



Fellgate Primary School

Friday 14th May 2021

Dear Children, Parents, Carers and Governors,

This week, our phrase of the week has been **looking after our mental health**. This week it is Mental Health Awareness Week. Each year has a theme and this year's theme is Nature and how it can help us all to feel well. Being able to access nature and the natural environment is incredibly important in looking after our mental health. It is perfectly normal to experience a wide range of feelings—some feel good and others feel uncomfortable. If uncomfortable feelings affect our thoughts and behaviour, it is important that we take action and make choices to make us feel better, talk to someone we trust and ask for help. We have thought about:-

How am I going to make looking after my mental health a part of my daily life?

How am I going to encourage the special people in my life to make looking after their mental health a part of their daily lives?

How am I going to show kindness and respect to others to help them feel good on the inside?

Karate Readers. This week we have given double points for reads! Well done to everyone who has received a band this week!

Upcoming dates for your diary

Monday 24th May - World book week

Friday 28th May—Dress up day (Children can come to school dressed as their favourite book character)

Monday 31st May to Friday 4th June - May Half Term Holiday

Monday 7th June - Back to school

Friday 23rd July - Last day of term

Monday 26th July to Monday 6th September - Summer Holidays

Monday 6th September -Teacher Training Day

Tuesday 7th September - Return to School

Get up! Get in ! Get on!

Lemons-100%	Oranges – 100%	Cherries-93%	Apples-96%	Blueberries— 99%	Plums-98%	Limes—100%
Acorns-100%	Maples-100%	Hawthorns - 96%	Chestnuts- 94%	Willows-92%	Sycamores- 97%	Oaks-92%

Together Everyone Achieves More

Contact us **Tel: 0191 489 4801** Email: info@fellgate.s-tyeside.sch.uk www.fellgateprimary.sch.uk

Our Fellgate Stars of the Week are ...

Lemons: the whole class as they worked well as a team, listening and following instructions and taking turns when we made Keith our caterpillar cake on Wednesday

Oranges: **Elliott G** for trying really hard with his punctuality over the last few days, well done Elliott!!

Cherries: **Dexter M** for making staff smile and laugh lots this week

Apples: **Will L** is our star of the week for trying really hard to manage his emotions and referring to the zones of regulation

Blueberries: **Jayden R** for his great multiplication and division work this week

Plums: **Emma S** for letting teachers know how she is feeling so we can help her and make her feel better

Acorns: **Abigail C** for always taking good care of others as well as herself

Maples: **Gracie G** for having great ideas about how to take care of our mental health

Hawthorns: **Nathan B** - For always being supportive and mindful towards his friends, every-day

Chestnuts: **Caitlin D** for not only always looking out for others but for showing great care for all things in nature too. She is always kind and a fantastic friend

Willows: **Ellie-Mae D** for always ensuring that her classmates are ok and offering to help around the classroom

Sycamores: **Lacie G** because she is always mindful of her own and her friends' mental health. She also gave excellent suggestions of how to connect with nature to improve everyone's wellbeing

Oaks: **Liam S** for always helping others, being a great friend and having a smile which cheers everyone up

Have a great weekend everyone and stay safe! Mrs Tones

**Our Facebook Page is now up and running please go to
<https://www.facebook.com/fellgateprimaryschool>**

Our Vision

At Fellgate Primary School, through an ethos of respect, challenge and resilience, we aspire to create an inclusive, safe, vibrant, happy school where each member of the school community - children, parents, carers, staff and governors - feels valued and are encouraged to be the best they can be.

We celebrate individuality, striving for everyone to reach their full potential and "shine" in everything they do.

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