



Excellence, Confidence, Compassion, Happiness

Personal Responsibility, Social Responsibility, Environmental Responsibility

Children's mental health week

In assembly and classes this week we have been talking about ways we can support our mental health. The theme for this year's Children's Mental Health week is: 'Know Yourself, Grow Yourself'. Linking to the film Inside Out, we have been thinking about the range of emotions we all have and that each one is important. It is OK to feel sadness; we know that joy is still there inside us too. There are lots of great resources in this link, which you may want to look at together at home. [Families - Children's Mental Health Week](#)



Judo:

Children in Years 1-6 learned the basic skills of Judo this week. The children fully engaged and embodied our school values showing respect to each other's bodies and listening attentively to instructions. Everyone thoroughly enjoyed learning how to fall and the importance of focus and balance, whilst they completed their sessions in the Do Jo!



Therapy Dog:

We are very excited to welcome Noodle the labradoodle therapy dog will be coming into school to work with small groups of children. Noodle will be based in the Nurture Room but children may see him coming and going. They are very welcome to say hello and give him a fuss.



What's happening next?

11.02.25 – Year 5 trip to the water treatment centre

11.02.25 – Safer Internet Day

12.02.25 – Cross country final (specific children – information to follow)

13.02.25 – Whole School Open Classrooms (parents welcome)

13.02.25 – Young Voices @ Sheffield Arena

14.02.25 - School closed for Staff Training

17.02.25 – School Closed for half term. Opens 24.02.25

27.02.15 -Nursery open day for prospective parents: 10-11.30, 1.15-2.45 and 4.30-6pm

28.02.25 – Year 4 Class Assembly 9am (parents welcome)

03.03.25 – Year 5 sport at Horsforth High 3.30pm

05.03.25 – Parent's evening for Nursery to Year 5 (booking details will be sent)

06.03.25 – Whole school focus - World Book Day

06.03.25 - Parent's evening for Nursery to Year 5 (booking details will be sent)

07.03.25 – PTA book donation

12.03.25 – Year 4 trip to Leeds Art Gallery

13.3.25 – Year 2 Virtual Aquarium

17.03.25 – Year 6 sport at Horsforth High