

www.childrensmentalhealthweek.org.uk



Children's Mental Health Week began with a whole school assembly in which we explored what mental health is and what we can do with our 'big feelings' (see *Talking Mental Health*).

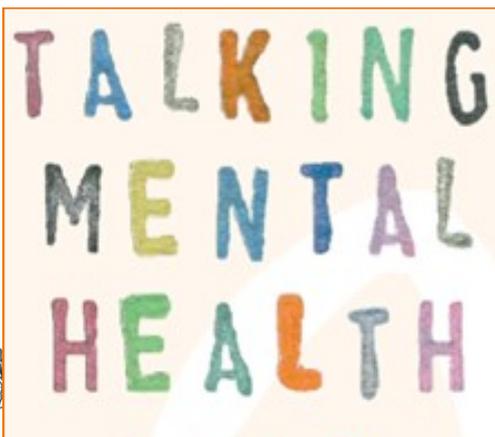
Nicky Tew, from 'Relax Kids' came into school for the day and taught yoga and Natalie Hunt, a trainer for Mental Health First Aid (England) delivered assemblies for each class.

All classes took time each day for developing mindfulness and a visit to the woods helped children in Cygnus and Phoenix classes to understand how spending time in green space and bringing nature into your everyday life can benefit both your mental and physical wellbeing.

Scruffy the dog visited the school with Reverend Margot. He talked to the children about feeling scared and 'finding his brave' to overcome his fears.

We hope that all the children are beginning to develop their awareness of the importance of being healthy in their bodies and minds and ways that they can take care of their mental health in order that they develop the resilience to cope with whatever life holds for them in the future and grow into well-rounded, healthy adults.

<https://www.childrensmentalhealthweek.org.uk/>



Don't forget Parent Meetings at the beginning of next term. Sign up via ParentMail if you haven't done so already.



Is my child too ill for school?

It can be difficult deciding whether or not to keep your child off school when they're unwell.

There are government guidelines that say when children should be kept off school and when they shouldn't on the NHS website. We hope that this is helpful.

www.nhs.uk/live-well/healthy-body/is-my-child-too-ill-for-school/

Spring Term 19-20 Issue 6

Dates for your Diary

February

- Tuesday 11th** ~ Safer Internet Day
- Wednesday 12th** ~ Burford Year 8s visit St Peter's Year 5s
- Friday 14th** ~ FoSPs Valentine Day Cake Sale
- Friday 14th** ~ End of Term 3
- Monday 24th** ~ Start of Term 4
- Week of the 24th** ~ After-School Clubs Resume
- Monday 24th** ~ Parent Meetings for Years 1, 2, 4 and 5 Parents
- Tuesday 25th** ~ Parent Meetings for Reception, Years 2, 4 and 5 Parents
- Wednesday 26th** ~ Weekly Swimming Resumes for Pegasus
- Wednesday 26th** ~ Year 5 Netball Team to compete at Burford Partnership Sports Event
- Friday 28th** ~ Pegasus to the Pitt Rivers Museum

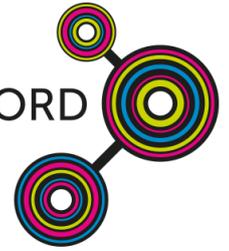
March

- Monday 2nd** ~ Parent Meetings for Reception and Year 3 Parents
- Wednesday 5th** ~ Gymnastics Team to the West Oxfordshire Gymnastic Competition
- Tuesday 10th** ~ Year 4s to the Burford Partnership Dance Festival
- Sunday 22nd** 10:30am ~ Mothering Sunday Family Service at St Peter's followed by a Mother's Day Cake Sale
- Tuesday 24th** ~ Year 3s to the Multi-Skills Burford Partnership Sports Event
- Sunday 29th** 2-4pm ~ The Great St Peter's Easter Egg Hunt and Fair
- Monday 30th** ~ Years 4 and 5s to the Burford Partnership Football Competition

Amazon Wishlist

Thankyou to the Anderson, Brizland, Bryant-Ball, Harrison and Willcocks families for our wonderful new books.





Thinking, doing, talking science

SCIENCEOXFORD

The children in Cygnus and Phoenix classes had an amazing visit to Science Oxford. They visited the 'Exploration Zone' where they created their own experiments, tested their own designs and made their own discoveries.

The children took part in 'Science Surprises' and 'Wow to Wonder' interactive shows, in which they were asked lots of questions to get them thinking.

Cygnus Class went on a 'Wild Walk' exploring the woodland, ponds, meadows and grassland around the Science Oxford Centre, using all of their senses and investigating the diverse habitats, searching for evidence of what lives amongst the trees and plants. Phoenix Class also took part in a hands-on workshop called 'Circuit Detectives' in which they used their knowledge of electricity to test and find faults in electrical circuits.

All the children and staff had a great day and many will be returning to Science Oxford with their families.



Next Term Pegasus Class will be exploring the magnificent Pitt Rivers Museum! I wonder what mysteries they will uncover and who in particular they will be learning about?



Candlemas

Thank you to all those families who came to the Candlemas family service in St Peter's Church led by Reverend MacInnes. This was a very special service with prayers and readings by the children.



A huge thank you to Scott Greening and his company Alto Energy for buying a class set of wooden hockey sticks for the school.



Friends of St Peter's

This Valentines Day, say 'I love you' with a cupcake!

On Friday 14th February FoSPs will be selling individually gift-boxed Valentines Day cupcakes for the fantastic price of £1.50.

