



Jericho Primary School
Windsor Court
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WHITEHAVEN
Cumbria
CA28 6UX

2 February 2024

Sample Parent

Sample Student (Year 1, Samples)

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News Update 2nd Feb 2024

Dear parents and carers,

A busy week in school with a few reminders and celebrations to ease us into the weekend.

Some wonderful **Golden work** this week. So much to celebrate we are running out of stickers!

Carrie y3 for beautiful colour-matching

Louie and Connie in y1 for wonderful sentence construction.

Esther in Reception for fabulous independent writing

Zach in y6 for superb science!

Hendrix, Sam, Oliver, Evelyn, Zara, Myles 6W – fantastic use of emotive language in a speech! Wow!

Ethan 1H – super RE writing

Luca, Ted and Joey-Y1- Wonderful friendship work in RE

Ezra and Mila in Reception for fabulous independent sentence writing

Betsy Gregg Y5 wonderful emotive poetry

Mental Health week- 5th-9th February— This February 5th to 11th (9th in school) is **Children's Mental Health Week 2024**. The theme is 'Your Voice Matters'. We will have a whole school-themed assembly to introduce the week on Monday, children will be completing different activities in class and the week will end with a **dress-up day on Friday 9th February** to 'Express Yourself!'. This doesn't mean purchasing anything special to wear on Friday! Just wearing whatever you would like to express yourself! It may be a favourite jumper or spotty leggings! It may be your very favourite multi-coloured socks! It's an opportunity to celebrate being you!

The mental health charity Place2Be has produced a helpful guide to talking to your child about their Mental Health. It has been written for primary-aged children, by children. We have attached this so why not share it this week with your child?

Please find attached our new **wellbeing newsletter** for the Spring Term from Mrs Hayes! We aim to send this out termly with hints and tips to support everyone.

Car Parking in the Community: We have received a number of calls over parking, and safety and members of the community now filming people parking. Our issues can be resolved if people stop and think and act safely. I have a meeting this week with Highways and met the police last week. We are working together to look at solutions however we need everyone to play their part. Please act

responsibly and safely.

Next week is **Safer Internet Week** in School. Children will be undertaking activities and learning in assemblies about 'Inspiring change? Making a difference, managing influence and navigating change online. Please follow the link which contains some useful information on internet safety <https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2024/parents-and-carers>

Uniform and Make-Up: Just a quick reminder that we do have a full school and pe uniform in school. Details are in our school policy and on our website - please take a look [here](#). Some of the children, both younger and older, have been wearing make-up recently to school. A gentle reminder - this is not appropriate in school.

Save the Dates:

25th Jan- Art of Brilliance Gala for (happiness Ninja's only)

WC 5th Feb- IEP review meetings

5th Feb - Safer Internet Week in School

7th Feb – Year 3 trip to Rock Museum – Keswick

8th Feb – 3 trip to Rock Museum – Keswick

8th Feb – Year 2 – Trip to the Lake District Wildlife Park

Friday 9th Feb - School finishes for half term

26th Feb – 8th Feb – Year 6 Swimming each afternoon.

27th Feb – Shakespeare at school performance Keswick Theatre

7th March – World Book Day in school

21st March – Year 4 Viking Day in school

22nd March Class photos in school

26th March – Nursery Trip to Muncaster Castle

27th and 28th March – Year 5 Tree Planting

28th March – School Closes for Easter Holidays.

13th May – all Week – KEY STAGE TWO SATS

Residentials

Year 3 Blencathra – 20th May – 21st May

Year 4 – Hawse end – 3rd June – 5th June

Year 5 – York – 13th May – 16th May

Year 6 – London – 24th June – 27th June



Jericho Primary School

Wellbeing Newsletter Spring 2024

Hello and welcome to our Spring Term! Lighter, brighter and warmer days ARE coming!

This is our first new Wellbeing Newsletter of the year.

The aim of this newsletter is to give practical tips and information on what we currently do and what we are introducing in school to promote and support our Children's Mental Health and wellbeing. We will be writing to you each term to keep you updated with what our plans are in school.

In school who looks after my child's mental health?

We ALL do!

This is the easy answer- all staff are trained in safeguarding and spotting any problems and issues and reporting them to the correct adult however, we do have a team of people who lead on certain areas:

Mrs Laura Ball- SENDCo

Mrs Penny Leck- Safeguarding (Designated Safeguarding Lead)

Mrs Clare Hayes- Senior Mental Health and Wellbeing Lead.



What can I do to help my child outside of school?

From time to time, children can experience 'dips' in mood and mental wellbeing. It could be that there is an obvious reason for this for example a family bereavement, an argument with a friend or a worry about work and expectation in school. Sometimes, however it takes a lot longer and a lot more investigation to find out why a child is suffering with a mental health issue.

At Jericho, we pride ourselves on knowing all the children very well. Sometimes if there is an issue or something bothering a child, however minor it may seem, please let your child's teacher know as it may be affecting their mood and wellbeing in class. [If we know, we can help!](#)

What are we doing in school to inform children about how to help their own mental health?

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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?