



# Thomas Bullock Church of England Primary and Nursery Academy

"Let your light shine" Matthew 5:14-16

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## News Bulletin

7<sup>th</sup> February 2025

### Children's Mental Health Week

We have been busy in school this week during Children's Mental Health Week. We kicked the week off with Dress Down Monday where the children came to school dressed comfortably and some chose to bring in a cuddly toy from home. As well as a themed collective worship on Monday, each class took part in various wellbeing and mindful themed activities, including reading a PSHE themed story book to create valuable discussions. We also had the opportunity to take part in a wellbeing walk around the field, mindfulness colouring and dancing in the hall during our lunch times this week too!

In **Nursery** they began the week by dressing comfy, bringing in a cuddly toy and starting the day with calm music and toast! As well as lots of mindfulness activities, yoga and opportunities to be out in nature, they also looked at the story of 'Red Rockets and Rainbow Jelly' which created lots of discussion surrounding their favourite things and how they all like have different likes and dislikes but they are all still friends.



In **Reception** they looked at the story of 'The Blue Chameleon' which tells the tale of a lonely chameleon who is on a mission to find a friend. It shares how we can celebrate differences and even if we're not the same, we can be friends. They have also been finding time each day to have a mindful moment and slow themselves down with yoga, colouring, music, dance, stories, songs and more!



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**Year 1** on dress down day wore many comfy clothes and pyjamas! We also enjoyed a story at home time with our teddies. We coloured in a picture titled, 'Know Yourself, Grow Yourself'. Whilst we coloured in the pictures of children who were all unique in their own way, we talked about how we're special and unique too!



**Year 2** have enjoyed lots of mindfulness colouring. Children loved 'dress down Monday' with their teddies joining us for our learning. We have been for a wellbeing walk around the school field with a few added laps to let loose! Children then relaxed with some calming yoga. In PSHE, children read 'What the Jackdaw Saw' and discussed different ways of communicating. We learnt lots of different signs in BSL and created our own 'everyone is welcome' party posters.



**Year 3** used the story of 'We're all Wonders' to talk through the meaning of 'unique' and 'bystander' with scenarios to act out and give answers for. They made some wonderful posters showing different responses to bullying!

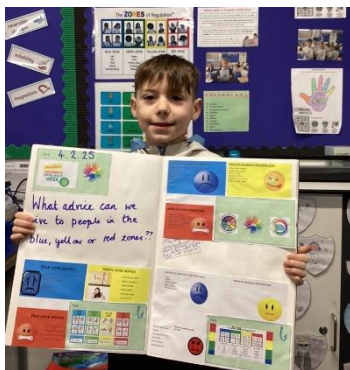


Year 4 spent each morning doing some mindfulness colouring listening to calming music before they started their day. They then spent some time doing some relaxing yoga linked to children's mental health week which the children really enjoyed. In PSHE, they looked at the book 'A Long Came a Different' and wrote poems about why it is important to be different.



Year 5 used the story book 'How to heal a broken wing' as a hook to prompt discussion on noticing when someone or something may need help. They then used the zones of regulation to think of advice to give others in each of the zones.

As well as dressing down on Monday, Year 6 looked at Nick Butterworth's 'The whisperer', where they talked all about lies, rumours and real-life examples in school.



Children and staff having fun dancing and singing in the hall at lunchtime today:



Remember, when we are able to understand how we feel, we are able to make better choices and be more connected with our feelings and behaviours. Noticing these things can help us recognise when we need support.

# Number Day

A big thank you for all your support for NSPCC Number Day this year. It's been great to see all the members of our school family dressed as mathematical marvels. We have been having fun with maths tasks all day focusing on our problem solving, reasoning and number skills to support the fantastic work that the NSPCC do in keeping children safe. Don't forget that Number Day can be any day and everyday, there are endless opportunities for mathematical moments throughout the day: telling the time; measuring and weighing ingredients for baking; playing cards or board games; working with money or spotting patterns.

Thanks once again for your support and we'll be counting down the days until next year!



## Upcoming Events for Parents

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| Tuesday 11 <sup>th</sup> February                                 | Parent E-Safety briefing at 2.45pm   |
| Tuesday 25 <sup>th</sup> February                                 | SEND Support Plan Reviews Meetings   |
| Tuesday 18 <sup>th</sup> March & Wednesday 19 <sup>th</sup> March | Parent/Teacher Evenings – booking via Arbor, details on how to will follow |

