

Chisenhale Chatter

Chisenhale Primary School Bow



Learning Together for a Better Future

7/2/20

It has been Children's Mental Health Week and throughout the week we have had assemblies and lessons devoted to this, with the focus of Bravery. Bravery comes in all shapes and sizes and is different for everyone. Bravery can be about sharing worries and asking for help, trying something new or pushing yourself outside your comfort zone. **Finding your Brave** can build your confidence, self-esteem and make you feel good about yourself. Life often throws challenges our way. Bravery isn't about coping alone or holding things in. It's about finding positive ways to deal with things that might be difficult, overcoming physical and mental challenges and looking after yourself. We all have times when we need to **Find Our Brave**. I was touched to be invited to Rowan Class to share their lesson where they thought about all the things we need to 'hold us up'. They wrote words such as cooperation, dignity, teamwork and resilience on the bases of cups and put them together, and then asked me to stand on them to demonstrate the values that keep us strong. Please see the attachment about a film 'Resilience' showing at Rich Mix in March, a documentary about the impact of stress on the brains and bodies of children.

Key Stage 1 went off to use the skills they have been learning in their art lessons, and painted watercolours in Victoria Park on Wednesday, incorporating a seasons walk too. And Mr Leser has welcomed a new baby into the world this week - we wish his new family all the very best.

Sharon Taylor-Sezgin Headteacher

Parent Voice sessions

We will be having our annual Parent Voice sessions next week where we welcome your views on what we are doing well and how we can improve the school with your help.

We will be focussing on our two school priorities of:

- developing a high quality wider curriculum where the skills and knowledge are progressive and the learning is well linked
- improving emotional well-being by creating a whole school ethos which builds on a greater understanding of mental health and mutual respect.

Upcoming events

Friday 7th February – Curry & Quiz Night for parents, friends and neighbours. Gates from 7.30pm, quiz starts 8pm sharp. £5 per person, quiz only, £10 quiz and veggie curry

Tuesday 11th Feb at 9.00am in the schoolhouse. Khalida will be running a parent workshop on 'The nature of thoughts and the story-telling mind.' All parents are most welcome to attend.

Thursday 13th February – 5.30pm in the library and **Friday 14th February 9am** in the library, **Parent Voice session**. Please join us at **either** of these sessions to let us know your views on school life – we very much want to hear your thoughts. Parents not able to attend will be able to email us after the event.

Friday 14th February – from 3.20, Valentine's Day cake sale – to raise money for the school. Bakers and volunteers needed. **We will also be selling recycled school uniform** – help us to make the school more sustainable and save money by re-using school uniform.

Thursday 5th March – World Book Day – start thinking about your costumes now! Class parades in the morning from 9am.

Sunday 16th February – Closing date for Nursery applications. Apply online at www.eadmissions.org.uk