



Being Ourselves

As a school we are very aware that part of our role is to ensure the positive mental and emotional well-being of all of our children. This permeates the whole of our curriculum and is fundamental to our PSHE curriculum every week of the year. Just as national events such as World Book Day and Safer Internet Day provide us with the opportunity to make children aware of the wider society and reflect on and learn as a whole school community about specific focus so children's mental health week enables us to focus on this aspect of our work.

The theme for Children's Mental Health Week this year was to encourage children, young people and adults to celebrate their uniqueness. Children have created 'All About Me' posters where they have thought carefully about their own qualities and what makes them unique and special. The children have also learnt that it is important to recognise the different qualities of others, understanding that we are all special in our very own way.



"Always remember that you are absolutely unique. Just like everyone else"



Laughter

is the Best Medicine

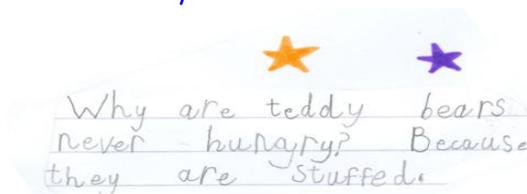
- It is hard to feel negative emotions while laughing
- Stress is reduced when laughing
- Energy increases while laughing
- Helps engage others socially which allows you to be less overwhelmed and more spontaneous and confident
- Releases endorphins
- Eases anxiety
- Improves overall mood and functioning

We have also focused on laughter:

There has been a lot of research around the positive affect that laughing can have on mental health. The children have thought carefully about the lovely ways in which they could make each other laugh.

"We decided that we wanted to make and sell joke books because we wanted to make our friends laugh. We know that if we make our friends laugh then they feel happy. That makes us feel happy too. We all wrote our own jokes and then chose our favourites to go in the joke book." Year Two

We have sold the books across the school and the £55 raised is being made the responsibility of our School Council. Each member of the School Council will then talk to children in their class to decide what the best use of the money will be.



"Laughing makes me happy inside." Year One



February 6th was Safer Internet Day
You can find out about what the children learnt by looking at your 'Learning Letters to Parents' that will be in your child's book bag tonight and also looking at our school website
www.torpoint-inf.cornwall.sch.uk

Parental Consultations

When home and school work positively together, the benefits to the child are enormous. We are keen to develop a truly positive relationship with you so that together we can help your child gain the most from their time at our school.

Each term we organise a meeting for you and your child's class teacher - an opportunity for you both to share information about how well your child is learning and the next steps for their learning. These meetings take place during the day so that we can offer you a longer appointment.

You have been sent your appointment time; it is really important that you attend so that the classteacher can share with you all the progress your child has made and the next steps in their learning so that you can support this at home.

PE KITS

It is important that your child has their PE Kit in school everyday.

This is particularly important for our first Monday back as every child will be taking part in exciting activities in the hall with a Paralympian.



Headlice are a problem across society. As a school we recognise that headlice infestation, particularly when repeated, can cause great distress.

One of the best ways to help eliminate them is if everyone in a community checks at the same time, so we are asking all parents to check their children this half term.

Dates for your Diary

10th February - 18th February
Half Term

Week beginning 19 th February	Nursery Parental Consultations -You have had your individual details
Thursday 22 nd February	Owls Class Assembly
Friday 23 rd February	Kingfisher Class Assembly
Week beginning 26 th February	EYFS2- Year Two Parental Consultations- You have had your individual details
Friday 9 th March	Bumblebees Class Assembly

Looking ahead

Friday 30th March- Sunday 15th April -Easter Holidays
16th April - INSET DAY- School Closed for Pupils