

Message from Mrs Besharati and Mrs McGregor

Earlier this week information was sent home to parents/carers about Parent Interviews that will be taking place on Tuesday 7<sup>th</sup> and Wednesday 8<sup>th</sup> February 2023. Please look out in children's book bags for confirmation of appointment times. If you did not manage to return the reply slip, then please do not worry as an appointment has been automatically made for you to meet with your child's class teacher. If you do not want the appointment, or would like to alter the date/time, then please contact Sally in the school office.

As I am sure readers will agree, mental health and wellbeing are as important as ever. Here at the school, we like to think we are ambassadors in the promotion of supporting both the well-being and mental health of ALL our school community. We actively encourage children to share their feelings and talk so that school can put in place necessary support and coping strategies for children who are in need of a little help. We have a wonderful team of approachable staff who are always available to have a chat should you have any concerns or worries about your child(ren).

Children's Mental Health Week will take place nationally from the 6<sup>th</sup> to the 12<sup>th</sup> February and this year is themed 'Lets Connect'. More information can be found by visiting

#### https://www.childrensmentalhealthweek.org.uk/

In support of our well-being, this week, during one of our whole school assemblies, I showed children a range of shoes and talked about the phrase 'put yourself in my shoes'. I encouraged children to keep an eye out for anyone showing an act of kindness over the week and to share their observations with class teachers.

Next week, I will be inviting children to draw or write about a time when they felt anxious, worried or sad on one foot and to draw or write on their other foot what helped them feel better. We will be making a big display with our feet! (No feet will be harmed in the making of this display, and drawings will be made on paper feet provided to children!).

Earlier today, it was lovely to see so many children dressed up wearing Numbers in support of the NSPCC's Number Day. There were lots of entries for the 'Smallest Number Competition'. The winner will be announced in Celebration Assembly next week! Thank you to Mrs Harrison for organising this fun, mathematical fundraising extravaganza! Please check out our website for some fabulous pictures of children dressed up in numbers.

As is usually the case this time of year, there are quite a few nasty coughs and colds in circulation! Whilst as a school we do encourage good attendance, we also understand there may be times when children are too poorly to come to school. If your child is struggling with a heavy cold and persistent cough then a duvet day may well be required! Likewise, if your child is showing any symptoms of Covid, then we would encourage you to test – this helps prevent the further spread of the virus. By way of a reminder, in cases of sickness and diarrhoea, children should not return to school until 48 hours has passed since the final episode of either vomiting, diarrhoea or both.

Finally, as I am sure none of us will need reminding, next week is our last week at school before the February halfterm! I think we are all looking forward to a well-earned rest.

Have a lovely weekend. Mrs Besharati and Mrs McGregor



#### Hedgehogs : Tuesday **Forest School** Thursday PE Rabbits : Wednesday/Thursday ΡE Badgers : Monday/Thursday ΡE Thursday ΡE Foxes : Friday Swimming Tuesday/Thursday Owls · PE

# Bentham Community Primary School

#### **Dates for your Diary**

Monday 6<sup>th</sup> February 2023 Macaroni Cheese Melting Veggie Slice Jacket Potato

**Tuesday 7<sup>th</sup> February 2023** Battered Fish Cheese and Tomato Quiche Jacket Potato

1.00pm – 4.00pm Parent Interviews

Wednesday 8<sup>th</sup> February 2023 Minced Beef and Dumplings Veggie Cottage Pie Jacket Potato

Safer Internet Day 3.40pm – 6.00pm Parent Interviews

Thursday 9th February 2023 Chicken Korma Vegetable Lasagne Jacket Potato

#### **FOBS Disco**

4.30pm to 5.30pm (R,1,2,3) 6.00pm to 7.00pm (4,5,6) Please make Payment via PARENTPAY

Friday 10th February 2023 Cheese Burger Veggie Dog Jacket Potato

3.00pm Celebration Assembly : Parents/Carers of children in AMBER and EMERALD invited

1.00pm Year 5 Swimming

| Date of Assembly | Families of Children in |
|------------------|-------------------------|
|                  |                         |
| 03/03/23         | AMBER and EMERALD       |
| 17/03/23         |                         |
| 31/03/23         |                         |
|                  |                         |
| 24/02/23         | RUBY and SAPPHIRE       |
| 10/03/23         |                         |
| 24/03/23         |                         |
| 2 ., 00, 20      |                         |

Future Dates for your Diary Non-Uniform Day Friday 17<sup>th</sup> March 2023

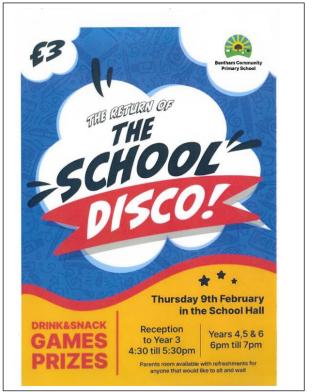
A nurturing family, learning together

DAY NEW

FOBS Easter Bingo and Raffle raising money for World Down Syndrome Day Tuesday 21<sup>st</sup> March 2023 : 6.00pm to 7.30pm

<u>Coffee and Cake : with Mrs McGregor</u> 22<sup>nd</sup> March 2023 at 3.00pm. 'Supporting pupils with Special Educational Needs'

<u>Coffee and Cake : with Mrs Cryer</u> 29<sup>th</sup> March 2023 at 9.00am 'Supporting pupils in Early Years and KS1 with Reading.



Please make payment via Parentpay. If you have difficulty accessing Parentpay, please contact Sally in the School Office.

### Fundraising for Great Ormond Street Hospital

Oscar (year 6) and his mum, Molly are taking part in the 1400 squat challenge throughout February, completing 50 squats per day to help raise funds for Great Ormond Street Hospital. If you would like to sponsor and support Oscar and his mum, please go to:



https://www.facebook.com/donate/1210097606591832 /?fundraiser\_source=external\_url



## I'M A PARENT All children and young people across North Yorkshire can get involved in a range of holiday activities, with free places and lunch for children receiving benefits-related Free School Meals. If your child is eligible for benefits-related Free School Meals, they will receive a letter from their school with a unique code. This will enable you to book school holiday activities that are part of the FEAST programme for free. You can browse through the list of activities on our website. If you think your child is eligible but they have received a code, please request a code using form on our website. I'M A SCHOOL Named letters of eligibility for the FEAST programme are sent directly to schools to give to pupils. If there is a child missing that should be eligible, email hello@northyorkshiretogether. co.ul eligible Schools can also get involved in the FEAST programme in a number of ways - as an activity provider, a host venue or their kitchen facilities can be used to supply food to other providers. Please visit https://northyorkshiretogether.co.uk/ feast/information-for-providers for more informat I'M A PROVIDER Every year we run a grants programme where providers of all types can apply to receive funding to deliver activities to children receiving benefits-related Free School Meals during the Easter, Summer and Christmas holidays. We currently fund holiday activity providers, schools, sports coaches, creative and performing arts providers, and many other organisations. organisations. For information about becoming a provider please go to: https://northyorkshiretogether.co.uk/feast/ information-for-providers feastNY.org Department for Education

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