



CHILDREN'S MENTAL HEALTH WEEK

Mental health is our ability to cope with, and positively respond to challenges.

Children's Mental Health Week is taking place on **7-13 February 2022**. This year's theme is **Growing Together**. **Growing Together** is about growing emotionally and finding ways to help each other grow. Challenges and setbacks can help us to grow and adapt and trying new things can help us to move beyond our comfort zone into a new realm of possibility and potential. However, emotional growth is often a gradual process that happens over time, and sometimes we might feel a bit 'stuck'.

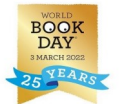
As parents and carers, you play an important role in your child's mental health. Check out the **free resources** for families below from <https://www.childrensmentalhealthweek.org.uk/parents-and-carers/>

At St Neot School we are proud that we:

- promote Mental Health in assemblies, in our PSHE lessons and throughout the school day
- have a Mental Health display in the library which the children have contributed to
- discuss the importance of eating healthily and being active in our PE lessons and how this impacts our mental health
- have nurture sessions at lunchtimes where all children can access mindfulness colouring and Lego
- have a worry and suggestions box where children can post worries and ideas which is monitored and responded to by staff
- have yoga and mindfulness PE sessions
- have a Designated Mental Health Lead; Mrs Gouge
- have a Mental Health assigned governor on our Board; Peter Dukes
- have undertaken mental health and kindness surveys

WORLD BOOK DAY THURSDAY 3RD MARCH 2022

To celebrate World Book Day we are asking children to come to school dressed as their favourite book characters, and to bring the book with them to share. Children will each receive a £1 book token which can be used to buy one of the 12 £1 book selections at bookstores, or £1 off payment for any book of your choice. Tokens will be valid until 27th March 2022.



FOOTBALL REPORT

This week we played against Sir Robert Gefferys and we lost 4-1. Oscar scored the goal and Rylee got Player of the Match. They scored 4-0 in the first half and we scored in the second half. It was a great match and everyone played well. Thank you to all the parents for their pitch-side support. Report by Dylan.

100 CLUB WINNER

Congratulations to January's 100 Club winner, number 2.

PLEASE TAKE CARE WHEN PARKING

Once again we have had reports of inconsiderate parking. Please take care not to block anyone's drive, even if you are only there for a few minutes. We have asked the local PCSO to come and do spot checks both at the beginning and end of the day.

SKATEBOARDING DAY

All the children had a go at skateboarding on Wednesday, photos are on the website under the Events tab. Dewey Class were thrilled to be allowed to use a skateboard, and had great fun jumping on and off. Bernie was a superstar and could even flip the skateboard and land on it. They were excited when Lewis showed off his skills and jumped over two skateboards.



TEAM POINTS THIS WEEK

AYLWARD 45 DAVY 54 TREVITHICK 42

40TH ANNIVERSARY OF FALKLANDS WAR

In April we will be commemorating the anniversary of the Falklands War. Do you know anyone who served during the war who might be willing to come in and talk to the children? If so, please speak to one of the staff, thank you.

NURSERY NEWS

Next week we will be revisiting the Very Hungry Caterpillar to see if the children remember the lifecycle of a butterfly.

Our topic will be Healthy Eating.

Please remember to put a labelled bottle of water in your child's bag each day, and send them in with a named, warm hat please. Thank you.