

Dear Parents and Carers,



I do hope you were all able to enjoy the snow that arrived at the weekend! My drive in to Yarnton on Monday morning was lovely, seeing all of the snowmen the children had made. Children attending school enjoyed playing in the snow too!



Next week is Mental Health week, our lead teacher on well-being Mrs Haynes, has provided us with the following resources which I hope you will find useful to use both for yourselves and your children.

Below is a picture to remind us all of the '5 steps to well-being', these are: connect, be active, take notice, keep learning and give.



#### Connect

Connect with people around you. Spend time with your friends and family. Make new friends. Use different ways to communicate.



#### Be Active

Go for a walk or a run. Cycle, dance or play a game. Walk to school instead of getting the bus. Go to the park. Try a new activity.



#### Take Notice

Take time to be still, reflect, and become aware of your surroundings. Notice what you are thinking and be aware of what's going on in the world around you: the everyday and the unusual. Be curious. Savour your favourite food.



#### Keep Learning

Set yourself a goal. Learn something new. Research something you're interested in. Learn a new word or a random fact. Visit a museum.



#### Give

Do something nice for a friend. Thank someone. Smile. Volunteer your time. Raise money for charity. Be a good role model. Take action to improve your neighbourhood.

The theme for Mental Health week is EXPRESS YOURSELF. We would like to encourage all of our school community, children, parents and staff to explore the different ways we can express ourselves and the creative ways that we can share our feelings, our thoughts and ideas.

For more resources and links the following website has lots of good ideas: <https://www.childrensmentalhealthweek.org.uk/>

The first step for well-being “connecting” is particularly difficult for us all at the moment. Children working at home have the opportunity to connect with each other in their zoom sessions. Perhaps we could encourage our children to connect in other ways too, such as writing letters and posting them on their daily walks? Renewing a love of letter writing might be one good thing that emerges from the current lockdown.

Last year we had a yoga teacher from Relax Kids, work with our children in Foundation Stage, she has sent us the following link to their website which again has some excellent resources to use at home. <https://www.relaxkids.com/express>

Other services available to support families during lockdown include:

<b>Under 25s</b>	<b>Over 25s</b>	<b>Parents</b>
<p><b>YOUNGMINDS</b> Crisis Messenger <small>powered by shout 85258</small></p> <p><b>Text YM to 85258</b> Open 24/7</p> <hr/> <p><b>THE MIX</b></p> <p><b>Call 0808 808 4994</b> 3pm - 12am, every day</p> <hr/> <p><b>childline</b> <small>ONLINE, ON THE PHONE, ANYTIME</small></p> <p><b>Call 0800 1111</b> 7:30am - 3:30am, every day</p>	<p><b>mind</b> for better mental health</p> <p><b>Call 0300 123 3393</b> 9am - 6pm, Mon - Fri</p> <hr/> <p><b>SAMARITANS</b></p> <p><b>Call 116 123</b> Open 24/7</p>	<p><b>YOUNGMINDS</b>   Parents Helpline</p> <p><b>Call 0808 802 5544</b> 9:30am - 4pm, Mon - Fri</p>

**For more advice and information visit: [youngminds.org.uk/find-help](https://youngminds.org.uk/find-help)**

### **Other news**

Our **School Arts Council** met last week- virtually- and viewed the online exhibition which we have now added to the children's google classrooms. The photographs are stunning and a real celebration of winter.

Many thanks to all of the children who contributed photographs:

Ruby, Jude, Georgie, Ella, Alissa, Luca, Liam, Abby, Yasmin, Nell, Jovan, Jaya, Toby T, Rupert, Dylan O, Aaron C, Martha, Edith, William L, Zachary L, Amelia D, Matilda D, Ingrid, Iris, Isla M, Enid, Thomas L, Luka and Becka.

The Arts Council are now making plans for further exhibitions, so watch this space!

In the meantime, artist Antony Gormley announced today the **UK's Biggest Art Exhibition**. Every two weeks an artist will announce a theme and we are all encouraged to make some art and display it in our windows and gardens for others to enjoy. The first theme is Animals, it would be great to see everyone's windows and gardens displaying drawing, paintings, photographs or models made by the children over the next two weeks. Further information can be found here <https://www.bbc.co.uk/news/entertainment-arts-55831841>

We heard this week that schools will not be opening after the February half-term. I know that this will have caused additional worry to many of our families. Please remember we are here to support you and your children. Do call if you would like to speak to a member of staff or if you think your child would benefit from speaking 1:1 with a member of staff.

Many of our families will also be experiencing a drop in their family income, please do use the food bank which operates from school. Contact the school office or speak to Clare Pink our family support worker, all calls are taken in the strictest of confidence.

All best wishes

Deborah and the WF Team