

**BE INFORMED  
AND READ ME  
PLEASE**

from the Office at St Michael's VA Junior School

What's happening week commencing

**19th February 2018**

*Focus for the term - Service*



Monday	Tuesday	Wednesday	Thursday	Friday
Year 4 PE	Year 3 PE 3HJ Swimming	Year 5 PE		Year 6 PE
Homework Club Lunchtime Year 5 and 6	Homework Club Lunchtime Year 6	Homework Club Lunchtime Year 6	Homework Club Lunchtime Year 3,4, 5 and 6	Homework Club Lunchtime Year 3, 4, 5 and 6
Lunch time Running Club				Lunch time Science Club
Please note <b>ALL</b> after school clubs finish at 4.15pm				
After School Dodgeball	After School Archery	After School Rounders	After School Writing Club & Parkour	After School Fencing

**Dates for your diary**

- Monday 19th February **Back to School**
- Monday 26th February **Parent Consultation Evening 3.30 - 5.00pm**
- Wednesday 28th February **Parent Consultation Evening 3.30 - 5.00pm**
- Thursday 1st March **World Book Day dress as our favourite book character**
- Friday 2nd March **Spelling Bee Competition**
- Monday 5th March **Parent Consultation Evening 3.30 - 5.00pm**
- Thursday 8th March **Class Photos (amended from 15th March)**
- Monday 12th March **Mock SATs week**
- Tuesday 13th March **Morley Farm visit 5W and 5K**
- Wednesday 14th March **Morley Farm visit 5B and 5C**
- Wednesday 21st March **Sit and Share 8.45 - 9.00 am**



**Dinner Menu  
Spring/Summer**

**Week Beginning 19/02/18**  
**WEEK 1**  
See website for menu



**OLDER SIBLINGS  
COLLECTING CHILDREN**

**PLEASE** could parents of those **older siblings collecting children** at the end of the day discuss with them the **need for appropriate language and behaviour** while they wait by the gate. Thank you.



**PARENTS EVENING**

Online booking available via school's website.

**SIT & SHARE**

Join your child in class to look at their school work **8.45am to 9.00am**

**MORNING DROP OFFS!**

Could parents/carers dropping off children by car **PLEASE NOT** pull into the school gates for safety reasons. Thank you.



**ABSENCES**

Please note a valid reason is required in order to authorise absences *i.e. poorly or ill is insufficient*. **More detail** such as **been sick, or has a temperature**, is required. Please also call **every day** and leave message on our **absent line (extension 1)**.



**Word of the WEEK**

Ask your child if they remember the meaning of:  
**Bulky - Year 3**                      **Flawless - Year 4**  
**Conceited - Year 5**                **Steely - Year 6**



**MEDICATION in School**

Please note that children needing medication can be given this during the school day, **but** we do require the appropriate form to be completed. **Please ask about this at the school office.**





## Children's Mental Health Week 2018

5-11 February #childrensmhw  
ChildrensMentalHealthWeek.org.uk

Dear Parents and Carers,

**This week (5 -11 February 2018) it's Children's Mental Health Week.**

Run by school-based children's mental health charity Place2Be, this year's theme

'**Being Ourselves**' invites everyone to come together and celebrate their uniqueness.

### What's it all about?

It can sometimes feel difficult to think of positive things about ourselves and to know what it is exactly that makes us who we are.

From our work in schools we know that this is something children and young people can often struggle with too.

Understanding that we are all unique, with our own strengths, qualities and interests is very important for our wellbeing. Through having a positive view of ourselves, we can feel better equipped to cope with life's challenges and make better connections with others.

As parents and carers, you play a very important role in helping your children to understand that they are unique.

Here are a few simple ways you can encourage your children to understand the importance of 'Being Ourselves'

- **Point out your children's positive qualities** determination, courage, kindness – help them to notice what makes them unique.
- **Have a chat about the strengths, qualities and interests within your family** over dinner, in the car or when you are playing together... it can be fun to notice how we are all different from each other!
- **Celebrate your efforts with your children** Whether you go for a run, get promoted at work or cook a great meal, sharing your achievements, no matter how big or small, will help your children to recognise their own.

**Don't forget: If you're worried about your child, talk to your GP or someone at your child's school. You can also find a list of organisations that provide support and advice for parents on our website [www.place2be.org.uk](http://www.place2be.org.uk).**

**Visit [www.ChildrensMentalHealthWeek.org.uk](http://www.ChildrensMentalHealthWeek.org.uk) to find out how you can get involved and support Place2Be**