



A Message from Mrs Hewitt

Next week we are celebrating 'mental health and well-being' week in school. The children will be completing activities in school around wellbeing. As part of this we have attached a family wellbeing challenge (see last page). As a family try to complete as many activities as possible, tick them off on the sheet below and bring it/email it into school. The children will earn stickers for the challenges completed. On Friday we are **going to have a dress up day. The theme is 'Express yourself'**. Children can wear their favourite outfit from home. Please don't buy anything new for this.

Mental health and wellbeing have always been a focus at Meadows, and we have ensured that staff are trained to support mental health across the school.

Our pastoral and well being team:



Mrs Hewitt
head teacher and
Mental health lead



Mrs Dwyer
deputy head and
Mental health lead



Mrs Dodman
SENDCos, Thrive practitioners
and child mental health leads



Mrs Rowley
Thrive practitioners
and child mental health leads



Miss Bailey
Nursery lead and
adult MH lead



Mrs White
Thrive
practitioner

A quick overview of how we support mental health at Meadows:

All staff have had Place2Be mental health and Thrive/ Trauma Informed training.

We have a dedicated pastoral room for children who want some extra support (the Hive).

All staff are always there for the children in school if they ever need to talk.

Mrs Rowley is the senior mental health lead across the school.

Mrs Rowley, Mrs Dodman and Mrs White are fully trained Thrive practitioners (our pastoral team).

Mrs Dodman, Mrs Rowley, Mrs Dwyer and I have completed child mental health training.

Miss Bailey, Mrs Rowley and I have completed the adult MH training.

Miss Bailey (our parent mental health lead) has been running courses to support Nursery parents' mental health this term, and will be opening these support sessions out to more parents over the year.

Mrs Dodman and Mrs Rowley are our PSHE (Personal Social and Health education) curriculum leads and have launched a new PSHE curriculum (Jigsaw).

We have created a Meadows wellbeing curriculum. A couple of years ago, in order to support our children's understanding of keeping mentally well, we asked them about what things made them feel happy. The analysis of those conversations and questionnaires demonstrated that, in order to feel happy, children needed to feel calm and safe. They said that having friends, being active and being able to do their school work well made them feel happy. Also, they recognised that everyone was different and so having their strengths celebrated and their weaknesses supported was important to them in order to feel happy. We used this information to create our own Well Being Wheel using Meadows Mouse in order to help children know how to look after their own well-being. More information can be found on the school website (Click on the picture).





Meadows First School Weekly Newsletter



WE ARE A UNICEF GOLD RIGHTS RESPECTING SCHOOL

Children's rights are learned, understood and lived in this school.



The pandemic has made a huge impact upon all of our mental health over the last 2 years, so we have been trying hard to support this in school. It has been difficult to be in close contact with parents over this time due to lockdowns and safe distancing, but we are always available to talk over the phone/ via email, and through pre-arranged meetings. If ever you want to discuss your child's (or your own) mental health, please contact the class teacher or myself through the office. In addition, Mrs Dwyer and myself are always on the playgrounds each morning if you wish to chat to us.

Click on the link for support pages for parents: <https://www.childrensmentalhealthweek.org.uk/parents-and-carers/>



Meadows Mouse Awards

Cygnets	Joshua F - being a real superstar. Wilfie R - trying so hard.
Goslings	Thomas - super focus, effort and excellent listening. Josie - incredible poise and skill in PE.
Caterpillars	Florence B - being so kind sharing her DT materials in class. Jake F - great progress in Maths and reading.
Dragonflies	Zach A & Ella B - excellent DT skills and focus.
Owls	Ted B - great determination and focus in Maths. Anna T - being enthusiastic and a great team player.
Hedgehogs	Rowan B - all the incredible work he has done in English. Jake D - determination with his reading.
Sharks	Leo C - being so helpful to others around school. Megan J - amazing determination with her Handwriting.
Dolphins	Noah M - working with great focus on his non-fiction writing. Eleanor A - fantastic progress in reading.
Jaguars	Alan D & Charlie N - super reasoning about area in Maths.
Tigers	Jack BP - being determined and focused in swimming. Lizzie - always working hard in every lesson and being an excellent role model.



THINGS TO REMEMBER

- You're allowed to change your plans
- You don't have to be happy all the time
- Showing emotions is healthy and okay
- Authenticity is better than perfection
- You're amazing just the way you are



Meadows First School Weekly Newsletter



Reminder to book your virtual Spring Parents' Meetings for children in Reception to year 4 (Nursery will hold their parent consultations at a different time).

Tuesday 15th February	Wednesday 16th February	Thursday 17th February
3.30- 7pm	3.30-5.30	3.30-7pm

To book an appointment on the appropriate day we have a simple online booking system. Please go to <https://meadowsfirst.parentseveningsystem.co.uk>

You will then need to enter just a few simple personal details. These details should be of the person whom we hold as the main contact in school. Please ensure that the information you input is exactly the same as the information that we hold in school (e.g. Ms/Miss/Mr etc).

Please use the link if you require any further instructions - <https://vimeo.com/473882995>

The booking system is available from today (28th January) at 6pm. Due to time restrictions it is only possible to allow 1 appointment, for each child. The system links to the first contact's email address for each child. Hence, if you are not the first contact, and cannot attend at the same time, please contact the School Office to arrange a telephone appointment.

Once you have selected an appointment time, you will be sent a link that should be used to access your meeting at the correct time. If you do not have internet access, please contact the school office, who will be happy to make appropriate arrangements for a telephone call instead.

If you wish to make an appointment with our SEND team, please email Mrs Rowley and Mrs Dodman on senteam@meadows.worcs.sch.uk. They will either join the parents evening with the class teacher or you can arrange a separate appointment.

Class names:

R.1	-	Goslings
R.2	-	Cygnets
1.3	-	Caterpillars
1.4	-	Dragonflies
2.5	-	Owls
2.6	-	Hedgehogs
3.7	-	Sharks
3.8	-	Dolphins
4.9	-	Jaguars
4.10	-	Tiger

To raise awareness of Fair Trade. Year 4 will be organising a FAIRTRADE cake and biscuit sale on Friday 18th February for all of the other children in the school. We would be delighted if you could bake cakes/biscuits that *have at least 1 fair trade* ingredient or donate any bought Fairtrade cakes/biscuits from the supermarket. Thank you so much for your support.

Mr Tunnicliffe and Mrs Date/Mrs Quinn



Children's Mental Health Week Challenges

7-13th February



Family Challenge:

This week as part of children's mental health week we would like you to try and complete as many of these wellbeing activities as you can. Tick off the activity as you complete it as a family. Then bring your ticked sheet into school the week beginning 14th February to earn your stickers:

Activities completed:	Number of stickers you get on your chart
1-3	Earn 1 sticker
4 - 7	Earn 2 stickers
8 - 11	Earn 3 Stickers
12	Earn 4 stickers

<p>Go for a walk</p>	<p>Read a book</p>	<p>Draw and colour a picture</p>
<p>Sing a song</p>	<p>Dance to some music</p>	<p>Bake something yummy</p>
<p>Play with your favourite toy</p>	<p>Exercise (Running, football, swimming etc)</p>	<p>Make something! Craft activity or something out of <u>lego</u> etc</p>
<p>Call/ talk or play with a friend</p>	<p>Play a board game</p>	<p>Eat a healthy snack</p>