

Milton St. John's CE Primary School

Newsletter

Wednesday 8 February 2023

Remember to subscribe to the newsletter on our website to receive an electronic copy.

SAFER INTERNET DAY

Yesterday marked Safer Internet Day and the children were reminded about how to keep safe whilst online.

The Safer Internet Centre has a wealth of resources to help parents navigate this fast moving and ever changing area of safety and states *'you don't need to be an expert on the internet to help keep your child stay safe online. Our advice and resources are here to support you as you support your child to use the internet safely, responsibly and positively.'*

Click on the link below to view what resources they have -

<https://saferinternet.org.uk/guide-and-resource/parents-and-carers>



CHILDREN'S MENTAL HEALTH WEEK



The theme for Children's Mental Health week is Let's connect. Let's Connect is about making meaningful connections for all, during Children's Mental Health week – and beyond. People thrive in communities, and this connection is vital for our wellbeing.

When we have healthy connections – to family, friends and others – this can support our mental health and our sense of wellbeing. And when our need for rewarding social connections is not met, we can sometimes feel isolated and lonely – which can have a negative impact on our mental health.

For Children's Mental Health week 2023, we'd like to encourage the children to connect with others in healthy, rewarding and meaningful ways. We've asked the children to think about the theme of making connections and asked them if they could put it into practise out of school e.g. spending time with a relative, making a new friend out of school, find out about someone who has helped others etc. We've asked the children to ask their parents to send photos/videos in on class dojo to tell us what they've done – we'd love to hear/see.

As part of Children's Mental Health week, various activities have been taking place and classes have been reading various texts including 'The Colour Monster' by Anna Llenas, 'The Invisible String' by Patrice Karst, 'Room On The Broom' by Julia Donaldson and the older children have been reading the poem 'Together' by Matt Goodfellow. These are all lovely books to help the children think about feelings, kindness and connecting with people.

Place2Be also has lots of lovely resources for families to use on their website including the leaflet overleaf.

We **S**how respect. We are **H**onest. We **I**nclude others. We **N**ever give up. We seek **E**xcellence in all we do.

LET'S
CONNECT



TIPS FOR PARENTS AND CARERS

Dear parents and carers,

6 - 12 February 2023 is Children's Mental Health Week. The week is run by children's mental health charity Place2Be to raise awareness of the importance of children and young people's mental health. This year's theme is Let's Connect.

WHAT'S IT ALL ABOUT?

Let's Connect is about making meaningful connections, and for Children's Mental Health Week 2023, Place2Be is encouraging people to connect with others in healthy, rewarding and meaningful ways.

As parents and carers, you are an important role model to your child. How you connect with friends and family will influence your child, and how they develop their own friendships and relationships. For example, how you greet people and maintain friendships, but also how you forgive people or say sorry when you need to.

WHAT CAN YOU DO?

Here are a few simple ways you can connect with your child and help them to make meaningful connections.

1. Connect with your child in everyday ways

Moments of connection (and re-connection) are really important in child-caregiver relationships. For example, when you pick them up from school, or come in from work, try to give them your full attention and see if this helps you feel better connected as you hug, talk, smile and hear about their day. Watching your child play and joining in is really important to them – so put your phone away and have a bit of fun – being playful is good for adults, too!

With your older child, you may find times such as car journeys a good time to talk, or to re-connect by playing music you both like. It is important to be accessible to a teenager when they need to talk. You may have to be there 'on their terms' and be ready to listen.

2. Talk to your child about important connections

This could include talking about family members, friends, neighbours, childminders, people in the local community and others in your faith group (if you have one). Remember it's ok to talk about people they miss, for example, family members who live in a different country or people who have died.

Children learn a lot from their parents about how to express their feelings, including the joy that comes with feeling connected to others and the sadness that comes with missing others.

3. Talk to your child about their friends

As children become teenagers, their friendship groups become increasingly important to them. Be open to hearing about their friendships and try to listen without judgement.

#ChildrensMentalHealthWeek

LET'S CONNECT



Ask them about their life in real life and online. You may not think online friends are 'real friends', but your child may feel differently. Losing friends, feeling left out or being bullied is very painful and your child needs to know you will support them through these difficult times.

4. Connect by taking an interest in your child's world

As adults we can sometimes be dismissive of the things that our children and teenagers are interested in, e.g. their music, fashion, what they watch etc. If you do take an interest in these things, however, you may feel better connected to your child and the important things in their world. This can lead to other conversations about other things in their lives that matter to them.

5. Find time to connect as a family

Family life can become busy and stressful, so it's important to find some time where you connect together. This could include simple things like cooking, watching a film, playing a game, going to the park or even doing the family shop together.

6. Try to resolve conflict and re-connect after arguments

Arguments and moments of disconnection are bound to happen in families - between your children, between yourself and your children and between yourself and your partner, if you have one. It is important that children learn how to disagree in appropriate ways, how to say sorry and how to make amends when they have done something wrong. They will learn a lot about how to do these things from you - so try to model the behaviour you want to see in your children. Talk to them about how to re-connect with friends after arguments including what they can do to help repair relationships.

Video activities from Place2Be

Puzzle Pieces – aimed at 4-7 year olds, this activity is presented by CBBC's Art Ninja, Ricky Martin, and will show children how we are all connected. Why not take part as a family? childrensmentalhealthweek.org.uk/puzzlepieces

Connecting Paperchains – developed by Place2Be's Art Room team for 7-11 year olds, this activity helps children think about the people, things and activities they feel connected to. childrensmentalhealthweek.org.uk/paperchains

Exchanging Postcards – developed by Place2Be's Art Room team for 11-14 year olds, this activity encourages young people to explore what connection means to them. childrensmentalhealthweek.org.uk/postcards

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. parentingsmart.org.uk

Let your child know that if they are worried about something, they should always talk to an adult they trust. It could be you, someone in your family, a teacher or someone else in their school.

If you're worried about your child's mental health you can talk to your GP or someone at your child's school.

You can also find a list of organisations that provide support and advice on our website: place2be.org.uk/help

childrensmentalhealthweek.org.uk

PTA VALENTINE'S DISCOS

Bookings for the Valentine's discos has now closed. A reminder that Year 4/5 and 6 have their disco on Wednesday 15 February straight after school until 4.30pm. Reception, Year 1/2/3 have their disco on Thursday 16 February straight after school until 4.30pm. Children are able to bring in a change of clothing for the disco. Please collect your child promptly at 4.30pm.

The PTA are needing more volunteers for the disco on Wednesday. Please contact Naomi on 07876687758 if you are able to help on this night.

Please be aware that there will be no clubs on these two days to accommodate the discos.

CLUBS

There will be changes to clubs after half term and new forms will need to be completed. New forms will be sent out via email in the next few days. Current clubs will finish next week and we hope to turn around the registration for new clubs quickly so that they can start straight after half term. Please note, where places are limited in a club, names will be drawn out of a hat.

The new forms will be sent out via email.

Clubs after half term will be as follows:

| Club | Year group | Day (all clubs finish at 4pm) |
|----------------------|------------|-------------------------------|
| Science | Year 3/4 | Monday |
| Choir | Year 2/3 | Monday |
| Homework | Year 5 | Tuesday |
| Choir | Year 4/5/6 | Tuesday |
| Computing | Year 3/4 | Tuesday |
| Sports and Wellbeing | Year 2 | Tuesday |
| Hama beads | Year 1/2 | Tuesday |
| Sports and Wellbeing | Year 6 | Wednesday |
| Sports and Wellbeing | Year 3/4 | Thursday |
| Homework | Year 6 | Thursday |
| Coach | Year 5 | Friday |

WORLD BOOK DAY 2.3.23

It's World Book Day on Thursday 2 March. On this day we would like the children to wear either comfy clothes or appropriate pyjamas (those that prefer not to can also wear their uniforms) and bring in their favourite book to share with others.

PTA COMEDY EVENT – 4 MARCH

PTA event for parents, teachers and families. Grown-ups only!

Saturday 4th March 8.30pm start at The Royal George

All tickets must be sold to raise funds for the school so please show your support by buying a ticket, coming along and having a great evening. Click on the picture below to book your ticket.



[Off The Rails Comedy Club, Saddleworth](https://www.wegotickets.com/off-the-rails-comedy-club-saddleworth)
[wegottickets.com](https://www.wegotickets.com)

Keep in touch!

Join our Facebook page Milton St Johns PTA events - https://fb.me/g/p_e1CkEArRUhnUohtP/AtQET7WQ

Please ensure you answer the membership questions as this is a private group.

DIARY DATES

Wed 15 February 2023

Thurs 16 February 2023

Thurs 2 March 2023

Tues 9 May to Fri 12 May 2023

Fri 16 June to Mon 19 June 2023

Year 4/Y5/Y6 Valentine's Disco

Reception/Y1/Y2/Y3 Valentine's Disco

World Book Day

Year 6 SATs week

Year 6 Kingswood residential trip



Our theme this half term is Courage.

'Courage doesn't always roar.
Sometimes courage is the little voice at
the end of the day that says I'll try again
tomorrow.'

COMMUNITY NEWS

DUKINFIELD RUGBY CLUB

DUKINFIELD RUGBY CLUB ARE A FAMILY RUGBY CLUB WITH A THRIVING JUNIOR AND SENIOR SECTION.

OUR DINKY'S SECTION CATER'S FOR CHILDREN 2-6 AND WE HAVE TEAMS FROM AGE 7 TO 11 AND U15

WE ARE ACTIVELY LOOKING TO RECRUIT NEW PLAYERS ACROSS ALL AGE GROUPS. NO PREVIOUS EXPERIENCE NECESSARY!

CONTACT

✉ [JUNIORS@DUKINFIELDRUGBYCLUB.CO.UK](mailto:juniors@duk infieldrugbyclub.co.uk)

📘 DUKINFIELD RUGBY CLUB - YOUTH

☎ JOHN - 07538 937 699



JUNIOR BAKE OFF



...IS LOOKING FOR THE UK'S
BEST YOUNG BAKERS
AGED 9 - 12



WWW.APPLYFORJUNIORBAKEOFF.CO.UK

**APPLICATIONS CLOSE
SUNDAY 12th MARCH 2023**

Enquiries:
applyforjuniorbakeoff@loveproductions.co.uk