



SLINGSBY C.P. SCHOOL NEWSLETTER Thursday 4th February 2021

Slingsby C.P. School
The Green
Slingsby
North Yorkshire
YO62 4AA
(01653) 628370

Acting Head Teacher:
Mr L Smith
BA HONS QTS

School News

- This week is Children’s Mental Health week. The mental health of our children is always a top priority here at Slingsby School and non-more so than now. Mental health and wellbeing is incorporated into daily life in class and we always encourage the children to talk about how they are feeling as well as allowing time for meditation, mindfulness drawing and yoga. We are sorry that we are not all together in school at the moment but we hope that all our children feel they can reach out to their teachers if they are struggling either by letting them know in school, or if at home then on their weekly ‘phone call or by sending an email. This week’s campaign is run by the Place2Be Charity with the theme “Express Yourself”. To access the resources and to hear HRH The Duchess of Cambridge’s video message, go to <https://www.childrensmentalhealthweek.org.uk/> and click on the Parents and Carers tab.
- We hope that everyone at home has now received their CGP educational guide packs, which are a great resource to support the learning at home – and invaluable to anyone unsure what a preposition, adverbial or determiner is! We do not expect the booklets to be completed or returned to school, but we encourage you to use them alongside the daily schoolwork. We hope they will be a useful reference point, especially in relation to the minefield that is SPAG!
- The lateral flow testing is going well with all staff in school undertaking tests twice a week.
- Mr Smith has undertaken part two of the new RSE curriculum training this week.



World Book Day – 4th March

For World Book Day this year, we would really like it if children could send in a photograph of themselves reading or holding their favourite book along with a sentence or two about why they would recommend the book to their friends: older children may even want to write/video record a review. Mrs Jordan will then put together a ‘Recommended Read’ list to share with everyone! If you’re feeling creative, you could also have a go at making a model of your favourite book character out of recycled materials, playdough or modelling clay? Or you could simply paint or draw the character or even build it out of Lego! Please can you upload your book recommendations and photographs to Class Dojo entitled World Book Day by 4th March. Please see attached this year’s digital book token.



Track and Trace in half term

Please note that although school will not be open during the half term week, Mr Smith, Miss Hope and Mrs Massey will be on call for the purposes of Track and Trace. If anyone attending school becomes symptomatic and/or tests positive at any point during half term, please email admin@slingsby.n-yorks.sch.uk immediately to enable us to take the appropriate steps to notify the relevant parties in line with government guidance.



Parent Pay

For those children in school in Years 3-6, lunches are being charged to Parent Pay in the usual way (unless you are entitled to free school meals) so please remember to keep your account in credit. Many thanks.



**PLEASE BE REMINDED THAT WE ARE A NUT-FREE SCHOOL.
WE KINDLY REQUEST NO NUTS OR NUT DERIVATIVES ARE BROUGHT INTO SCHOOL IN PACKED LUNCHES OR AS SNACKS. THANK YOU FOR YOUR UNDERSTANDING.**

Young Minds Helpline

For any young people struggling with the impact of coronavirus or self- isolation, the Young Minds charity has a Parent Helpline open Mon - Fri 9am to 4pm 0808 802 5544.



5 tips for how you can improve your children's wellbeing

Step 1: "Teach them to be themselves" - Helping children to realise their strengths is a great way to build their confidence. Encourage children to notice and appreciate their own strengths, and those of others too.

Step 2: "Be grateful"- Help children to bring attention to what's working well in their life by developing gratitude skills. To develop these skills, you can use techniques such as starting a gratitude journal or have a gratitude list discussion at breakfast/dinner.

Step 3: "Help them be more mindful"- A way in which we can help our children develop these skills is drawing for 10 minutes. Simply set a timer for 15 minutes and ask your child to draw something they can see. This activity isn't about what the child decides to draw, it's about whether they are able to focus on the activity and bring their attention back if they get distracted.

Step 4: "Be kind" - There are thousands of ways children and adults can show kindness every day, it can be fun to sometimes turn these small acts into every day rituals.

Step 5: "Teach them the importance of resilience" - One way to build resilience in children is to help them develop a growth mindset. Children with a strong mindset are more likely to try again when they fail, and also to attempt to learn how they can improve.



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We are all guided by the Slingsby Values for Life: Respect, Honesty, Resilience, Expectations and Caring for Others