

Castle Primary School

Weekly Bulletin - 7.2.2025



Families' Health and Wellbeing Service (0-19)

NHS
Midlands Partnership
NHS Foundation Trust
A Keele University Teaching Trust

We now have a text messaging service for parents/carers of children aged 0-19 who live in Staffordshire.

Get advice from our Public Health nurses (Health Visitors and School Nurses).

TEXT: 07520 615722



Feeding and nutrition



Child development



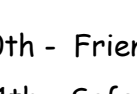
Parenting advice and support



Emotional health and wellbeing



Behaviour difficulties



Family health

ChatHealth

We might inform someone if we were concerned about your safety but we would usually speak to you first. Your messages are stored and can be seen by other health care staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate message back to confirm we have received your text. Texts will only be seen between 9am and 5pm. If you need help before you have been back from us contact your GP, mental health nurse or dial 111. Our text number does not make voice calls or take picture messages. We support messages from 16 mobile numbers only (text) does not include messages sent from landlines, international mobile numbers and some 'texter' reading, 'mobile' apps. To protect the health of our children from sending messages to us, text 07520 to your number. Messages are charged at your usual rates.

TIPS FOR FAMILIES

Place2Be's
CHILDREN'S MENTAL HEALTH WEEK

1 Encourage journalling

Just like Riley, encourage your older children and young people to express their emotions and thoughts through journalling. It can be less confronting than speaking out loud and is a helpful way to process what is going on.

2 Make space for reflection

When children and young people reflect on their different emotions, it can help them better understand themselves and what they need. Go for a walk, drive, or try some mindful colouring or baking together.

3 Be visual

Use imagery, such as emojis or flashcards to help children and young people recognise and label their feelings.

4 Practice mindfulness

Try mindful activities, and quiet family time, to enjoy being in the present moment. This can help children and young people be aware of their thoughts and emotions and learn a useful new coping technique.

5 Communicate

Feedback is crucial for helping us see our blind spots and gain greater insight. Children and young people are no different. Creating safe and supportive ways to share your own experience with your child can help them understand themselves and their impact on the world around them.

If you're a parent or teacher, you'll find loads of useful advice to help you support the brilliant young people in your lives - from FAQs to downloadable packs. [Here4You.co.uk](https://www.here4you.co.uk)



Happening in school next week...

Monday 10th - Friendship Disco (information on separate page below)

Tuesday 11th - Safer Internet Day.

Friday 14th - Kindness Day. Children are invited to bring a donation for the local foodbank.

World Book Day - Thursday 6th March 2025

For World Book Day this year, our theme will be 'Wonderful Words!'. We will be asking the children to dress up but with a twist - we would like them to come dressed as a word! This might be a word like 'sparkly', 'palaeontologist', or 'juxtapose'. Below are some ideas to get you thinking.

World Book Day will come around quickly after half term, so get your creativity on over the break. We can't wait to see everyone's outfits!





February 14th  your journey to School

Air Pollution and lack of activity are two of the major causes of heart disease in the UK

**Join us on St Valentine's
Friday 14th February**

Love your heart and choose an ACTIVE mode of travel to school that day, or one day that week

160,000 people die prematurely each year due to exposure to air pollution



**British Heart
Foundation**

**air
aware**
Staffordshire

 **Staffordshire
County Council**

DISCO



HOT DOG - DRINK - MUSIC

10 FEBRUARY

CASTLE PRIMARY SCHOOL

3:30 - 4:30

Glitter Tattoos: Hot dog: Sweets

£4.50
per
child



Feb Half Term

2025

BIG BOUNCE

Kids Giant Indoor Inflatable Play Event

SUNDAY 16th FEB - BIDDULPH

MyActive BIDDULPH VALLEY LEISURE CENTRE

Thames Drive, Stoke-On-Trent ST8 7HL

**90 Minutes Unlimited Play on a
Huge Indoor Arena Full of Supervised
Inflatables & Interactive Games**

100% Inflatable FUN

Ideal for Toddlers - 13 year olds

Bouncy Castles - Slides - Free Fall Jump
Obstacle Courses - Sports Games - Rodeo Ride
Under 5's Zone - Speed Game - Disco Dome
Total Wipeout Sweeper Game - nerf guns
Helter Skelter - Wrecking Ball - Bungee



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