

MOSSY LEA MESSENGER

Tuesday, 10th October 2023 X. X. MMXXIII



Today, is World Mental Health Day; it's a wonderful opportunity to reflect on the importance of supporting our children's mental health. Just as we care for their physical health, their emotional and mental well-being is equally vital.

In today's fast-paced world, children face a range of challenges that can affect their mental health, from school stress to peer pressure. It's essential for us, as parents and caregivers, to be attentive and provide the necessary support to nurture their emotional resilience.

Here are some ways we can help our children maintain good mental health:

- 1. Open Communication:** Create a safe and open environment where your child feels comfortable discussing their feelings and concerns. Encourage them to share their thoughts and emotions with you.
- 2. Active Listening:** Pay attention when your child talks to you. Sometimes, all they need is someone to listen and validate their feelings.
- 3. Establish Routine:** Consistency can provide a sense of security. Maintain a regular routine, including sleep, meals, and playtime.
- 4. Encourage Healthy Habits:** Promote physical activity, a balanced diet, and adequate sleep, as these play a significant role in mental well-being.
- 5. Teach Coping Skills:** Help your child develop effective coping strategies to manage stress and emotions. This can include deep breathing exercises, art, journaling, or simply taking a break when needed.
- 6. Foster Social Connections:** Encourage friendships and social interactions. Building positive relationships can boost a child's self-esteem and happiness.
- 7. Limit Screen Time:** Ensure that your child has a healthy balance between screen time and other activities, such as outdoor play and reading.
- 8. Be a Role Model:** Children often learn by example. Show them how you handle stress and difficult situations in a healthy way.
- 9. Seek Professional Help When Needed:** If you notice persistent changes in your child's behaviour or emotions, don't hesitate to seek guidance from a mental health professional.

Let's work together to create a supportive and nurturing environment where our children can thrive emotionally and mentally. This World Mental Health Day, let's commit to being advocates for our children's well-being. Together, we can make a positive difference in their lives, ensuring they grow up to be happy, healthy, and emotionally strong individuals.

• Acorn Class News *

We had an amazing day today as our little explorers were out and about spotting some incredible birds in our local area! 🦋🔍 It was a fantastic hands-on experience for them.

But that's not all! 🧩 We also delved into the fascinating world of math, where we honed our pattern recognition skills and explored fact families. It's always exciting to see the young minds at

📖 Phonics games were in full swing, making learning even more fun and interactive. We love watching our students grow their literacy skills.


🎨 And of course, our art projects are nearing completion, with each masterpiece reflecting your child's creativity and imagination.



- **Oak Class News ***

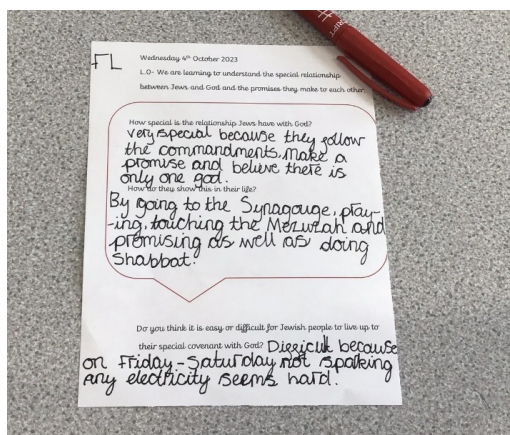
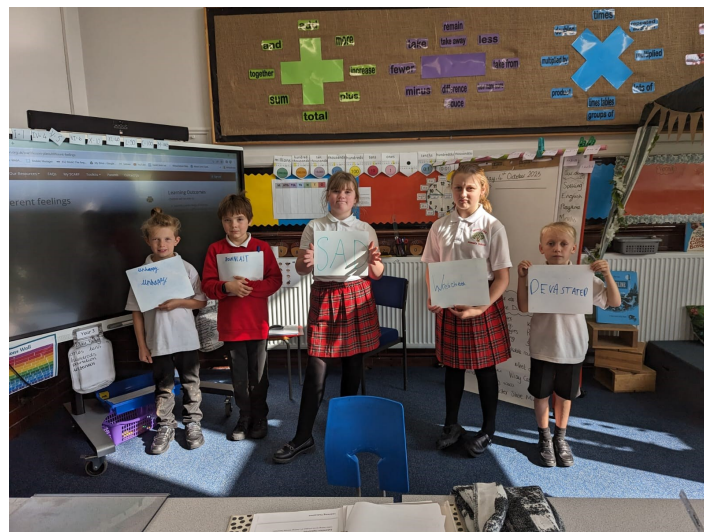
📖☀️ What a busy week it has been in Oak Class! Here's a glimpse of what our outstanding children have been up to:

🌐 We kicked off the week with a captivating whole school assembly dedicated to Black History Month. The theme this year is - Celebrating Our Sisters - we will be celebrating the incredible contributions of influential Black UK females throughout October. . 🎧 ✨

 In our English lessons, we've dived headfirst into a new thrilling non-fiction unit. We began by identifying the features of a non-chronological report and the creating our own Vlogs. This was to teach the children at St. George's what they need to include, when it is their turn to write a report. Take a look on Seesaw to watch your child's Vlog. Stay tuned for some fantastic non-chronological reports on the Lake District, as our children combine their newfound Geography and Literacy knowledge!

🙏 Our RE classes delved into the profound special relationship between Jews and God, exploring the promises they've made to each other. It's been an enlightening journey of understanding and reflection.

Meanwhile, in our PSHE lessons, we've been focusing on "Me and my Relationships." This week, we explored the fascinating world of feelings. Oak Class discussed a wide range of emotions and learned how these feelings can vary in intensity. They even ordered emotion cards from least to most intense, deepening their emotional awareness.



Polite request...

We certainly want to encourage individuality in school, however, personalising school bags with multiple and often large key rings seems to have gone a little too far! We don't mind one small key ring, to enable the children to identify their bags quickly and easily within the basket, however, the multiple and larger ones are taking up too much space. Please remove any accordingly, thank you.

Re-arranged Class call in

Our first class call in, for this academic year, will take place next **Thursday, 10h October**. Classrooms will be open from 3.30pm-4.30pm for you to come into school, just to have a look round.... This is not a parents' evening, but an opportunity for your child to show you what they are proud of around school, and in their books! Let your child lead you through their work and do the talking! Just call in for as long as you like... I hope to see you there!

Star of the Week



Diary Dates

October	
19th	Flu immunisations
20th	Break up
30th	INSET
31st	Children back to school—Halloween Party
November	
3rd	Reception vision tests and school photographs
7th	Governors Meeting 18:30
9th	Oak Class trip to Lancashire Museum
16th	Parents' Evening