

BISHOPS DOWN PRIMARY AND NURSERY SCHOOL

"NO ACT OF KINDNESS, NO MATTER HOW SMALL, IS EVER WASTED." - AESOP

2nd February 2024



BISHOPS DOWN
PRIMARY SCHOOL

Children's Mental Health Week



Next week is Children's Mental Health Week. This year's theme is 'My Voice Matters'. This theme is about empowering young people by equipping them with tools to express themselves and look after their mental health and wellbeing. As part of this, the children will be thinking about what matters to them in their day to day life, and in the wider world during their PSHE lessons.

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. To find out more, visit [Place2Be: Parenting Smart: Articles](#)

Talking about worries or problems your child has can help them feel better. Sometimes they find this easier to do with an activity or book to help them speak about their feelings. Did you know that reading for at least 10 minutes every day is great for your child's happiness, wellbeing and, of course, for improving their reading and writing. Making time to regularly read with your children can help them to:

- Relax and unwind,
- Escape from the pressures of life,
- Improve memory, concentration and focus.

Five suggestions of wellness picture books for children to read:

- Happy, Sad, Feeling Glad – Yasmin Ismail (Hachette Children's Group)
- Ruby's Worry – Tom Percival (Bloomsbury)
- Me and My Fear – Francesca Sanna (Flying Eye Books)
- Mum's Jumper – Jayde Perkin (Book Island Limited)
- All About Feelings – Felicity Brooks and Frankie Allen (Usborne Publishing Ltd)

World Thinking Day—22nd February 2024

As in previous years, we will be supporting 'World Thinking Day' on Wednesday 22nd February. This is a special day within Guiding and Scouting where we think about WWAGGS (World Wide Association of Girl Guides and Girl Scouts) and commemorate Lord and Lady Baden Powells' birthdays. If your child is a Rainbow, Brownie or Guide, Scout, Cub, Beaver or Squirrel, they can wear their uniform to school on this day. **All other children are to wear school uniform as usual.** Thank you.

KEY DATES

- 5th—11th Feb—Children's Mental Health Week
- 6th Feb—Safer Internet Day
- 9th Feb: PSA event—Wear What You Love day
- 12th—16th Feb—Half Term
- 6th March—Year 4 Class Assembly—parents invited—9.15am
- 7th March—World Book Day
- 8th March—Topic enrichment Day for Year 2
- 11th—15th March—Science Week
- 19th March—Year 4 Class Trip
- 20th March—Topic enrichment Day for Year 3
- 20th March—Topic enrichment Day for Year 1
- 22nd March—Year 2 Class Assembly—parents invited—9.15am

LEARNING LEGENDS

At Bishops Down, we love to celebrate success. Every Friday, each teacher selects a child from their class to be their Learning Legend! This means that they have demonstrated one of our school values through their learning that week. Well done to all our learning legends!

Friday 2nd February

- Freddie
- Teddy
- Sophie
- Adam R
- Archie
- Oisín



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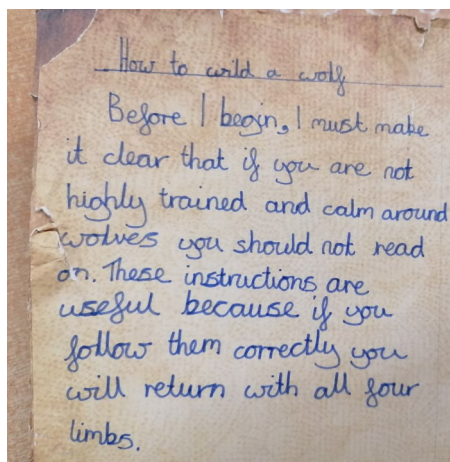
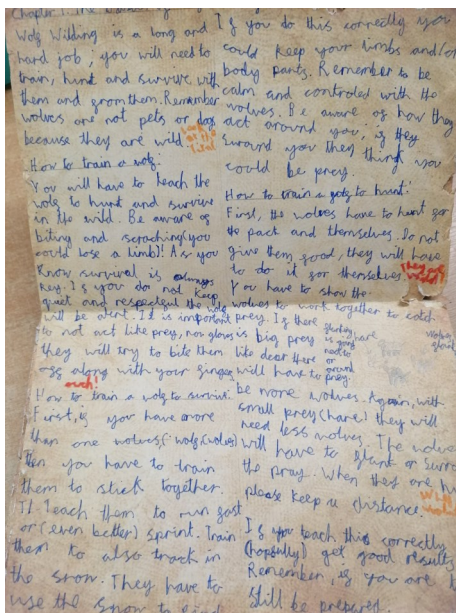
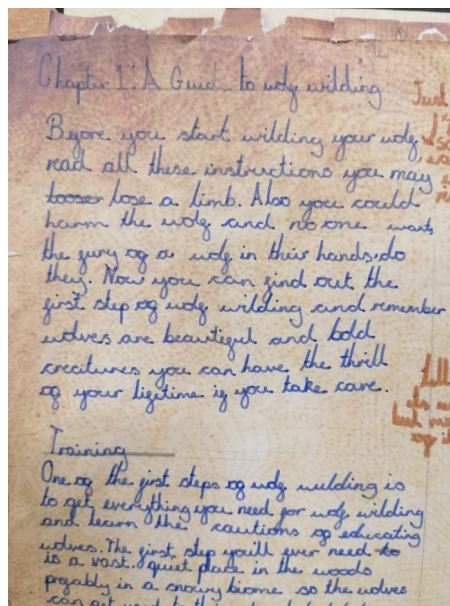


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School Lunches—Please don't forget to order and pay for your child's school lunches (YN & Y3-6) in **advance** on Gateway. There has been an increasing number of children expecting school lunch but who have not been booked in for it over the last few weeks, which unfortunately increases admin in the office and kitchen. Thank you

Learning spotlight

Year 6's vehicle text this term is 'Wolf Wilding' by Katherine Rundell. This brilliant, icy adventure tells the story of Feodora, a wolf wilder, who lives in deepest, darkest Russia. Feodora, or Feo, and her mother, Marina, are "wolf wilders" – they find wolves that were once the pets of the St Petersburg elite, and, in the snowy Russian forest, teach them how to be wolf again. Year 6 have been writing instructions, explaining how to 'wild' a wolf. These instructions have been published beautifully by the children into a book, 'A Guide to Wolf Wilding'. Amazing writing Year 6!



Mislaid a school letter? Did you know you can view most letters sent home on the school website – here is the link:

<https://www.bishopsdownprimary.org/recent-letters-sent-home>