

Holtsmere End Infant and Nursery School

Newsletter 2023

Spring 1 Week 4



News

Dear Holtsmere families,

I hope that you have all had a good week. The weather is definitely milder and the evenings a little bit longer... Spring is on the way.

Teachers strike

Thank you so much for your support during this week's strike. We appreciate that the school closure would have been inconvenient but this is the intention of strike action.

As you are aware the National Education Union is planning further strike action in March. As soon as I know the arrangements for those days I will let you know. Unions advise teachers not to inform their Head teachers in advance therefore I am really grateful that our teachers do let me know in plenty time!

Due to the uncertainty of strike action I have made the decision to change the dates of parents evening so that they will not be disrupted if teachers are on strike.

The evenings will be:

Monday 6th March 3.30 –6pm face to face in school

6pm –6.30 phone appointments

Wednesday 8th March 3.10-4 Nursery only additional appointments

Thursday 9th March 3.30 –6pm face to face in school

6pm –6.30 phone appointments

Booking will open on Arbor on Monday 6th February at 6pm and close on Wednesday 1st March at 9am

Safer Internet Day

Reminder

Safer Internet Day is on **Tuesday 7th February** and Mrs Butler, our Computing lead will be holding a parents session at 2.40 on this day. Please sign up for the session using Arbor.

Please complete this short survey to support us <https://3zd1ar8acbu.typeform.com/to/vvvj3ml4> before the session as this will enable us to share appropriate apps etc. for your children.

Children's Mental Health Week 6th—10th February

We will be celebrating the week in school with various activities. I have attached some information to this newsletter. Next Friday children are invited to 'Dress to impress' and can wear their own clothes to express their individuality. There is NO donation required.

Year 1 Art The children have enjoyed learning about the style of American artist Peter Thorpe.



Have a lovely weekend. *Nicola O'Connell*
Headteacher

Happy learners. Aiming High.

Attendance Matters

Chestnut	Maple	Hazel	Oak	Beech	Pine
94%	88%	93%	93%	85%	93%

Well done to Chestnut class!

Our target is 96%. Being in school each day, if well, gives your child the best chance of learning and making good progress both educationally and socially.

Happy Birthday!



School Diary

Tuesday 7th Feb	Safer Internet Day
Friday 10th Feb	<p>'Dress to impress' Children to wear their own clothes as part of children's Mental Health Week.</p> <p>Finish for half term (3pm for Nursery, 3.10 rest of the school)</p>
Friday 10th Feb	Nursery tour 9.30
Monday 20th Feb	All children return to school

Happy learners. Aiming High.

LET'S CONNECT



6-12
FEBRUARY
2023

TIPS FOR PARENTS AND CARERS

Dear parents and carers,

6 - 12 February 2023 is Children's Mental Health Week. The week is run by children's mental health charity Place2Be to raise awareness of the importance of children and young people's mental health. This year's theme is Let's Connect.

WHAT'S IT ALL ABOUT?

Let's Connect is about making meaningful connections, and for Children's Mental Health Week 2023, Place2Be is encouraging people to connect with others in healthy, rewarding and meaningful ways.

As parents and carers, you are an important role model to your child. How you connect with friends and family will influence your child, and how they develop their own friendships and relationships. For example, how you greet people and maintain friendships, but also how you forgive people or say sorry when you need to.

WHAT CAN YOU DO?

Here are a few simple ways you can connect with your child and help them to make meaningful connections.

1. Connect with your child in everyday ways

Moments of connection (and re-connection) are really important in child-caregiver relationships. For example, when you pick them up from school, or come in from work, try to give them your full attention and see if this helps you feel better connected as you hug, talk, smile and hear about their day. Watching your child play and joining in is really important to them – so put your phone away and have a bit of fun – being playful is good for adults, too!

With your older child, you may find times such as car journeys a good time to talk, or to re-connect by playing music you both like. It is important to be accessible to a teenager when they need to talk. You may have to be there 'on their terms' and be ready to listen.

2. Talk to your child about important connections

This could include talking about family members, friends, neighbours, childminders, people in the local community and others in your faith group (if you have one). Remember it's ok to talk about people they miss, for example, family members who live in a different country or people who have died.

Children learn a lot from their parents about how to express their feelings, including the joy that comes with feeling connected to others and the sadness that comes with missing others.

3. Talk to your child about their friends

As children become teenagers, their friendship groups become increasingly important to them. Be open to hearing about their friendships and try to listen without judgement.

LET'S CONNECT



Ask them about their life in real life and online. You may not think online friends are 'real friends', but your child may feel differently. Losing friends, feeling left out or being bullied is very painful and your child needs to know you will support them through these difficult times.

4. Connect by taking an interest in your child's world

As adults we can sometimes be dismissive of the things that our children and teenagers are interested in, e.g. their music, fashion, what they watch etc. If you do take an interest in these things, however, you may feel better connected to your child and the important things in their world. This can lead to other conversations about other things in their lives that matter to them.

5. Find time to connect as a family

Family life can become busy and stressful, so it's important to find some time where you connect together. This could include simple things like cooking, watching a film, playing a game, going to the park or even doing the family shop together.

6. Try to resolve conflict and re-connect after arguments

Arguments and moments of disconnection are bound to happen in families - between your children, between yourself and your children and between yourself and your partner, if you have one. It is important that children learn how to disagree in appropriate ways, how to say sorry and how to make amends when they have done something wrong. They will learn a lot about how to do these things from you - so try to model the behaviour you want to see in your children. Talk to them about how to re-connect with friends after arguments including what they can do to help repair relationships.

Video activities from Place2Be

Puzzle Pieces – aimed at 4-7 year olds, this activity is presented by CBBC's Art Ninja, Ricky Martin, and will show children how we are all connected. Why not take part as a family? childrensmentalhealthweek.org.uk/puzzlepieces

Connecting Paperchains – developed by Place2Be's Art Room team for 7-11 year olds, this activity helps children think about the people, things and activities they feel connected to. childrensmentalhealthweek.org.uk/paperchains

Exchanging Postcards – developed by Place2Be's Art Room team for 11-14 year olds, this activity encourages young people to explore what connection means to them. childrensmentalhealthweek.org.uk/postcards

Looking for free practical advice to help you support your child?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour. parentingsmart.org.uk

Let your child know that if they are worried about something, they should always talk to an adult they trust. It could be you, someone in your family, a teacher or someone else in their school.

If you're worried about your child's mental health you can talk to your GP or someone at your child's school.

You can also find a list of organisations that provide support and advice on our website: place2be.org.uk/help