



30<sup>th</sup> September 2019



## NORTH SOMERCOTES CE PRIMARY SCHOOL NEWSLETTER

### Emotional Health and Wellbeing

This year we will continue to lead a cluster of schools, which work together as part of the Lincolnshire Mobilise Project to promote the importance of Emotional Health and Wellbeing in our school communities. At North Somercotes we are aware that the happiness and achievements of children in school depends upon many different people and factors, and lots can be done to protect and support the wellbeing of all involved, from the point of feeling calm, happy and resilient through to possible times of crisis. We aim to embed one of our key initiatives, 5 Ways to Wellbeing, as part of Personal, Social and Health Education. The 5 Ways to Wellbeing have been researched and developed by the New Economics Foundation. They are a wellbeing equivalent to fruit and veg 5 a day - a set of really simple actions anyone can take to improve their wellbeing. Alongside this all classes have now developed an emotional wall/area, which include visual reminders of each of the 5 ways, in order to support the development of children's emotional literacy skills. Children will be provided with a designated **reflection time** at the end of each school day, to reflect on one positive thing that happened that day. We strongly encourage our families to have similar discussions at home. Together, we can do so much more to help children develop a positive mindset. Our school also has 4 officially designated First Mental Health First Aiders: Mrs Sandiford, Mrs Abualzulof, Mrs Wray and Mrs Poulter.

### Harvest Festival 2019 - REMINDER

All the children will be visiting **St Mary's Church for a short service to celebrate Harvest Festival tomorrow**. The service will consist of traditional harvest hymns and representatives from each class will make a small contribution through music, poetry or something different. **Children are encouraged to bring a small donation for the collection**. These will then be presented to the local Meals on Wheels service. Children will be expected to carry their donation to church, although larger items can be placed in the school hall and these will be transported by car. **The service starts at 9:30am and families and friends are welcome to join us**. This year we will be joined by teachers from our partner schools in Guadeloupe.

*All donations are welcome, however Meals on Wheels have politely suggested the following items can be put to immediate use: Vegetables, Fruit, Jam, Sugar, Self-Raising Flour, Oxo, Tinned Fruit, Custard Powder, Stuffing and Gravy Granules. Thank you.*

### Parking

We have received the following correspondence from North Somercotes Parish Council:

*The parish council has received comments recently regarding the problem for access caused by cars parked on Warren Rd opposite the turning into the Warren, which are making it difficult – especially for tractors and other large farm vehicles and delivery vehicles. In the circumstances, it would be helpful to advise or inform those dropping off/collecting children or attending events, to refrain from parking in the track, which is private, and also to avoid parking directly opposite the entrance.*

TARGET 96.5%

LAST WEEKS WHOLE SCHOOL ATTENDANCE = 97.3%

5 MINS EXTRA PLAYTIME THIS WEEK

