

# East Boldon Infant School Newsletter

February 2023



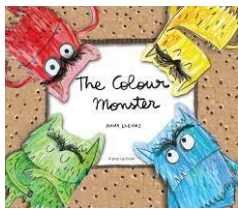
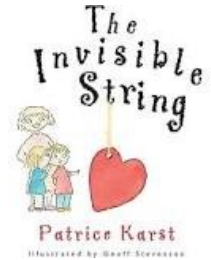
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Dear Parents/Carers,

Last week we took a focus on Children's Mental Health Week. The theme has been about "Let's Connect" so across the week this has taken the focus of our activities. We feel it is really important to raise the profile of mental health, in an age appropriate manner with our children.

We have read a number of texts across the week. *The Invisible String* by Patrice Karst is a lovely text that talks about how we are all connected by an invisible string—that everyone has and invisible string and it can reach anywhere. The book's message is that no one is ever alone, even when their loved one is not physically with them.



*The Colour Monster* is a text we often keep coming back to in school as it is a lovely one to talk about feelings and emotions. The colour monster wakes up feeling confused. His emotions are all confused and he feels happy, scared, sad, calm, angry all at once! Reading and discussing the text with the children has helped provide them with emotional literacy skills to help them to discuss how they are feeling.

Our school council also met to talk about key feelings vocabulary that they can display in their classrooms to help all of the children talk about their emotions in a positive way.

Thank you to all of the parents/carers who joined us for our coffee afternoon. It was a lovely afternoon and so lovely for us to get together, with cake and coffee and just have a chat. Julie Porter introduced herself to all visitors. If anyone has any questions relating to Julie and the support she offers in school, please do not hesitate to get in touch. Please remember, as a school, we are always here to help in any way that we can—please drop us a line/email or catch one of the staff members at the start or end of day.

I hope you enjoy reading about some of the lovely activities we have been busy with over the week!

Miss Holt

## Linking and connecting together

To help us think about how we all connect together we each made a link in our classrooms. These links were all connected together into a class chain.....the class chains were then joined into year group chains!

The children had fun exploring these around school!



## Now Press Play

We have a wonderful resource in school, that allows the children to immerse themselves into different scenarios. The Year 2 children listened to a programme about feelings. It gave the children the opportunity to act out different feelings and understand how we can all feel different at different times.



Miss Holt loves a quote!

IF YOU TAKE CARE  
OF YOUR MIND,  
YOU TAKE CARE  
OF THE WORLD.

— ARIANNA HUFFINGTON

## Mindful Meditation

Miss Richmond worked with each class across afternoons to introduce the children to some mindfulness meditation! She spoke with the children about breathing practices and how the children can use some of the breathing practices to help them to feel calmer.



Have you seen the BBC Mood Boosters? If not, please take a look! I introduced this within my assembly at the start of the week on Monday with the children. On the website, there are oodles of little videos that the children can watch geared towards our age range of children 4-7 years. Some are linked specifically to feelings, others are a little more active and fun!

There are some familiar faces on there too such as Dr Ranj and celebrities from Strictly Come Dancing too! Well worth a little look as another great resource for both home and school.

## Our At-Home well being challenge!

We have been so impressed with all of the home well being activities that have been shared! It is wonderful to see all of the fun things you have been up to!



We finished off the week with a virtual performance from the Birmingham Symphonic Orchestra organised by Mrs Davies, our Music Lead. As we all know music can be a very powerful tool for helping with our feelings and emotions and this was a lovely opportunity for our children to observe an orchestra and the instruments!



Thank you to everyone who attended our coffee afternoon. It is always lovely to welcome families into school for a coffee, cake and a chat! Thank you to Julie Porter who popped by too!



## Self-Care & Mental Health for Kids

Share your own feelings to **encourage** self-awareness.



Find social groups that help them feel like they **belong**.



Set aside time for **low-stress** or solo activities.



Focus on articulating feelings. "I am angry." "I am sad."

Encourage **journaling** and diaries.

Practice **self-care** for yourself to set the standard.

Encourage your child to focus on the **moment**.



Establish a **self-care** routine.

Recognize **toxic stress** events.

BlessingManifesting

Cultivate interests and hobbies.