stop-go animation to explain the process of food going through the digestive system, which they thought was amazing. This is just one of the children who will be receiving a science book soon because of their commitment to science home learning. **Other book winners are:**

**Louis H, Alice L, Jonas R and Sophia G**



## Websper's Winners!

This week's Websper's Weekend Challenge Winners

### **Year 6**

Delilah S for her version of Cinderella, which was told clearly through freeze frames.

### **Year 5**

Sadly no entries for year 5 again this week!

### **Year 4**

Benjamin K for his version of The Three Little Pigs. This one was my overall winner as well as he had really thought about use of sound and changes of location and props to help tell his story.

### **Year 3**

Azalea S for her version of Little Red Riding Hood.

## **Really well done guys and everyone else who took part in last weekend's challenge.**

This weekend's challenge I have stolen from a programme called The Taskmaster - can you change your bed into something that is not a bed? Could you turn it into a creature or a new location or maybe even a vehicle! It is up to you! Upload your photo to the Weekend Challenge section of the drama file on Purple Mash; I've also included some examples to look at. I look forward to seeing what you come up with!



## School lunch menu for week beg 8<sup>th</sup> Feb

Next week the menu is as follows:

**Mon** – Cheese and Tomato pizza **or** Jacket potato with Beans/Cheese.

Mr. Nourish biscuit **or** Fruit pots

**Tues** – Pasta Bolognese **or** Jacket potato with Beans/Cheese.

Mr. Nourish biscuit **or** Fruit pots.

**Wed** – Sausage, Mashed potato and baked beans **or** Jacket potato with Beans/Cheese.

Jelly **or** Fruit pots.

**Thurs** – Cheesy Twists **or** Jacket potato with Beans/Cheese.

Crispy cake **or** Fruit pots.

**Fri** – Fish fingers, chips & peas **or** Jacket potato with Beans/ Cheese.

Oaty biscuit **or** Fruit pots.

Meals are priced at **£2.25** per day. **Please pay online via the school gateway at the beginning of each week.**

Please ask your child to let their teacher know every morning if they require a meal.

## Flu immunisations

If any children missed the Flu immunisation at school, there is a drop in centre at College Road Clinic, Margate, this Saturday.

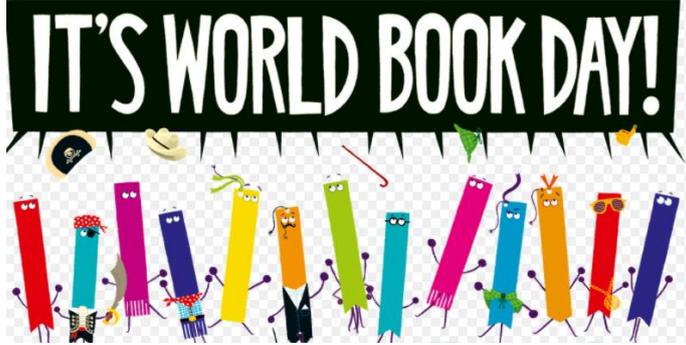
**Saturday 6<sup>th</sup> Feb from 11.30am – 3pm.**

There is no need to book or to have completed a consent form, just turn up!

## Safeguarding - Online Safety Information with the Newsletter

Omegle is a website that pairs random strangers for live text or video chats. The attached guide takes a look at how to tackle a range of potential risks such as adult-themed content, cyberbullying and the chats being unmoderated.

We have heard that Omegle is being promoted by users on Tik Tok. Please take a look at the attached guide for parents.



### **World Book Day Thurs 4<sup>th</sup> March 2021**

This year we will still be celebrating world book day even though we are not all in school!

£1 book vouchers will be issued to you that can be redeemed from mid Feb online, or at a bookshop.

We would love you all to dress up as your favorite book characters on Thurs 4<sup>th</sup> March, take lots of photos, and send them in for us to see and show everyone else!

We will enjoy looking at all your great costumes, so start thinking about it now so you have plenty of time to prepare!

### **Monster Art in Year 3 this Week!**



### **Tips for encouraging young people to leave the house**

A study by the University of Oxford researching children's mental health in the pandemic discovered that a fifth of primary children were worried about leaving the house.

It is well documented that the mental health benefits of going outside are immense. Below are some ways to help encourage your children to go outside.

- If your child is worried about catching Covid by leaving the house, explaining to children that it is safe to walk with your bubble outside. Fresh air disperses and dilutes the virus and ultraviolet light from the sun should kill any virus that is out in the open.
- Establish a routine. Most children thrive with routine. To be most effective, leaving the house daily would be best. This may not be possible for your family, but planning when and where you are going with your child, as close to daily as possible will help.
- Tell your child the plan for the day. Include the walk/ leaving the house activity in this. This could be in a spoken format, written as a list or done with use of visuals. Schools use visual timetables often due to their effectiveness in reducing anxiety.
- Prior to leaving the house, give your child a warning. Try setting a timer/ Alexa / alarm that will signal the time to go for a walk.
- Try giving the walk a purpose and share this with your child. This could be to walk to somewhere (a landmark/ beach/ park) or an activity to do whilst out (spot the squirrels, bird survey, collect sticks, etc).
- Let your child know what is coming next, after the walk. This may be an activity back at home that your child enjoys doing.
- If your child is very anxious about the act of walking out of the door, try starting small and familiar. This could be a walk to the car or garden or a short time at a favourite park. This can then be built upon.
- When children feel that they have a choice and some control over situations, it helps to lower anxiety. As much as possible allow them to help plan the activity (it may be from a choice you have set) and make them feel involved in it.
- Place2Be is a great website supporting both schools and parents. There is a 'parents and carers' tab with articles and ideas. There is a useful article linked here.

[How parents and carers can support children's mental health and wellbeing - Children's Mental Health Week 2021](#)