



# Saint Margaret Mary's Catholic Infant School Newsletter

Friday 31st January 2020

Class 1	99%	Class 7	93.1%
Class 2	97.7%	Class 8	98.3%
Class 3	95.7%	Class 9	98.7%
Class 4	96.3%	Class 10	92.3%
Class 5	98.3%	Class 11	98.7%
Class 6	96.4%	Class 12	99.3%

**School Attendance Matters**  
**This week's Attendance**  
**Our target for attendance**  
**is 96%.**



Attendance Award in Reception goes to Class 12

Attendance Award in Year 1 goes to Classes 5 and 8

Attendance Award in Year 2 goes to Class 1

## Children's Mental Health and Well-Being Week 3<sup>rd</sup> - 7<sup>th</sup> February 2020

As a school we champion the belief that to thrive, mental health and well-being is just as important as physical health. We believe that helping children to manage their emotions is a fundamental part of a child's learning and is as equally important as teaching them to read and write.

As part of the ongoing work that school is doing to support 'removing the stigma' around mental health the children will be taking part in a variety of activities during Mental Health and Well-Being awareness week. Equipping the children with the skills to enable them to identify, express and share their feelings in a safe and positive way will assist them in maintaining and improving good mental health and well-being.

The children will learn that the Five ways to wellbeing are simple things that we can all do to improve our emotional health and wellbeing:

- ♥ **Connect**
- ♥ **Be active**
- ♥ **Take notice**
- ♥ **Keep learning**
- ♥ **Give**

This work is part our journey as a school in attaining the 'School Well Being Award.' During parents evening, two questionnaires will be available to complete, if you wish to. One questionnaire is about reading and other will be about well being and will help to inform our journey in achieving the award.

### 5 Ways to Wellbeing #kidedition

#### Connect

Look into their eyes  
Hold them close  
Create something together  
Play

#### Take Notice

Rest & reflect together  
Notice the changing seasons  
Model gratitude  
Play

#### Be Active

Set family challenges  
Walk where and when you can  
Sing and dance  
Play



#### Give

Let them help you  
Support them to find ways to help others  
Model generosity  
Play

#### Keep Learning

Try something new together  
Teach each other something  
Risk looking silly  
Play

For more resources to support your kid's mental wellbeing and to develop positive classroom culture visit [www.theworrybug.co.nz](http://www.theworrybug.co.nz)

DATE	EVENT
<b>Thursday 6th February</b>	<b>OPEN EVENING</b>
Thursday 13th February	Visitation by Bishop Tom Williams Blessing of the new library
<b>Thursday 13th February</b>	<b>OPEN EVENING</b>
Friday 14th February	Finish for half term
Tuesday 25th February	Children return from half term
Wednesday 26th February	Class 10 Stay and Read (9.15)
Wednesday 4th March	Pre-school Stay and Read (9.15) in the nursery
Thursday 5th March	FOSMMIS Year 2 Film Night
Wednesday 11th March	Class 11 Stay and Read (9.15)
Thursday 12th March	FOSMMIS Year 1 Film Night
Thursday 19th March	FOSMMIS Reception Film Night
Thursday 26th March	FOSMMIS Tea, Toast and Uniform Sale
Monday 30th March	Food Bank Collection Week
Monday 30th March	School Holy Week Services throughout the week
Wednesday 1st April	Nursery 2 Stay and Read
Friday 3rd April	Finish for Easter holidays

### Supporting your child in school (from [www.familylives.org.uk](http://www.familylives.org.uk))

- Show appreciation of your child's achievements, whether great or small.
- Allow them to make mistakes and to learn from them.
- Encourage a variety of interests.
- Learn together, do things together, visit interesting places, talk about things you've seen on television and allow your child to ask questions.
- Let your child develop at their own pace. Be realistic and avoid putting your child under pressure with high expectations.
- Encourage reading by having books, magazines and newspapers in the home and let your child see you and other family members reading them.
- Help children learn about self-discipline

