

### Happy Friday!

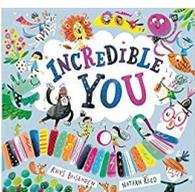
We have had a fabulous week of learning with a change from our usual learning on Wednesday for Inside Out Day - a day for Mental Health Awareness. Children were encouraged to wear their clothes inside out to remind them to think about how we need to look after what's inside and that sometimes what's going on inside is different to what we see on the outside.

The children all thought about how to be kind - to themselves as well as to others. Some children made t-shirts showing how they were feeling on the inside, others made posters and mind maps thinking about when they could be kind.

We also spent time thinking about what we were grateful for. Some children made gratitude trees (with ideas on the leaves about what they were grateful for) or gratitude boxes to post the things they are grateful for in.

Another theme was thinking about how to be resilient - to bounce back when things are tricky. The children shared their ideas about when they had been resilient in the past and what helped them bounce back.

We have had some lovely feedback from children and adults both at school and at home. We know that looking after our mental health is not something that can be done in a day. We have posted some wellbeing activities on the website in the Home Learning section under 'Scaffolding to support home learning'. If you are worried about your own or your child's mental health please do call school for advice or support.



### Thank you!



Hopefully you have all received your personalised colouring pencils through the post.

We have received some fantastic pictures so far and we can't wait to share them with you on our special display and on our website/ twitter feed.

Keep sending us those bright and cheery pictures!

### Three ways to access home learning:

#### Online Support:



Microsoft



TAPESTRY  
ONLINE LEARNING  
JOURNAL

Years 1-6

EYFS

#### School Website:



#### Paper work pack:



All timetables and assembly/ registration times can be found under the Home Learning tab of the school website.