

WEEKLY

Bulletin Board



This week has been Children's Mental Health Week

On Monday the children and young people learnt about Zones of Regulation, Yellow- worried, silly, confused and surprised, Red - angry, scared, cross, annoyed, Blue - sad, tired, bored, sick and Green - happy, focused, OK and calm.

On Tuesday the children and young people learnt about anxiety and worries. They could use the worry monster they received on Monday.

On Wednesday the children and Young people looked at anger and how to cope with this emotion.

On Thursday the children and young people looked at sadness, what makes them sad and how to lift their spirits.

On Friday the children and young people looked at happiness, gratitude and positive things about themselves.

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Do you have Down syndrome?

(also referred to as Down's syndrome)

Join our group for people with
Down syndrome, who want
to change services in
Staffordshire and
Stoke-on-Trent.

By joining this group,
you could influence
and improve Health,
Social Care, Housing
and Employment
services for people
with Down syndrome.



Ed Daly, Co-Chair of the Staffordshire and
Stoke-on-Trent Down syndrome Forum.

Email ssotics.comms@staffsstoke.icb.nhs.uk
for more information and to join this group.



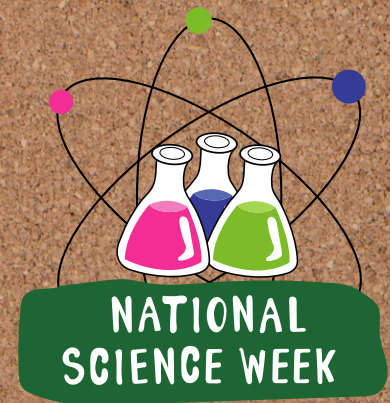
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Key Dates



- 12th February - Parents' Evening
- 14th February - Valentine's Disco
- 17th-21st February - Half Term
- 24th February - Pupils return
- 6th March - World Book Day
- 10-14th March - British Science Week
- 17-21st March - Careers Week
- 14-25th April - Easter Holiday
- 28th April - INSET day
- 29th April - Pupils return to school.



EVIDENCE FOR LEARNING

Please check Evidence for Learning to see what your child has been up to this week. Instructions on how to access this are in the back of the home school diaries.

