



## Friday Flyer – Friday 20<sup>th</sup> January 2023

Dear Parent,

We've had another great week, taking advantage of the unexpected snow to get outdoors to explore and play. Hopefully, warmer weather is on its way and we can make use of the various outdoor areas of school more. In this week's flyer; myHappyMind, Rugby Tots, Camp Curiosity, Calm Nature area and more...



### myHappyMind

We have introduced a program to all year groups at school called myHappyMind.

myHappyMind is all based around helping children to understand how their brain works and to support them in developing positive skills and habits to be their very best selves!

myHappyMind is delivered in school by class teachers through a series of interactive lessons and then the children apply these learnings throughout the day. To further embed this learning and ensure that you are able to engage in these topics with your child, myHappyMind has developed a set of resources for parents. These resources can be accessed online on your computer, or through an app on your phone. The resources allow children to continue to practise some of the habits they have developed at school, such as happy breathing, for you to learn more about what they are learning in the program. Also included are activities for you to do together at home, to complement the in-school lessons.

To access these materials just go to <https://myhappymind.org/parent-resources> and enter your name, email, and authentication code; this has been sent in a separate letter.

We really encourage you to make use of this free content so that you can support your child in getting the best out of the curriculum. If you have any questions about the curriculum, please contact your class teacher.

If you have any technical questions about accessing the resources, please contact [hello@myhappymind.org](mailto:hello@myhappymind.org)



## 5 Ways to WELLBEING - Five ways to put yourself first this winter and beyond...

January may often be seen as month of bad weather, dark days and the after-effects of Christmas indulgence, but here are five ways to lift your mood and improve your wellbeing with ease. Rather than making life more of a struggle, the five ways to wellbeing are about making your life that bit brighter without having to make dramatic changes to your lifestyle.

### The five ways to wellbeing are:

- **Connect** – with people around you, including friends, family, colleagues and neighbours. Good relationships give you a sense of belonging and self-worth, as well as providing emotional support.
- **Be active** – whether it is going for run or walk, gardening, playing a game or dancing around the kitchen, being active can raise your self-esteem, help you to set goals you can achieve and cause chemical changes in your brain that can positively change your mood.
- **Take notice** – savour the moment and make the effort to be more aware of the world around you and what you are feeling. Mindfulness can help you enjoy life more and understand yourself better.
- **Learn** – try something new or rediscover an old interest, which will help boost your self-confidence, give you a sense of purpose and help you connect with others.
- **Give** – do something nice for someone else, volunteer or say thank you. Acts of giving and kindness can create a sense of reward, give you a feeling of purpose and self-worth and help you connect with others. For more information about the five ways to wellbeing and tips on how you can find your own, visit:

[www.cheshirewestandchester.gov.uk/fiveways](http://www.cheshirewestandchester.gov.uk/fiveways)

Cheshire West & Chester Council

## 5 WAYS TO WELLBEING

Find out how you can make your life a little brighter with the five ways to wellbeing.

Visit: [cheshirewestandchester.gov.uk/fiveways](http://cheshirewestandchester.gov.uk/fiveways)

Active Cheshire | Brio Leisure | Cheshire West and Chester

## Attendance

Attendance at school is important both academically and for social/emotional reasons. Whilst we understand that pupils will be absent from time to time due to illness; absence from school for other reasons should only be for exceptional circumstances. As a school we look at each request for leave from school on a case by case basis.

**Holidays taken in term time will be subject to a fine.** Where **attendance** falls below **90%** for any pupil, **we will contact you** to discuss this and put in any additional support needed. Persistent absence can also result in a fixed fine.

## Lost Property

Please ensure that all property is **labelled** as this makes the job of reuniting anything lost with its owner. We encourage all pupils to carefully look after their uniform, lunch boxes and bags and will do our utmost to find items when lost.



## Calm Nature Area

Our Calm area continues to develop and we now have three wooden tee-pees in place; perfect for a quiet read or to bird watch. Thanks to our **Friends of Kelsall PTA** for funding these new items. We will continue to develop this area further so that pupils have a wide range of activity to choose from at lunch and break times. A huge chalk board has also been installed for pupils to use.



## Parenting in the Digital World

To allow you to help your young people navigate themselves through their ever rapidly growing digital lives, whilst at the same time allowing them to be independent digital users, we are running a special live, **virtual online safety presentation on 07.03.23 at 7pm (On Zoom).**

During the informal Q&A session at the end of the presentation, Richard will be happy to stay online for as much time as needed to help address any of your individual questions and comment.

**A link to the Zoom will be sent out nearer the time.**



## Camp Curiosity

Thanks to our PTA who have agreed to purchase a 6m bell tent to go in our Camp Curiosity area. This will arrive soon and we will get it in place as quickly as possible. It is great to see the ways in which Gemma is weaving in elements of our curriculum into each session. This week Y3 learnt how **'Stone Age Boy'** would have lit a fire, and had a go at lighting their own before enjoying marshmallows. Y4 made some Xylospungioms (Roman 'poo-sticks') as well as designing and making mini catapults; all linked to their class book – **'Escape to Pompeii'**. The children also made some bird feeders to hang in the trees.



	Lottie - STORYHOUSE				Gemma - CAMP CURIOSITY	
	9:15 - 10:30	10:45-11:45	1:15 - 2:00	2:00 -3:00	Morning	Afternoon
24 <sup>th</sup> January 2023	Nursery	Reception	3	4	2	1
31 <sup>st</sup> January 2023	3	4	5	6	Nursery	Reception
7 <sup>th</sup> February 2023	1	2	3	4	6	5
14 <sup>th</sup> February 2023	1	2	5	6	4	3



## Rugby Tots

We welcomed Will and his coaching team from Rugby Tots today. They led a Rugby Tots session for our Reception, Year 1 and Year 2 classes. Pupils will be bringing home a letter with information on how to join their Saturday morning sessions at Tarvin Community Centre. Contact [will@rugbytots.co.uk](mailto:will@rugbytots.co.uk) or ring 03453133254 to reserve your place. More information here; [www.rugbytots.co.uk](http://www.rugbytots.co.uk)



## The NEST

Our Nest is a superb sanctuary where pupils across school can be supported by our **ELSA** (Emotional Literacy Support Assistant) trained **Learning Mentor** – Mrs Whiteside. Our **Nest Padlet** shares a range of online resources - [The Nest \(padlet.com\)](https://www.padlet.com) supporting pupils mental health and well-being – *if you have any good sites that you think would be worth adding – please let us know.*

As always, you can contact Mrs Whiteside; [sally.whiteside@kelsall.cheshire.sch.uk](mailto:sally.whiteside@kelsall.cheshire.sch.uk), please do get in touch.

## Diary Dates

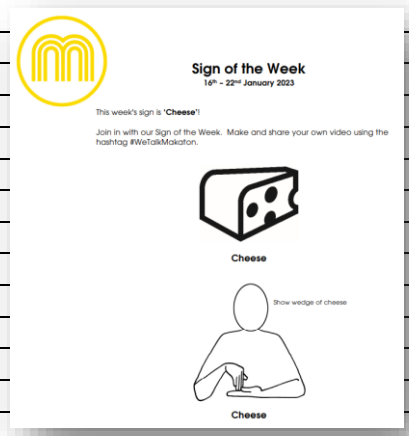
Please note the addition of the **KING's Coronation Day** – School Closed **Monday 8th May 23**

Monday 24 <sup>th</sup> January 23	KS2 Cheshire Phoenix Basketball Assembly
Friday 27 <sup>th</sup> January 23	<b>Y3</b> to Burwardsley – Day Visit
Monday 30 <sup>th</sup> January 23 – <b>3.30pm</b>	<b>Y2</b> Meet the Teacher – Mrs White/Mrs Hook – <i>separate info to follow</i>
Friday 17 <sup>th</sup> February 23	School Closes for <b>SPRING HALF TERM</b>
Monday 27 <sup>th</sup> February 23	School opens for pupils
Wed 8 <sup>th</sup> March to Friday 10 <sup>th</sup> March	<b>Y4</b> Residential - Tattenhall
W/B 20 <sup>th</sup> March 23	Last week for School Led Clubs
Tuesday 28 <sup>th</sup> March	<b>Parent's Evenings</b>
Wednesday 29 <sup>th</sup> March	<b>3.30 – 7.00</b>
Friday 31 <sup>st</sup> March 23	School Closes for <b>EASTER BREAK</b>
Monday 17 <sup>th</sup> April 23	School opens for pupils
Mon 17 <sup>th</sup> April to Fri 21 <sup>st</sup> April 23	<b>Y5</b> to Isle of Man
Friday 21 <sup>st</sup> April 23	Class/Group Photographs (Y5 will be rearranged)
Monday 1 <sup>st</sup> May 23	<b>MAY DAY</b> – School closed
Monday 8 <sup>th</sup> May 23	<b>KING's Coronation Day</b> – School Closed
Tuesday 9 <sup>th</sup> May – Friday 12 <sup>th</sup> May	<b>Y6</b> SATS Tests
Tuesday 2 <sup>nd</sup> May 23	School opens for pupils
Thursday 25 <sup>th</sup> – Friday 26 <sup>th</sup> May	<b>Y3</b> Residential - Delamere
Friday 26 <sup>th</sup> May 23	School Closes for <b>HALF TERM</b>
Monday 5 <sup>th</sup> June 23	<b>INSET Day</b> – <b>Staff ONLY</b>
Tuesday 6 <sup>th</sup> June 23	School opens for pupils
Friday 21 <sup>st</sup> July 23	School Closes for <b>SUMMER HOLIDAYS</b>

## Be Curious, Creative & Kind

Have a lovely weekend

Mr Wearing, Mrs White and the Kelsall TEAM



Follow us on Twitter.  
@KelsallSchool



Has someone done something online that has made you or a child or young person you know, feel worried or unsafe? Click on the link to the left