

Monday 3rd February 2025

Our half term Core Value is **Aspiration**



This week, Oak Class have been reading *The Tin Forest* by Helen Ward. We started off our topic by writing letters to our milk suppliers, Totally Welsh, asking them to rethink their packaging. The letters will be posted and we hope to get a reply.

Pupils have also created beautiful objects made out of found materials and are talking and writing lots about how to improve and protect our environment.

In other subjects pupils have been learning about volcanoes in Geography, which has been fascinating, as well as the planets, forces and magnets in Science.

Please note the upcoming dates which includes the PFA Breakfast event on Tuesday 11th February and an information evening for Year 5 & 6 (and their parents) on Wednesday 12th February at 6.00pm. The rearranged date for coffee/catch up, which will now be held at school, is 25th February. Parents are welcome to attend either slot at 3.00pm (before school collection) or 4.00pm (before club collection).

Finally, I am pleased to inform you that from Monday 24th February we will be running a Breakfast Club every day with drop off available from 7.55am. More information to follow soon about this and afterschool childcare.

Have a good week. Mr Caswell

#### Upcoming Dates

**Fridays until 28th March** - Year 3 & 4 swimming

**Monday 10th February** - Cross Country Bucklers Mead

**Tuesday 11th February** - PFA Big Breakfast

**Wednesday 12th February - (6:00pm)** Yr 5 & 6 Cardiff information evening (at West Chinnock School Hall)

**Friday 14th February** - Non-school uniform day

**Friday 14th February (2.45pm)** - Awards Assembly

**Monday 24th February** - First day back for children

**Tuesday 25th February (3.00pm and 4.00pm)** - Rearranged date for coffee catch-up now at West Chinnock School Hall

**Wednesday 26th February** - Acorn Class trip to Carymoor

#### Wraparound Care

Early Bird Club every day from 8.25am

**Monday, Tuesday and Thursday options available via ParentPay**

[www.nortonandwestchinnockschoools.co.uk](http://www.nortonandwestchinnockschoools.co.uk)

[enquiries@nshwc.bwmat.org](mailto:enquiries@nshwc.bwmat.org)

01935 350232

## Well-Being and SEND parent support



This week, we introduce West Chinnock's Wellbeing team; Mrs Brimble and Mrs Jaggard who have recently completed training to improve and support a whole school approach to mental health and well being.

Mrs Ellie Jaggard – Senior Mental Health Lead (SMHL) across both schools.

Mrs Brimble – Youth Mental Health First Aid Champion.

## 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 🧐 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.here4you.co.uk)



Remember you can get in touch with requests for this support section via the school office:

[enquiries@nshwc.bwmat.org](mailto:enquiries@nshwc.bwmat.org)

Ellie Jaggard, SENDCo and SMHL (Senior Mental Health Lead)