



We try to build good mental health in our children by teaching and supporting them to:

- Build positive relationships
- Enjoy learning and trying new things
- Cope with challenges and setbacks
- Develop confidence and self-esteem

Parents and carers play a vital role in supporting children's mental health. Here are some simple ways you can help:

Encourage Open Conversations

- Ask your child about their day and listen without judgement
- Let them know all feelings are valid

Build Emotional Vocabulary

- Help your child name their feelings (e.g. "happy", "worried", "frustrated")
- Use books or stories to talk about emotions

Prioritise Routine and Rest

- Maintain regular sleep, meal and homework routines
- Ensure your child gets enough rest and downtime

Promote Play and Creativity

- Encourage outdoor play, hobbies and creative activities
- Limit excessive screen time where possible

Model Positive Behaviour

- Show how you manage your own feelings
- Talk openly about coping strategies like breathing or taking breaks

It is normal for children to have ups and downs, but if you notice ongoing changes such as withdrawal from activities they usually enjoy, frequent anxiety or low mood or changes in eating or sleeping habits then please don't hesitate to speak to your child's class teacher or contact us. We are here to help and can signpost additional support if needed.

Finally, I want to say a huge well done to our Year 6 children. They did brilliantly during their SATs and they make me very proud. They are currently having a well deserved reward at Harry Potter Studios, I will include some pictures in next week's newsletter.

Have a wonderful weekend all.

Yours sincerely



Mr Brewis  
Headteacher

<b>Dates for the Diary</b>	
<b>Monday 18<sup>th</sup> May</b>	<b>Big Draw Event (all day)</b>
<b>Tuesday 19<sup>th</sup> May</b>	<b>Information Meeting for Parents/Carers Year 4 Phasels Wood Visit (time TBC)</b>
<b>Friday 22<sup>nd</sup> May</b>	<b>75<sup>th</sup> Anniversary Celebrations Proms in the Playground and Community Afternoon</b>
<b>Monday 25<sup>th</sup> – Friday 29<sup>th</sup> May</b>	<b>Half Term (School Closed)</b>
<b>Monday 1<sup>st</sup> June – Friday 5<sup>th</sup> June</b>	<b>Year 6 Residential Trip to Isle of Wight</b>
<b>Monday 8<sup>th</sup> June - Tuesday 9<sup>th</sup> June</b>	<b>Year 4 Overnight Residential at Phasels Wood</b>
<b>Tuesday 9<sup>th</sup> June</b>	<b>Year 2 Visit to the St Albans Islamic Centre</b>
<b>Friday 12<sup>th</sup> June</b>	<b>FoSW Summer Disco Reception/KS1 Disco (4.00-5.00pm) KS2 Disco (5.15-6.15 pm)</b>
<b>Monday 15<sup>th</sup> June – Friday 26<sup>th</sup> June</b>	<b>Year 2 Swimming at Hatfield Swim Centre</b>
<b>Tuesday 23<sup>rd</sup> June</b>	<b>Elm and Willow Visit to Whipsnade Zoo</b>
<b>Wednesday 24<sup>th</sup> June</b>	<b>NSPCC Workshops</b>
<b>Friday 26<sup>th</sup> June</b>	<b>INSET Day (School Closed)</b>
<b>Monday 29<sup>th</sup> June – Friday 3<sup>rd</sup> July</b>	<b>Year 6 Bikeability</b>
<b>Tuesday 6<sup>th</sup> July</b>	<b>Year 5 Maths Enrichment Day at St George's School</b>
<b>Thursday 9<sup>th</sup> July</b>	<b>Move Up Day and Year 6 Secondary Transfer Day</b>
<b>Friday 10<sup>th</sup> July</b>	<b>Sports Day (pm) FoSW Colour Run (after school)</b>
<b>Thursday 16<sup>th</sup> July</b>	<b>Year 6 End of Year Celebration at Roller City, Campus West</b>
<b>Tuesday 21<sup>st</sup> July</b>	<b>End Summer Term Finish at 1.30pm</b>
<b>Wednesday 22<sup>nd</sup> July</b>	<b>INSET Day – School Closed</b>
<b>Thursday 23<sup>rd</sup> July</b>	<b>INSET Day – School Closed</b>



We have a school Amazon wish list [https://amzn.eu/04hNqyIR\\_](https://amzn.eu/04hNqyIR_) and we would be most grateful if you are able to purchase something from the list for the school - this gift would be most appreciated.

**PLEASE REMEMBER TO LET THE SCHOOL OFFICE KNOW IF THERE ARE ANY CHANGES TO YOUR PERSONAL DETAILS SO THAT WE HAVE THE CORRECT TELEPHONE NUMBERS FOR AN EMERGENCY. (INCLUDING YOUR SECOND CONTACTS)**

