

Dear Parent/Carers,

Thought of the week: "Progress is impossible without change, and those who cannot change their minds, cannot change anything". (**Morio Andretti**)

Gold Awards: Aaruthra. J-2B, M. SDadat-4R, Mahrosh. N, Ryan. T and Inayah. N-5Y

Achievement Awards for RE:

Ava. C-1G, M. Shigri-1Y, Georgie-Ann. B-4Y, Marwa. N-4R, Mahdi. F-4G, Hadiya. I-6R, Zoha. S6G, Hiba. A-6Y, Haiqa. F-6B

Well done, children!

P4C Question for this week: Here is your next P4C question for children to discuss at home.

If you were the Prime-Minister, what would you do to make things better for children and young people with a physical disability?

Pupil Voice Competition for the Physical Disability Organisation: Please see the flyer attached for more information on how to take part in the competition. The deadline for the competition is **Friday 29th April 2022**.

Safeguarding Newsletter Launch: We will be sending out a newsletter each month to update and inform you about a number of key aspects of safeguarding. Please find attached Newsletter No.1.

Rights Respecting:

RIGHTS RESPECTING



This week, the children will be learning about:

Article 1: Everyone under the age of 18 has all the rights in the Convention.

Article 16: Right to privacy

Article 17: Access to information from the media.

Please talk to your child about this Right at home.

This will help them to understand the Right and to become **confident communicators**.

Well-being Parent Workshop- Friday 11th February

Cranbrook Primary has begun hosting a series of Wellbeing Parent Workshops to support our parents in meeting the needs of their children and the family. The next session will focus on **Online Safety**, in keeping with our theme of **Safer Internet Week!** You will receive input from our staff, who have knowledge and experience on this subject, with opportunities to interact with other parents and ask questions. So come along for coffee, biscuits and good company. There will also be a raffle prize draw at the end of the session. Places will be available on a first come, first serve basis. We look forward to seeing you.

Date: Friday 11th February 2022

Time: 9.15am to 11am

Venue: Dance Studio

Please see the attachment for more information.

Absences: I have been inundated with lengthy requests for leave during term time, including for those children whose attendance is already significantly below the expectation. Please note, in line with school and to local authority policies, these requests will not be authorised, and each parent will receive a penalty notice of £120 per child. Children may also lose their school place. I would therefore urge you to avoid this.

Smart watches: Please note watches that can take photographs or videos are banned from school, as they contravene our **Acceptable Use and Safeguarding Policies**. Any child who brings this to school will be expected to hand this in to the teacher. We will then return the watch to parents/carers at the end of the school day. Any child who repeatedly brings this in, will be very disappointed, as the watch will then be confiscated till the end of term.

Parent Meetings 21st and 22nd February 2022

Thank you very much to all parents/carers who have completed their bookings for parent meetings. For those who have not yet booked, please do so by the end of the week. You will all receive a guidance document and video on how to join the meeting. We are conducting the virtual meetings through the ParentMail video feature which will make the technical sides of the meeting easier for parents to access. Please note that the meetings are set for 10 minutes and that the call will end exactly after 10 minutes. There will be a timer on the screen to guide the meeting. Please ensure that you can **log into the ParentMail app**. This is the same app you get the parent meeting invitations and the weekly school newsletter. If you require any assistance, please contact the office or IT team before the end of the week.

Parents of class 2Y-Please see the separate Parentmail sent earlier today.

INSET day- Monday 21st February 2022: Please note, the school will be closed for pupils on **Monday 21st February 2022** due to staff training.

Five Steps to Mental Well-being (5 of 5)

2. Pay attention to the present moment (mindfulness)

Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you.

Some people call this awareness "mindfulness". Mindfulness can help you enjoy life more and understand yourself better. It can positively change the way you feel about life and how you approach challenges.

How to be more mindful

Reminding yourself to take notice of your thoughts, feelings, body sensations and the world around you is the first step to mindfulness.

Notice the everyday

"Even as we go about our daily lives, we can notice the sensations of things, the food we eat, the air moving past the body as we walk," says Professor Williams. "All this may sound very small, but it has huge power to interrupt the 'autopilot' mode we often engage day to day, and to give us new perspectives on life."

Keep it regular

It can be helpful to pick a regular time – the morning journey to work or a walk at lunchtime – during which you decide to be aware of the sensations created by the world around you.

Try something new

Trying new things, such as sitting in a different seat in meetings or going somewhere new for lunch, can also help you notice the world in a new way.

Watch your thoughts

"Some people find it very difficult to practice mindfulness. As soon as they stop what they're doing, lots of thoughts and worries crowd in," says Professor Williams.

"It might be useful to remember that mindfulness isn't about making these thoughts go away, but rather about seeing them as mental events.

"Imagine standing at a bus station and seeing 'thought buses' coming and going without having to get on them and be taken away. This can be very hard at first, but with gentle persistence it is possible.

"Some people find that it is easier to cope with an over-busy mind if they are doing gentle yoga or walking."

Free yourself from the past and future

You can practise mindfulness anywhere, but it can be especially helpful to take a mindful approach if you realise that, for several minutes, you have been "trapped" in reliving past problems or "pre-living" future worries.

KEY DATES FOR YOUR DIARY

Key Dates for 2022

Spring term 2022

Tuesday 4th January 2022-Friday 1st April 2022

Friday 11th February 2022-AFCON-Non-uniform day

Half term break-Monday 14th February 2022- Friday 18th February 2022

Easter break- Monday 4th April 2022- Monday 18th April 2022

Summer Term 2022

Tuesday 19th April 2022- Friday 22nd July 2022

Half term break- Monday 30th May 2022 to Friday 3rd June 2022

Inset Days

Monday 21st February 2022

Tuesday 3rd May 2022

Monday 11th July 2021-Additional Bank Holiday

Friday 11th February 2022-Non-uniform day

To celebrate the iconic AFCON tournament, each class has been given a country from the 2022 AFCON tournament. On **Friday 11th February** classes are being asked to come into school dressed in the colours of their country's flag. AFCON is a huge celebration across Africa so make sure you dress brightly!

Children are also being kindly asked to bring in a £1 donation to contribute to the school's PE budget.

For more information, please check the Parentmail which was sent to all parents last week.

Missing school jumper

Abdullah in 2Red has lost his green jumper. His name is written on the label. Please check your child's jumper label. If found, please return to class 2Red.

Headteacher: Jas Leverton