

# Kilby St Mary's

## C of E Primary School

### Newsletter

February 2024

Rebecca Hartshorne, Headteacher



*'Together , we are learning to live life in all its fullness'* John 10:10

Christian Value Focus: Hope

British Value Focus: Tolerance of Different Faiths & Beliefs



Welcome to a special edition of our Newsletter to support Children's Mental Health week. Children's Mental Health Week took place from 5-11 February 2024. The theme this year was 'My Voice Matters'.

My Voice Matters is about empowering children and young people by providing them with the tools they need to express themselves.

When we feel empowered, there's a positive impact on our wellbeing. Children who feel that their voices are heard and can make a difference have a greater sense of community and self-esteem. This year, we want children of all ages, backgrounds and abilities to be empowered to work together to create a positive change for their mental health and wellbeing.



In Oak Class we have been finding out about how important our words are and how powerful our voices are. We have thought about the different people in our lives who listen to us and who we feel safe talking to - we are very grateful to have such special people in our lives. Miss Hartshorne led a collective worship where we considered lots of different emotions that we may feel and how important it is to be able to talk to our friends, family and trusted adults about our feelings. We then made our own 'superhero emotion shields' and thought about what colours might represent the different emotions.

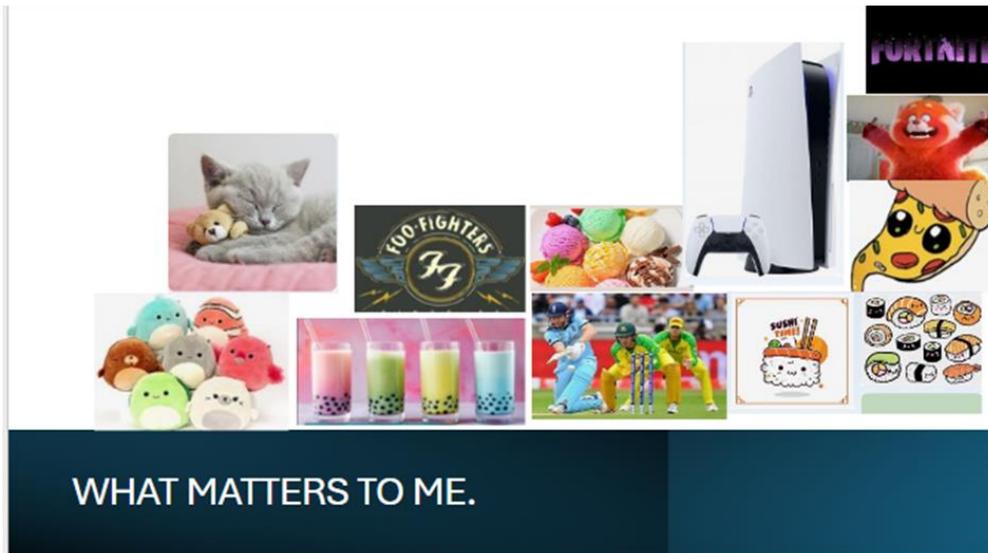
In Willow Class we have been having discussions about what we like about each other. It was lovely to hear all the positive responses in class. We discovered that there were likes and dislikes but that made us unique. Following on from Miss Hartshorne's collective worship, we learnt about how we can support each other when we feel different emotions. We talked about the impact it has on our mental health and wellbeing. It has been great to see children feeling inspired by one another.

In Maple Class, we have been looking at our own emotions and how important it is to talk to our family, friends, and trusted adults about our feelings, both negative and positive. We discussed why it is good to look after ourselves and the importance of starting each day with a positive thought, as this thought can stay with you for the rest of the day. We shared our affirmations, acknowledging that a positive thought can make you feel happier and enhance your confidence, and sharing this positive thought with others, can also make their day brighter too! We have also been working on some well-being activities which the children have enjoyed. I'm sure they will show you some of the things we have been doing from the book 'Take a Moment' by Paul Christelis. It has been lovely to observe how powerful their voice is and how it can be used to inspire and motivate others positively.

In Rowan class, we have been considering 'What Matters To Me'. We made swirls that started in the centre with what matters to me at a personal level, right out to what matters to me on a global scale. Children produced a poster using Power Point showing some of the things that matter to them:



By Phoebe



WHAT MATTERS TO ME.

By Alfie

In another session, we discussed the rights of the child and people's right to be heard as part of this. We set up a 'Listening Lab' in class, where children have been having a turn to record a video explaining what is important to them on a laptop. This ensures that their voice is heard. We will continue this work beyond Mental Health Week, too.

