

Dear Parents/Carers,

This week in school

A big focus this week has been on wellbeing and staying safe online. We've embraced Children's Mental Health week and Safer Internet day with a range of activities and opportunities. There is lots of information in this week's newsletter for how to support children at home. Thank you Miss Perrey and Mrs Woolford for organising the week.

Today we had Image Theatre Company perform 'The Wind in the Willows' to the whole school and this afternoon we took a team of children to a competitive gymnastics festival. They have rehearsed so much over the past few weeks and we were so proud of the passion and determination they showed. They came 1st in their group routine and 3rd place overall.



Information for Term 4:

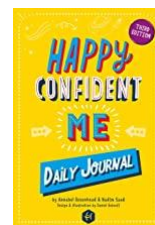
- Monday 20th February is an INSET day, school is closed to pupils.
- Reply slips **need to be returned by Tuesday 21st February** in order for teachers to allocate slots.
- Forest School Thursday 23rd February is Year 2.

Term 3 Attendance

Year R = 95.7% Year 1 = 94.3% Year 2 = 95.8% Year 3 = 95.5% Year 4 = 95.4% Year 5 = 95.4% Year 6 = 96%

Children's Mental Health Week - Supporting at Home

- Follow this link to the **Places2Be** website:
<https://www.childrensmentalhealthweek.org.uk/families/>
This year's theme is 'Let's Connect' and the website gives lots of resources.
- Have you tried journaling** with your child? This is something I have recently started doing with my 6 year old daughter. We spend 5 minutes before bed reflecting on her day and sharing her '3 good things'. There are lots available, we picked up hers from Amazon.
- Would you like more support in **helping your child to develop their emotional regulation skills**? Our Family Link Worker, Debbie Newman, has organised a parenting workshop with CAMHs. The event is taking place on Wednesday 8th March from 10-12pm at SP2 Café / Hope Centre, St Paul's Church. A flyer has been emailed to you.
- Our school website contains lots of information about wellbeing, here you will find links to websites to support you and your child's mental health and wellbeing.



Safeguarding

Each week we share useful safeguarding information for parents / carers. The purpose is to empower you, raise awareness to protective measures you could adopt and provide up-to-date information on trends in order to safeguard your child.



Safer Internet Day 2023

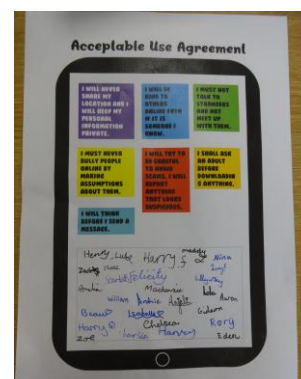
We have celebrated Safer Internet Day 2023 by learning all about online safety through discussions, differing activities and stories. Some classes took part in the BBC Teach live lesson. We have chatted about how to stay safe and respectful while online and what to do if we feel worried about something.

All classes and staff members have created and signed our 'Acceptable Use Agreement.' This might be a good **half term activity for you family**, can you create an acceptable use agreement for the use of the internet and devices in your home? For more information, follow these links:

- [cso_familyagreement_interactive_jan2022.pdf \(nspcc.org.uk\)](#) or
- [Family agreement - activities to do together | Connecting safely \(internetmatters.org\)](#)

We have emailed all parents a Digital Parenting Guide from Vodafone.

Safer
Internet
Day 2023



FOSSP – Friends of Sarum St Paul's

Fairy Cake Friday 24th February – Year 3 3rd March – Year 2 10th March – Year 1 17th March – Year R
Bag2School – thank you for supporting this term's event, we raised nearly £200 for the school!



We hope you have a lovely half term break; we look forward to seeing you on Tuesday 21st February.
Mrs E Weavers