



# SMITHDOWN PRIMARY SCHOOL

Headteacher: Mr P. Horne

0151 709 6229

Together We Grow

03.02.20

## Message from the Head Teacher

Today, children across the school have been taking part in Yoga lessons, aimed at developing their flexibility and strength, as well as their concentration and a sense of calmness and relaxation. This is part of our whole school strategy that recognises the equal importance of physical and mental health and the impact both can have on our children's achievements.

If you have any questions or concerns, please do not hesitate to ask class teachers or our mental health first aiders.

## The Five Ways to Wellbeing

Often, life events that are outside our control can damage our mental health, and this is made worse if we feel powerless to do anything about them.

One of the ways we can re-gain a sense of control and nourish our mental health is to remember '*the five ways to wellbeing*' which have been found in research to improve mental wellbeing in children and adults.

**connect**

Discover ways to re-connect with your family, friends and community.

**notice**

Take notice! Pay attention to yourself and what is around you.

**be active**

Simple ways to get moving in everyday life.

**give**

Do something kind to boost your happiness.

**learn**

Learning something new gives a strong feeling of achievement.

## ATTENDANCE NEWS

### SPRING TERM

Nursery A: 97%

Nursery B: 89%

RLMc: 91%

RAG: 95%

Year 1 RMc: 98%

Year 1LK: 92%

Year 2GH: 91%

Year 2 TD: 97%

Year 3 LA: 96%

Year 3 CP: 97%

Year 4 NM:94%

Year 4 BK: 96%

Year 5: 98%

Year 6: 97%

**Well Done to this weeks winners 1RMc and Year 5 with 98% attendance.**

**School starts at 8.55am**

**Children can come into school from 8.45am and should be in class by 8.55am.**

**Nursery opens at 9.00am and closes and 3.10pm.**

## Dates for your diary:

### FEBRUARY

3rd—Start of Mental Health and Well Being Week.

3rd— Yoga and Meditation sessions for all children.

3rd—KS2 Everyday Maths Parent Workshop, 2.30pm.

3rd—2GH visiting Liverpool maritime Museum.

3rd—School Council visiting Liverpool Town Hall for Holocaust Memorial Commemoration.

5th—1LK visiting Church Farm.

6th—1RMc visiting Church Farm.

6th—Y3 Stone Age Workshops.

7th—Y3 and Y4 Athletics meeting.

10th—KS2 Intra-school competition.

11th—Y5 and Y6 Futsal tournament.

14th—Reception classes Valentine's story time.

17th to 21st—Half Term Break (1 Week)

26th/27th—Reception classes visiting Pizza Express.

### MARCH

4th—Year 3 Lacrosse taster day.

5th—Y6 Boys Football Tournament

11th—Year 3 Lacrosse taster day.

11th to 13th—Y6 Residential Trip to Conover Hall.

23rd—Y5 visit to Liverpool Anglican Cathedral.

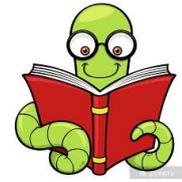
26th March—B Tales Easter Production.

## Family Library Sessions

Monday 3rd February —Reception

Thursday 6th February—KS2

Thursday 13th February—KS1



Reception Children had a fabulous time visiting **Liverpool Central Library**. They were able to enjoy listening to stories as well as exploring inside the library and viewing the city from it's roof top.

Thank you to all the parents who came along and also signed up for library membership. Remember—library membership is free.

A visit to the library can be a great, free trip out and books can be borrowed for 3 weeks at a time.

## Survey of Parent/Carer Views

You will have received a link on your phone today for our parent / carer survey.



We are very proud of the opportunities we offer your children and the care and education they receive. However, we appreciate your feedback so we can ensure this continues.

Please click in the link to complete on your phone or type the link below into your web browser.

<https://www.surveymonkey.co.uk/r/ZLZ8C2V>



## Tuesday 11th February is International Safer Internet

Your child will be taking part in activities in school, but you can also find activities to do at home by visiting the website: [www.saferinternet.org.uk/safer-internet-day/2020](http://www.saferinternet.org.uk/safer-internet-day/2020)

