



A message from Mrs Robinson

Dear Families,
This week in our values assembly, we talked about our Culture of Kindness at Haxby Road. You might be interested to watch this video called "Kindness Boomerang" and talk about the difference small acts of kindness you see.

<https://www.youtube.com/watch?v=nwAYpLVyeFU>

Our weekly newsletter now features the new 'pupil voice' section. Each week a pupil from school will talk about what they have been learning in school and what they have enjoyed. We look forward to you being able to see what is going on in school, as told by the children.

Have a lovely weekend Mrs Robinson



Dates for your calendar

Monday 5th-9th February Mental Health Week the children will be taking part in a range of activities.

Friday 8th February Dress To Express non-uniform day

Week beginning 26th February Parent Consultation Week

Thursday 7th March World Book Day: more information following soon.



PUPIL VOICE

DRESS TO EXPRESS!

Ella Year 2
" In Year 2 this week, we have been reading 'Lila and the secret rain' by David Conway and Jude Daly. We have been learning the features of persuasive writing and have produced a letter to persuade the sun to stop shining and to bring the rain. In Science, we are learning about materials and we are going to make Lila a raincoat, in case it does rain! We have been making predictions and carried out an experiment to test our ideas. We have had a really exciting week in school."

Ebor Pupil Parliament and Mental Health

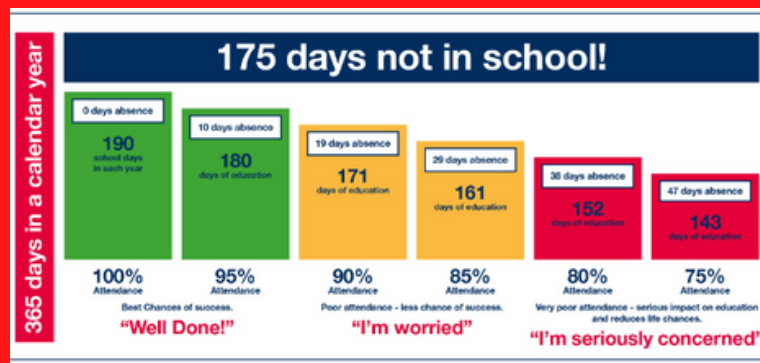
This year our Ebor Pupil Parliament is working together to focus on **Equality, Diversity and Inclusion**. Our school councillors and members of the Trust Parliament are currently conducting an audit on the schools' current provision, teaching and resources in this area. As part of their audit, they would like to focus on Mental Health next week. The children would like everyone to come to school on Friday 9th February in non uniform that express who they are.

You could wear your favourite colour or a unique outfit to express how you're feeling, it can be as simple or elaborate as you like! Dress to Express is an opportunity for self-expression and celebrating a diverse range of emotions

Our School Target is 97% National Figure 96%

This week our whole school attendance was: 93.35 %

- Jubbergate: 88.38%
- Ousegate: 90.80%
- Fishergate: 93.57 %
- Whip-Ma-Whop-Ma-Gate: 95.93%
- Gillygate: 94.64%
- Fossgate: 93.33%
- Micklegate: 92.50%
- Stonegate: 96.92%



School Attendance

The winning class is Stonegate Well Done!



You're never too young to talk mental health

An introduction from our Patron,
HRH The Duchess of Cambridge

// As parents, we all want our children to have the best possible start in life. Encouraging children to understand and be open about their feelings can give them the skills to cope with the ups and downs that life will throw at them as they grow up.

It's important that our children understand that emotions are normal, and that they have the confidence to ask for help if they are struggling.

This is why I am proud to support the *You're never too young to talk mental health* campaign by the Anna Freud National Centre for Children and Families, which is being rolled out across primary schools this autumn.

The campaign's resources are excellent tools to support parents. They demonstrate how we can help children express their feelings, respond appropriately, and prevent small problems from snowballing into bigger ones.



What is mental health?

★ **We all have mental health.** Mental health is about our feelings, our thinking, our emotions and our moods. Looking after our mental health is important.

★ **We all have small feelings every day:** These sometimes feel strong and overwhelming, whether happy or sad, but they go away before too long.

★ **Sometimes we experience big feelings:** These feel strong and overwhelming for a long time. They stop us doing what we want to in our lives.



1 Make conversations about mental health a normal part of life: Anywhere is a good place to talk; in the car, walking the dog or cooking together. Model everyday talk about feelings such as by talking about a TV character's feelings.



2 Give your full attention: We all know it's horrible to be half listened to. Keep eye contact, focus on the child and ignore distractions.

3 Check your body language: Try to keep it open and relaxed and make sure you come down to the child's level.

4 Take it seriously: Don't downplay what the child is saying or tell them they're "just being silly". Resist the urge to reassure them that everything is fine.

5 Ask open questions: Such as "How did your day go today?" This will help to extend the conversation.



6 Calmly stay with the feelings that arise: It can be our automatic reaction to steer away from difficult emotions.

7 Offer empathy rather than solutions: Show that you accept what they are telling you but don't try to solve the problem.

8 Remember we are all different: Respect and value the child's feelings, even though they may be different to yours.

9 Look for clues about feelings: Listen to the child's words, tone of voice and body language.

10 Some ways to start a conversation about feelings might be:

- "How are you feeling at the moment?"
- "You don't seem your usual self. Do you want to talk about it?"
- "Do you fancy a chat?"
- "I'm happy to listen if you need a chat."

