



HEATHFIELD SCHOOLS' PARTNERSHIP

5th February 2021

NEWSPLETTER

Children's Mental Health Week - Express Yourself

This week, throughout our school community, we have been taking part in activities to promote good mental health. The children have explored different ways of expressing themselves and sharing their thoughts and feelings. They have completed various creative activities, taken part in *The Big Sing* and worn their own clothes for *Dress to Impress* Mufti Day. Both staff and children, in school and at home, have taken part in relaxation sessions learning calming and mindfulness techniques.



Creative activities from Nursery children



The Big Sing: Lovely Day with Mr Speck



Cosmic Yoga in Year 1



Dress to Impress



Relaxation Sessions in Nursery and Year 3

Relax Kids Free Resources

Relax Kids have produced a calm pack which contains exercises and activities for the whole family to help manage worries and anxieties. They have also produced a home journal to help children stay positive during lockdown:



<https://www.relaxkids.com/calm-pack>

<https://www.relaxkids.com/homejournal>

100 Minutes for Captain Sir Tom Moore

We would like to commemorate Captain Sir Tom Moore's achievement in raising money for the NHS and helping people feel hope during these difficult times, by encouraging our children to complete 100 minutes of walking (or any form of exercise) to represent Sir Tom's 100 laps. If you would like to share your photos or videos, please email:

mrwatsonhomelearning@heathfield-jun.richmond.sch.uk



Helping Children Get a Better Night's Sleep

The Children's Wellbeing Service are aware that many parents are struggling with their children's sleep during lockdown and have produced four videos all about how parents can support their children to get a better night's sleep. The videos are all relatively short (between 7 to 12 minutes long), and are all live on YouTube – links below. Parts 1 – 3 are for the parents of primary school aged children and Part 4 is about supporting adolescents with sleep.

Part 1 link - <https://youtu.be/Xm3-tMDymtA>

Part 2 link - https://youtu.be/_jtiInFlxgU

Part 3 link - <https://youtu.be/9U8SCHI272w>

Part 4 link - <https://youtu.be/0KJNTNuu0J0>



50/50 Club

The winning numbers from February's draw are as follows:

Number 7 – 1st place Number 26 – 2nd place Number 6 – 3rd place

There are two draws in March and it is just £7 for the rest of the year. Please contact the PTA on hsfpta@gmail.com if you would like to join.

50/50 Club

Free Mental Health Awareness Workshops

Following on from the success of their January workshops, Richmond Borough Mind are running several more online workshops in February and March. Click on a link below to book a place (additional courses are listed on the website):

<https://www.eventbrite.co.uk/e/parents-workshop-1-mental-health-awareness-for-parents-tickets-126807766443>

<https://www.eventbrite.co.uk/e/parents-workshop-2-supporting-mental-health-difficulties-in-children-tickets-126811497603>

<https://www.eventbrite.co.uk/e/parents-carers-navigating-childrens-services-mental-health-tickets-136852015061>

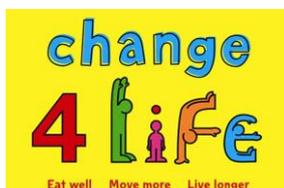


Express Yourself – RHS

To mark Children's Mental Health Week and this year's *Express Yourself* theme, the RHS Campaign for School Gardening has collated some of their favourite activities designed to help support the wellbeing and self-expression of young people. The activities include making a wind chime, drawing a sound map and creating art using natural products: <https://schoolgardening.rhs.org.uk/resources>



Change4Life Lunchtime Ideas



Change4Life have created a series of simple, delicious recipes and shopping lists for families which can be used to create lunches for around £15 a week. Please visit the link below for further information:

<https://www.nhs.uk/change4life/recipes/lunch/cheap-lockdown-lunch-ideas>