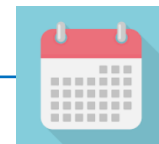




Spring 1: Friday 4<sup>th</sup> February 2022



## Children's Mental Health Week

Monday 7<sup>th</sup> February marks the beginning of Children's Mental Health Week. Each day, children will take part in opportunities that can support and promote their mental health. Please see below on the **third** page of the newsletter for a timetable for the week.

On Wednesday 9<sup>th</sup>, Children should bring something that means something to them or that makes them unique, into school e.g. a photo, a memory, a letter, a magnet, a certificate, a trophy. (Please no electronics.)

They will share this during a circle time to promote how we can grow our listening skills, build our appreciation for smaller things and for one another where we are similar or different.

On Friday 11<sup>th</sup> February, children should come to school in their own clothes. The theme to promote positive mental health is "Dress to Express Yourself!" Children could come to school in a colour that represents them, clothes they think best expresses themselves or even in a costume if they feel like a superhero!

Please see the Just Giving link below to donate to the Place2Be charity who support children's mental health. We are aiming to raise £250 on Friday as children dress to express themselves.

<https://www.justgiving.com/fundraising/st-alban-s2>

## Important Dates

- Tuesday 8<sup>th</sup> February 2022 – Junior Leadership Conference at Foxyards Academy
- Friday 11<sup>th</sup> February 2022 – Dress to Express Yourself
- Friday 18<sup>th</sup> February 2022 – Last day of Spring 1 term
- Half Term Break – Monday 21<sup>st</sup> February 2022 to Friday 25<sup>th</sup> February 2022.
- Inset Day – Monday 28<sup>th</sup> February 2022
- Children return to school on Tuesday 1<sup>st</sup> March 2022.
- Thursday 3<sup>rd</sup> March 2022 – World Book Day
- Friday 11<sup>th</sup> March 2022 – Wolverhampton Play Service leading Forest School workshop for Year 3 (Children should bring own clothes and waterproofs including wellies to school)
- Tuesday 15<sup>th</sup> March 2022 – Year 4 Bikeability Course – Group A
- Wednesday 16<sup>th</sup> March 2022 – Year 4 Bikeability Course – Group B
- Friday 8<sup>th</sup> April 2022 – Last day of Spring term
- Easter Break – Monday 11<sup>th</sup> April to Friday 22<sup>nd</sup> April 2022
- Inset Day – Monday 25<sup>th</sup> April 2022
- Children return to school on Tuesday 26<sup>th</sup> April 2022.

## Water Safety by Canal River Trust

On Thursday 27<sup>th</sup> January, children were lucky enough to receive a visit from Canal River Trust. They shared an assembly with EYFS/KS1 and KS2 all around keeping safe near water. The children learnt all about the awareness of the hazards of being near water, how to avoid them and what to do in an emergency.



## Junior Leadership Conference

On Tuesday 8<sup>th</sup> February, our school prefects and a selection of our children from other pupil leadership groups will be attending Foyards Academy – a school within our trust – to showcase their school to other schools. They will have the opportunity to listen to a guest speaker and they will take part in learning opportunities around Safer Internet Day.

## Our Curriculum in school

Don't forget, our curriculum overviews and documentation that shares what your child is learning is on our website below:

<https://www.stalbansceacademy.com/our-curriculum>

Our E-Safety curriculum, which is taught every half term, alongside computing lessons as well, can be found here:

<https://www.stalbansceacademy.com/e-safety>

Children learn about:

- Media Balance and Wellbeing
  - Privacy and Security
- Digital Footprint and Identity
- Relationships and Communication
  - Cyberbullying
- News and Media Literacy

## Parent Consultations

Parent Consultations for the spring term will take place on:

Monday 28<sup>th</sup> March

Thursday 31<sup>st</sup> March.

Similarly to the autumn term, they will be held in person as we know how much parents/carers appreciated the time to look in their children's books as well as see the school after two years of restrictions. Booking forms will be released via Parent Mail in the coming weeks.

**For that week, there will be no after school clubs.**

## Personal Development in school

At St Alban's, as well as academic development, it is essential that we provide children with opportunities, through the curriculum and beyond, for personal development. We understand the crucial role we can play in helping children to prepare for their adult lives so they can go on to engage positively in society. We aim to:

- Provide a curriculum which extends beyond the academic, providing for children's broader development
  - Support pupils to be confident, resilient and independent
    - Provide pastoral support within school
    - Prepare children for life in modern Britain
- Ensure children understand how to be responsible, active citizens that contribute positively to society
  - Promote equality and diversity

Throughout school, we promote children's personal development in a variety of ways including after school clubs; whole school worship with focuses on Christian and British; opportunities as pupil leaders; online safety lessons; Anti Bullying Ambassadors; enrichment opportunities and days/weeks such as "Save Our Oceans" theme and French week; and developing children's understanding of their role in the community and wider world through our Personal Life Skills curriculum.

Please see the link to our PLS page here:

[https://www.stalbansceacademy.com/our-curriculum/personal-life-skills-\(pshe/rse\)](https://www.stalbansceacademy.com/our-curriculum/personal-life-skills-(pshe/rse))

## Some fantastic learning

Some fantastic learning has been happening within classrooms this week, including Year 1 who have been learning about the impact Florence Nightingale had on hospitals. The children enjoyed exploring the changes she made, including the difference between the dirty and clean water, as well as the bandages. Well done Year 1!



## Our Lunchtime Menu

Our lunchtime menu is online on our school website for those that wish to share it with their children.

<https://www.stalbansceacademy.com/parent/st-albans-lunchtime-menu>



# Children's Mental Health Week

## 7<sup>th</sup> – 13<sup>th</sup> February 2022



This year's theme is **Growing Together**.

Growing Together is about growing emotionally and finding ways to help each other grow. Challenges and setbacks can help us to grow and adapt and trying new things can help us to move beyond our comfort zone into a new realm of possibility and potential.

Please see below for the outline of our opportunities this coming week

Every day, children will take part in "Wake up/Shake up"

8:50am-9:10am.

Make sure you are in school for 8:45am to get started!

Monday	Tuesday	Wednesday
Whole school Assembly from Place2Be and BAFTA Kids	Yoga Session	<p>Time to Grow and Build</p> <p>Children should bring something that means something to them or that makes them unique, into school e.g. a photo, a memory, a letter, a magnet, a certificate, a trophy. (Please no electronics.)</p> <p>They will share this during a circle time to promote how we can grow our listening skills, build our appreciation for smaller things and for one another where we are similar or different.</p>
Thursday	Friday	<p>Dress to Express!</p> <p>Dress to express yourself – You could wear your favourite colour, an outfit to show how you are feeling, aq outfit to show what you want to be when you are older or even a dress up outfit if you feel like a superhero!</p> <p>Donate to Place2Be here:  <a href="https://www.justgiving.com/fundraising/st-alban-s2">https://www.justgiving.com/fundraising/st-alban-s2</a></p>
<p>Mindful Mile</p> <p>A mile around the school fields – bring your trainers or wellies if it is wet and muddy!</p>		