



# Henleaze Infant School

*'Be kind, be curious, be you'*

## 11th October 2024 Bulletin

### Headteacher update:

Linked to the Mind mental health awareness campaign yesterday, we have been talking to the children about mental health and the importance of understanding how to look after our mind (and emotions) as well as our body. It may not always be obvious to children (or adults) how much time we spend in school focusing on well-being, but it permeates our curriculum on a day-to-day basis.

Alongside our PSHE curriculum, for which there are explicit weekly lessons, children have sessions throughout the day when we talk to them or show them ways to help themselves feel calm and settled. We also have explicit spaces in each classroom and around the school where there are resources to use to help children to 'calm'. Alongside this we have an embedded culture where we follow calm, consistent routines throughout things we do, all leading to a sense of calm and safety.

We realise that at times, for reasons in school and out, children have 'wobbles' where they need more support. Staff are well trained in strategies to co-regulate with children and we also have some targeted interventions to support children who we identify as in need of some extra support.

Our website has an area under ['supporting your child at home'](#) with some suggestions, as well as links to NHS and other trusted sources where you can find out more about how to help your child to maintain their emotional health. We also schedule coffee mornings throughout the year where we

### Coming up:

**Monday 14th- Year 1 trip to Westonbirt**

**Tuesday-Year 1 and 2 Phonics learn-a-long**

**Wednesday-Reception Phonics learn-a-long and parent reading meeting**

**Friday-new children (Sept 2025) stay and play 10:00**

[Click below for the school calendar](#)



**Daffodil Class :Arthur**  
**Cherry Class: George**  
**Maple Class: Polina**  
**Sycamore Class: Thea**  
**Willow Class: Archie**

**Class of the Week: Buttercup**  
**Class for showing how well they have adapted to school routines and being great examples to the rest of the school.**

**Congratulations everyone!**

invite our school nurse and other visitors in, so look out for dates as they are released.

I hope that you get to enjoy something this weekend that nourishes your mental health.

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](#))



### Important Messages:

Please do not attempt to contact the school via School Comms as this is an outgoing message service only. To contact the school use [henleazei@bristol-schools.uk](mailto:henleazei@bristol-schools.uk)

### Managing winter bugs

The information below covers the seasonal illnesses that tend to peak during winter, as well as steps schools and families can take now and throughout the coming term to help protect from illness and the cold weather. The links below explore available how to recognise symptoms of common illnesses, vaccinations, and how to make informed decisions on whether a sick student is well enough to attend school or college.

- [A parent's guide to keeping kids healthy this school year – UK Health Security Agency](#)

- [Is my child too ill for school? - NHS Useful guide](#) that helps parents to decide if their child is well enough to go to school.



The Autumn Extravaganza is tomorrow!

Please bring along cake donations for sale on the day. Please bring your own reusable mug for hot drinks and some cash for the activities. There will also be a fancy dress parade!

There are still slots that need to be filled, if you are coming along please sign up!

<https://www.signupgenius.com/go/10C0A4EAEAD22A0FAC52-51732369-autumnextravaganza>

We look forward to seeing you and your little ones!

Enormous thanks to the Autumn Extravaganza team for all their efforts.

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

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



Schools Henleaze



**NW24**  
Teaching & Learning Partnership

