



# The Weekly Bulletin

Inspire, Create, Discover, Together

## Children's Mental Health Week

Next week is Children's Mental Health Week. This year's theme, "Know Yourself, Grow Yourself," is all about helping children understand who they are and giving them the tools to thrive. The children will be taking part in a virtual assembly on Tuesday morning during which they will explore how recognizing and naming feelings—whether they're happy, sad, big, or small—can help face life's challenges with courage and hope. Each class will also spend one afternoon next week, participating in an activity that promotes well being and mental health.

## Dates for your Diary



### February

3rd -7th Children's Mental Health Week.

7th - NSPCC—Number Day—children come to school wearing a number!

11th Internet Safety Day

13th Reception Trip to Bury

13th Year 5 trip to County High School

17th—21st Half Term

## Whole School Notices

### Car Parking Reminder

Please do not park in the staff carpark after **8.00am** in the morning.

### Outdoor Play

We endeavor to get the children outside at play-time and lunchtime even if it is raining lightly. Please ensure that your child has a warm coat in school, with either a hood or hat, so that they are prepared for the weather.

### Goodbye

This week we said goodbye to Miss French one of our Midday supervisors. Miss French also worked as part of the Barrow Extra team. We are sad to see her go, but wish her lots of luck in her new job.

## NSPCC Number Day

We are delighted to be supporting the NSPCC by taking part in Number Day on Friday 7 February 2025.

Number Day is a great way to make maths fun and bring about a positive, 'can-do' attitude towards it.

We are having a fun day of maths activities, and we will be taking part in Dress up for Digits. Pupils are asked to wear an item of clothing with a number on it (football shirt, cap, netball shirt or even a onesie!). Or get even more creative by dressing in a maths or numbers theme. To help raise money for the NSPCC, we are asking for donations, and we'd love everyone in the school to take part in this special event.