



ARBORETUM
PRIMARY SCHOOL

NEWSLETTER

2024/25 12th February 2025

Hello all,

It's been a damp and dreary half term weather wise but inside school we have been keeping warm and focusing on our learning. We've had a packed half term with lots of fun and a variety of experiences. EYFS have taken a fairy tale adventure, Y1 and 2 have got hands on with science, Y3 and 4 have danced with a Chinese dragon and Y5/6 have virtually toured the Amazon Rainforest!

We have lots more planned for next term and look forward to welcoming you into school to share in our learning.

It has been wonderful to see so many of you at our parent evenings this week. If you have been unable to attend please contact your child's class teacher.

Friday brings half term and hopefully a much needed rest for us all. If you need to contact us over the holidays please can I ask that you are mindful of the staff's need for a break. Anything that is an emergency should be referred to me or Mrs Carvell in the first instance. I hope you all have a wonderful half term and look forward to seeing you soon.

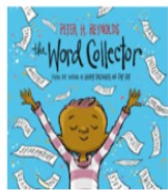
Mrs Phillips

WORLD
BOOK
DAY

Thursday 6th March 2025

WORLD
BOOK
DAY

Inspired by 'The Word Collector',
come dressed as an interesting
word. Label yourself so that
we know what your word is!



Children's Mental Health week -3rd Feb

For more advice and information please visit:

<https://www.childrensmentalhealthweek.org.uk/>

TIPS FOR FAMILIES

Place2Be's
CHILDREN'S
MENTAL HEALTH
WEEK

- 1 Encourage journaling**
Just like Riley, encourage your older children and young people to express their emotions and thoughts through journaling. It can be less confronting than speaking out loud and is a helpful way to process what is going on.
- 2 Make space for reflection**
When children and young people reflect on their different emotions, it can help them better understand themselves and what they need. Go for a walk, drive, or try some mindful colouring or baking together.
- 3 Be visual**
Use imagery, such as emojis or flashcards to help children and young people recognise and label their feelings.
- 4 Practice mindfulness**
Try mindful activities, and quiet family time, to enjoy being in the present moment. This can help children and young people be aware of their thoughts and emotions and learn a useful new coping technique.
- 5 Communicate**
Feedback is crucial for helping us see our blind spots and gain greater insight. Children and young people are no different. Creating safe and supportive ways to share your own experience with your child can help them understand themselves and their impact on the world around them.



If you're a parent or teacher, you'll find loads of useful advice to help you support the brilliant young people in your lives – from FAQs to downloadable packs. [Here4You.co.uk](https://www.place2be.org.uk/)

