



Henleaze Infant School

'Be kind, be curious, be you'

9th February 2024 Bulletin

Headteacher update:

It has been Children's Mental Health Week this week.

It has been reported by the NHS that one in five children and young people had a probable mental disorder in 2023. Mentally Healthy schools estimate that more than one in 10 primary school children aged **five to 10** has an identifiable mental health condition. This scary reality means that parents and schools need to ensure they have enough in their 'toolkit' to support children.

For day-to-day well-being there are many simple strategies that can be shared with children that they can then draw upon when they are finding things difficult. In school we either use 'mountain breathing' or 'belly breathing' or encourage tapping into your 5 senses for a short time to focus what you can taste, smell, hear, see and feel at that time. At home you can also use technology as a tool. the Smiling Mind app has mindfulness resources for adults and children. For a screen free option, Yoto Players also have meditation stories.

Helping your child to develop their Social Emotional Mental Health-supporting social emotional skills development will also benefit their overall well-being. These skills help children develop their resilience and manage their thoughts, feelings and behaviour. Supporting your child at home through emotion coaching is a positive way to help them develop these skills and support their mental health. Our school website has a range of resources and support guides including [a](#)

Coming up:

Thursday 22nd Feb-100 Day
Friday 23rd Feb 9:00-Open Morning
Tuesday 26th & Thursday 28th Feb-Parents' Evenings
Weds 6th March-Word Book Day celebrations

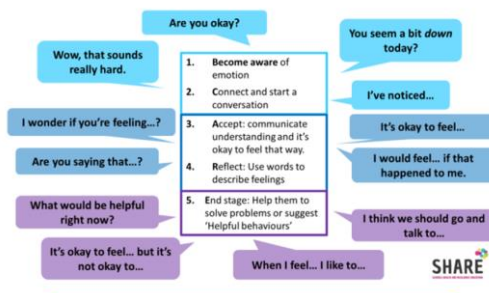
[Click below for the school calendar](#)



Buttercup Class: Fern
Daisy Class: James
Daffodil Class: Bella
Bluebell Class: Toby
Cherry Class: William
Maple Class: Sophie
Sycamore Class: Tom

Class of the Week: Bluebell Class for great cooperation and huge dedication to their rainbow Challenges!

[parent guide to emotion coaching](#), [recognising and responding to anxiety](#) as well as some Sirona (school nurse team) videos, webinars and links to parenting courses you may find useful. take a look at our '[Supporting your child at home](#)' page under 'School Life'.



I hope that you find the resources useful and that you all find some time to rest ready for the new term.

Thank-you for your continued support.

Best wishes,

Gemma Fricker

Photos and information about what has been happening in classes, the learning plans as well as important messages from teachers are all found in the class blogs ([click below](#))



Curriculum Update: Computing: Internet safety Day Safer Internet Day

On Tuesday this week we celebrated Safer Internet Day in school. We had an assembly to launch the day and each year group then had follow up activities to discuss staying safe online in more detail. Throughout the school one of the key messages was to **ask a trusted adult for help** if there was anything we were unsure about or anything that made us feel worried online.



Another great week of children 'reading for the stars!'

Congratulations everyone!



An ENORMOUS thank you to everyone who volunteered on Friday night. The winter disco was a huge success raising in the region of **£1800** for the school! Thanks to you, the committee were really well supported in ensuring that everyone had a fantastic night.
Lou, Katie, Josie, Jules, Anna and Lucy

Can you help with May Fair?

One of the biggest fundraisers for both schools is coming on May 18th! We are currently looking for parents, grandparents or friends to help. We are particularly looking for help with the organisation of the bar and sourcing and organising food for the day. If you can't come on the day we also really need volunteers in the days before to help sort donations. Please get in touch if you can help in anyway! fhisinfo@gmail.com

Thanks! Happy half term!

In KS1 we focused on what '**private**' means and what information should be kept to ourselves.

This is the perfect opportunity to have follow up conversations at home with your child around online safety. You could visit the [parent page](#) on our school website or the [kids page](#) to get ideas for how to support this important learning at home.



The final instalment of the Online Safety Parent information including emails 6,7 and 8 **exploitation, screen time and useful resources** is attached.

PE: Celebrating achievements from outside school

Here at Henleaze Infant School, we LOVE celebrating our wonderful pupils. We are very aware that so many amazing things happen outside of school and we want to include them in our celebrations. We are going to create a sports board so that we can display all of the wonderful out-of-school sporting achievements made by our pupils. This could be dance exams, martial arts, football achievements- the list is endless!

If you have achieved something that you would love to share, please email a photo and a little description to the school office so we can get you on our board of success and celebrate in our Friday assembly.

Miss Evans, PE Lead

Important Messages:

Maddie

Click [here](#) for more news on the FHIS webpage:

Public Health Information on measles for parents is attached.

Families in Focus Bulletin-Half Term activities is available through our school website. Linked [here](#).

Bristol Family Blog

A blog dedicated to sharing ideas of things to do and resources for Bristol families. I publish a what's on guide every school holiday.

Our February Half-Term Guide has been published should you wish to share it with your pupils families in newsletters, your website, or social media. It is regularly featured in newsletters of a number of Bristol schools!

Find it here:

<https://bristolfamilyblog.com/bristol-february-half-term>

Early Years Parents' Support-poster



linked [here](#)

SEND group-poster attached



💡 **Parent Carer and school staff information sessions (poster to share with families attached)** 💡

We have a host of free information sessions for families to attend both online and in person to find out more about what they can do to support their children and understand more about the support they should expect from local area services.

Please see the attached poster Note: *you do not need to have any sort of diagnosis to access this free support and the sessions are run by parents who have often experienced these issues themselves.*

To book breakfast club, after school club or sports enrichment click [here](#). To see more enrichment opportunities visit our [extra-curricular clubs page](#).

Breakfast Club

Weekdays 8.00am – 8.45am



School's Out Henleaze