



Dear families,

This week started with an assembly to launch children's mental health week. We started by defining what mental health is as the children did not understand this, The word mental health has such negative vibes but the truth is "mental health " is simply We can get poorly with out mental health just like we can with out physical health but understanding our feelings and emotions can help us keep mentally healthy. Children enjoyed a performance this week about Hope which had some serious messages. They have also enjoyed celebrating who they are and why they are special

Our collective focus this week has been Hope in hard times. We had a perfect example of this when we celebrated our school football team getting their first win!!!! We have waited quite a few years for this- we have to play against schools who have large fields and more children - we face challenges but with determination, hard work and hope they have done it and we are so proud! Well done to all of the children have played in any games this year and well done to Tommy and Finley for scoring the winning goals!

Have a good weekend.

Mrs Knowles

STAFF IN THE SPOTLIGHT!



Hi, my name is Mrs Clements and I have been working here for 22 years, I absolutely love working at Halesowen and love supporting the children and families here.

Outside of school I love spending time with my family, taking my dog Max for a walk, horse riding and going to the gym.

This week we are meeting Mrs Clements.

I have had the pleasure of working with for over 20 years.

She is a very dedicated member of staff at Halesowen C of e

HOUSE POINTS

These are the house points up to 7.2.25

Lyttleton
71

Hone
67

Grazebrook
58

Dudley
58

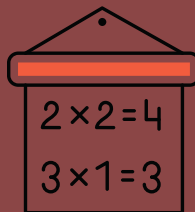
HOUSE EVENT

RESULTS OF TIMES TABLE EVENT:

Lyttleton	6
Hone	8
Grazebrook	4
Dudley	2

...and so the winners of the times table event were...

Hone



Diary Dates

This list is correct at the time of publishing this newsletter. We will add to this as the term goes on so please keep checking.

Friday 7th February- Own clothes for mental health week.

Monday 10th February- Phonics workshops

Tuesday 11th February- Safer internet day

Tuesday 11th February- Last swimming for year 5

Thursday 13th February- SS and TH out all day Early years course.

Friday 14th February- Take Over Day

Friday 14th February- break up

Monday 17th- Friday 21st - Half term holiday

Monday 24th February- Return to school

Monday 24th February - Author visit (key stage 2)

Tuesday 25th February- Swimming starts for year 4- more details to follow.

Monday 3rd March- football matches

Monday 3rd March- Friday 7th March World Book week focus

Tuesday 4th March- (Shrove Tuesday) Pancake day.

Friday 7th March-World Book day for us (no dressing up)

Other dates to be added and confirmed



Clubs



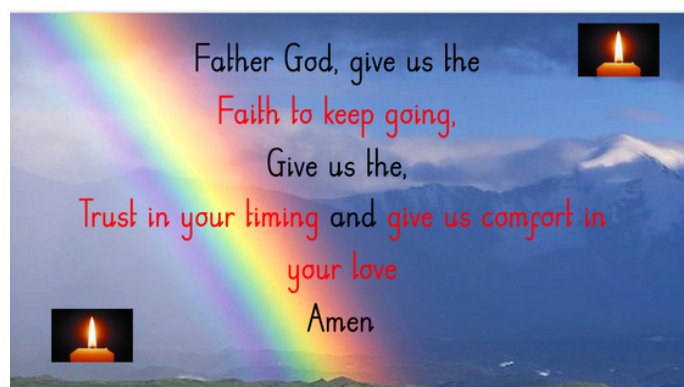
Board games club have been learning how to play games together- real games- not games on ipads, phones or consoles!

This teaches children so many skills including cooperation, taking turns and communication.



Why not try turning off the technology and playing a game together- doesn't have to cost a lot- even playing cards together!

Our value this half term is hope



Star of the week



ATTENDANCE REWARDS



Well done to the weekly winners Year 3 class.

Well done also to year 6 in 2nd place- very much improved and year 1 in 3rd place.

Overall a good week .

NOTICES AND REMINDERS

Late collection

We are noticing more and more that children are being collected late after school. Each gate is open from 3.20-3.30. From next week at 3.30 the bell will be rung by the office so all gates are closed and you will need to sign children out by the office. We understand it can happen from time to time and in this case you need to call the office but some children are collected late everyday. Teaching assistants hours finish at 3.30 and staff have meetings and lessons to prepare for. Thank you for your support on this.

Child care Fridays

As you know we offer childcare on a Friday pm for working parents and parents in full time education. We ask that you only book children to come if there is no-one else that can collect - as this is not normal school- we do our full school hours the rest of the week by starting early and finishing later.

We are concerned that some parents are sending children when they do not need to be here. We do allow children to stay as a one off for other exceptional circumstances such as urgent medical appointments.

Please ensure you only book if you need a place that week. We may have to start asking for proof to book a place again like we did during Covid.

Can we also remind you we are only able to offer this provision until 3pm. You need to ensure children are collected promptly at this time . If you arrive after 3 you need to sign them out as a late collection.

Can we also remind you that on a Friday it is childcare run by our teaching assistants and a sports coach. Teachers are not available.

Phonics workshops

As we stated on the newsletter last week we will host phonics workshops on Monday. Reception parents can book to watch a session at 9.00 or 2.45. After the short session where you watch how the children learn one of the adults will talk to you about how you can support reading.

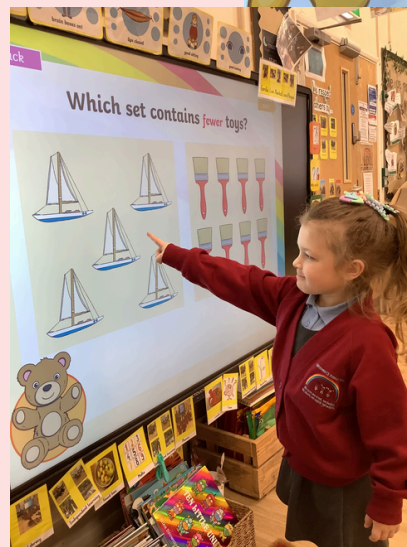
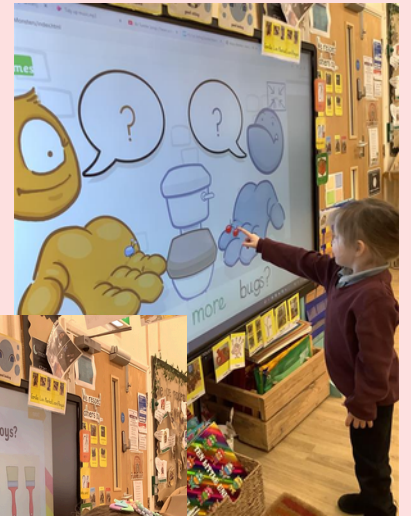
Year 1 parents (and some parents invited from year 2) can come and learn all about the phonics test the children will be doing in June and how they can get ready for it . This will happen at 3.40. Please come to the office and we will take you down. (Please book online.)

OUR LEARNING



Year 1 used clay this week to make houses.

Reception have been working hard on their maths to understand more and less.



Sign language club have been learning colours this week.



This week we started off with an assembly where we learnt all about mental health.

We had a performance about Hope from a theatre group. In classes we created some art work about ourselves and why we were special.

On Friday we dressed in something that made us happy and unique. We even danced the conga out of the hall



Parenting Support



As it has been children's mental health week this week I thought we would share with you how if you are suffering with poor mental health it can impact your children.

If you're managing mental health issues you might find you have mood swings or struggle with keeping routines such as mealtimes, bedtimes and taking your children to school.



If you, or someone you know, is struggling, there are steps you can take.

Choosing one or a couple of things from the list below to focus on could give your mental health a boost.

- Maintaining good sleep might feel impossible, but the NHS has tips and advice to help.
- Keep in touch with family and friends on the phone or try a video call. If you're struggling to find someone to talk to about what you're going through, Mind has helplines and you can speak to your GP to see what counselling provision might be available in your area. You can also call or email our Helpline with any parenting concerns or worries.
- Write down your feelings in a notepad. This can help you reflect, understand, and let go of emotions.
- Join a support group or network online. "Talking to others who get it makes such a difference – you know you're not alone and you get to experience the light of something that feels very overwhelming when faced alone" – Amy Wellings, Mum to a 3 year old boy
- Try to have some time for yourself, whether that's at home or by going for a walk. We have advice if you're not sure if your child is old enough to stay home alone.
- Physical activity is really helpful for some people. You could try walking, going for a jog, swimming or doing an online class. If these don't suit you, you could try a gentler activity like gardening, sitting next to an open window to get some fresh air, or doing a crossword.
- We know eating well isn't easy or accessible to everyone. If you need help with getting essentials you can contact your local food bank.
- Planning things to do by yourself or with your child can help create structure and a routine for the day. Try starting your day with a short list of 4 small, achievable things you'd like to do.
- If there's another adult in your house or older children, ask them to play an active part too.
- If finances are causing additional stress, Money Saving Expert has lots of information and Citizens Advice can offer help and support.



(If you cannot access any of the links on this document let us know and we can send them to you.)

Dudley Family Information Service

February Newsletter



Family Information Service February Half Term Newsletter

♥ Children Friendly Valentine Ideas ♥

Valentine's Day is a wonderful opportunity to engage children in fun and creative activities that celebrate love and friendship. Here are some child-friendly ideas to make the day special:

Heart Art Projects: Kids can create beautiful heart-themed artwork using various materials like watercolours, tissue paper, and even potato stamps.

Crafting Homemade Valentines: Encourage children to make their own Valentine's Day cards, they can use cardboard, glitter and other supplies to send heartfelt messages for friends and family.

Valentine's Day Baking: Get the kids involved in the kitchen with some Valentine-themed baking, such as cookies or pizza!

Sensory Play: Set up a Valentine-themed sensory bin with items like red and pink material, heart-shaped objects, and other tactile materials; This is a great way for younger children to explore and have fun.

Educational Pintable's: Use Valentine's Day-themed pintable's for educational activities; These can include colouring pages, puzzles, and simple math worksheets that incorporate hearts and other Valentine symbols.

These activities not only provide a fun way to celebrate Valentine's Day but also help children express their creativity and learn about the importance of love and friendship.

