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[www.hovetonstjohn.co.uk](http://www.hovetonstjohn.co.uk)

# St John's Community Primary School and Nursery



## Weekly Newsletter 9th February 2024

Dear Parents,

This week has been Children's Mental Health Week 2024, with this year's theme being '**My Voice Matters**'. **My Voice Matters** is about empowering children and young people by providing them with the tools they need to express themselves.

As parents and carers, you play an important role in your child's mental health.

This year, the aim is to empower children of all ages, backgrounds and abilities to work together to create a positive change for their mental health and wellbeing. For Children's Mental Health Week, we want all children and young people to be able to say - and believe - "My Voice Matters."

As part of the national campaign around Children's Mental Health Week, there are a number of helpful resources for families that can be accessed here - <https://www.childrensmentalhealthweek.org.uk/families/>. We have also attached some helpful resources with this Newsletter.

Should you ever have any concerns about your child's mental health, then you can reach out to staff in school, your GP or the Just One Norfolk website <https://www.justonenorfolk.nhs.uk/emotional-health/children-young-people-s-emotional-health/> or phone line 0300 300 0123.

And finally, we are also always here to help the adults too. If you are having difficulties with your mental health or just finding things more of a challenge than normal, then please know we are here to listen and help should you need someone to speak to.

Wishing you a wonderful weekend.

Rebecca Quinn

### Dates for your Diary

#### February

15th—9am Year 5 & 6 Parents Maths Workshop

19th—23rd—Half Term

27th—Rec-Year 6 Class Group Photos

28th—Year 4 Residential to Horstead Centre

#### March

5th—Year 6 Science Event at Gresham's School, Holt

27th—Last day of Term

22nd—Year 4 Roman Icenii Workshop at Norwich Castle

#### April

15th—Children return to school

#### May

6th—Bank Holiday

8th—Year 5 Science Museum London

13th—SATs Week

13th—12.30pm -Nursery Group Photo

27th—31st Half Term

#### June

3rd—Children return to school

4th & 6th—Parents Evening

17th-21st —Year 6 Residential to Hautbois Activity Centre

25th—Sports Day

#### July

3rd & 4th—Year 6 Broadland High Induction Days

10th & 11th—Year 6 Production

16th—School Fete

19th—Last day of Term

## Swimming

Year 4 will be swimming every week on **Monday**. Please ensure your child has their swimming kit, including a hat, a towel and a suitable coat to walk to and from Broadland High School for these sessions.



Please ensure your child is able to remove their own earrings or not wear them to school on Swimming days.

# House Points

Date	Bader	Cavell	Nelson	Sewell
12.01.24	158	163	205	123
19.01.24	228	191	187	201
26.01.24	151	160	166	147
02.02.24	244	233	251	234
09.02.24	149	183	214	199

## Class Attendance

5th—9th February  
2024

Reception	94.49%
Year 1	86.60%
Year 2	93.75%
Year 3	90.16%
Year 4	91.38%
Year 5	93.04%
Year 6	91.38%

## Uniform Reminder

In order to save everybody's time, please ensure that **ALL** clothing (particularly jumpers and cardigans) is clearly marked with the owner's name.

Simple stud ear-rings are allowed but other forms of jewellery including beads in braided hair at School is **NOT** permitted at all: They can be highly dangerous - we cannot accept any responsibility whatsoever for their safekeeping (watches included).

Hair styles should be suitable for school. Tram Lines, Mohicans and dyed hair are not permitted.

Children with long hair should have it tied up for sporting activities.



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CATERING

# Pancake Day

Tuesday 13th February

Dessert Special...

American-Style Pancake  
topped with  
Sliced Bananas and  
Chocolate Sauce





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CATERING

# Valentine's Day

Wednesday 14th February

Dessert Special...

Decorated Valentine's  
Shortbread Biscuit



# My VOICE MATTERS

Place2Be's  
**CHILDREN'S  
MENTAL HEALTH  
WEEK**

## TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

### Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe – "My Voice Matters".

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.



### 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, and act on their views.

[PARENTINGSMART.ORG.UK](https://parentingsmart.org.uk)

### Here's what children and young people told us they need from you:

- 1 We don't need to have 'one-off conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
- 2 I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- 3 Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- 4 Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- 5 Don't compare my experiences to your own when you were a child.
- 6 Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
- 7 Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- 8 If you are open with me about your feelings, this can help me to be more open about mine.
- 9 Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school - because they 'get it'.
- 10 Sometimes a hug is all it takes to make me feel supported.



### WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES

These wellbeing activities can help children and young people think about and share what matters to them.

[For primary children: bit.ly/3PzCGI8](https://bit.ly/3PzCGI8)

[For secondary children: bit.ly/3LBD2wK](https://bit.ly/3LBD2wK)

## CONVERSATION STARTERS

Some ways to start a conversation with your child about mental health could be...

TELL ME ABOUT  
YOUR DAY

WHAT WAS THE BEST  
THING ABOUT TODAY?

WHAT IS THE BIGGEST  
STRESS / WORRY IN YOUR  
LIFE RIGHT NOW?

WHAT'S YOUR  
ONLINE LIFE LIKE?

WHO WOULD YOU TALK  
TO IF YOU WERE FEELING  
WORRIED ABOUT YOUR  
MENTAL HEALTH?

WHAT CAN I DO  
TO HELP YOU?