



Children's Mental Health Week

What is Children's Mental Health Week?

Children's Mental Health Week is a mental health awareness week that was launched by children's mental health charity, Place2Be in 2015. The week exists to empower, equip and give a voice to all children and young people in the UK.

When is Children's Mental Health Week 2025?

Children's Mental Health Week 2025 will take place from 3-9 February 2025. Throughout the week, children will be completing fun activities and taking part in discussion around this year's theme, which is "Know Yourself, Grow Yourself". We want to encourage our children to embrace self-awareness and explore what it means to them. This will help them grow and develop resilience to cope with what life events.

Food in School

We have an increasing number of children with food allergies in school—these include allergies to nuts, milk, wheat alongside others. Due to this, we ask that children don't bring in sweets and cakes to share with their class mates on their birthdays as we are not able to allow all children to have them.

We would also ask that you check all food items in lunch boxes and ensure they do not contain nuts due to the severity of some children's and adults allergies. Kinder Bueno products DO contain nuts and therefore should not be included in packed lunches.

Recycling

The school council are currently having a big push in school about recycling and the importance of recycling. This is in line with new Government guidelines that make recycling compulsory in schools from April 2025. This includes encouraging children to recycle paper/card, plastics and food waste. The school council are currently exploring the following and talking to your child about these questions would really help.

Why is recycling important?

How can we encourage children to use the bins more on the yard?

We already recycle paper, what else can we recycle in school?

How could we recycle our food waste in school?

Dates for your Diary

Parents Evening
Wednesday 29th
January
& Thursday 30th
January

End of Term
Friday 14th February

Inset Day
Monday 24th February

Start of Term
Tuesday 25th February



Together we make our community RICHER

The View Point



OPAL

I would like to say a massive thank you to everybody who has donated unwanted/older toys to school for the children to access at lunchtimes. We have had lots of lovely and generous donations which will really enhance the children's play experience. Just a reminder that if you have an abundance of toys and you feel the need for a sort out then please consider donating any older / unwanted toys. Donations accepted at the office.

Lockdown Policy

As a school, we are obliged to have a Lockdown policy and procedure in place in case there was ever any external threat to the pupils in the school. Over the coming weeks, we will be sensitively introducing the children to this policy as they need to be aware of what sound they would hear and what action they would take—just in the same way they know what to do if the fire alarm sounds.

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