



NORTHLEAZE

C of E Primary School

WEEKLY NEWSLETTER

T3 Week 5: Friday 6th February 2025

WELCOME

This week has been filled with conversations and awareness of mental health. It has been really refreshing to give time to talking about mental health.

In our definition of Nurture, children at Northleaze came up with the idea that Nurture means to be kind and compassionate to others and ourselves. This really resonated throughout the week with some amazing activities taking place on Wellbeing Wednesday and children thoroughly engaging in their mindfulness tasks.

We have continued to explore the idea that our wellbeing is made up of our social wellbeing, mental wellbeing (emotions) and physical wellbeing.

I really hope you all have a chance over the weekend to talk to your children about wellbeing, mental health and taking the time to reflect on how we can calm our minds and bodies.

Thank you for everyone's support with children expressing themselves on Wednesday and hope you all have a lovely weekend.

WEEKLY REMINDERS

Click on the circles to head to the webpage for further information

UNIFORM



ASPENS



NURTURE



WELLBEING



PHOTOS FROM THE WEEK

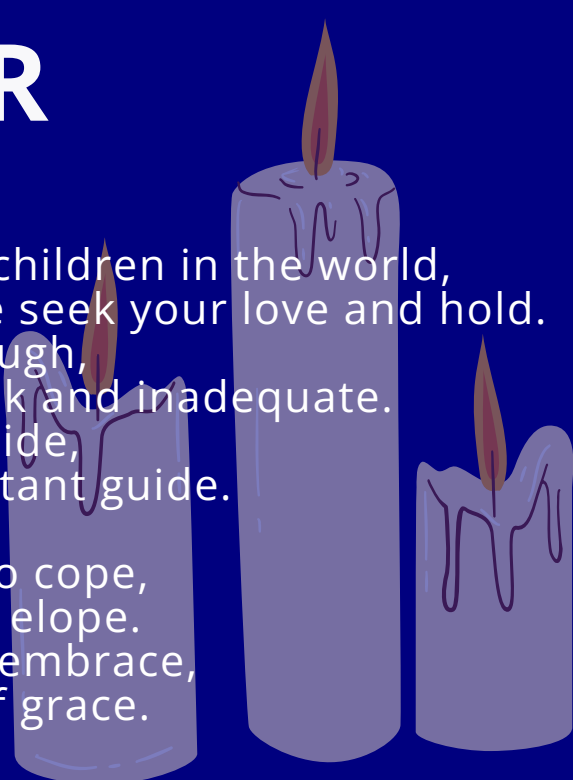


WEEKLY PRAYER

Dear God,

We come to you today to pray for all the children in the world,
For their mental health and wellbeing, we seek your love and hold.
Sometimes, life can feel confusing and tough,
We face challenges that make us feel weak and inadequate.
But we know that you are always by our side,
With love and guidance, you are our constant guide.

We pray for children who are struggling to cope,
With worries and fears that seem hard to elope.
May they find peace and comfort in your embrace,
And know that they are unique and full of grace.



KEY DATES

Friday 7th February
PSA Quiz night
7.15pm, see poster below for details

Thursday 13th February
PSA Break The Rules Day
Non-uniform - details next week

Friday 14th February
INSET Day
No children in school

Monday 17th - Friday 21st February
Half Term Holiday
No children in school

Friday 28th February
School Council Cake Sale
3:20pm

Friday 28th February
PSA Textile Collection
Please bring in any donations on the day

SCHOOL COUNCIL

Our school council have been hard at work coming up with a plan to raise a little money to address the need for new recycling bins around school.

They would like to host a cake sale on Friday 28th February (first Friday back after half term).

If anyone would like to donate cakes to the sale or donate money, we would be extremely appreciative!

Thank you!



CELEBRATION ASSEMBLY

Reception: Finley and Lark
Year 1: Hugo, Toby and Leon
Year 2: Lucy, Ezra and Arun
Year 3: Freddy, Dylan and Zara
Year 4: Ivy, Ellie and Tabitha
Year 5: Neve, Arabella and Felicity
Year 6: Harriet, Alice and Darcie



Thank you to Margot for playing the piano beautifully in assembly today!

CHILDREN'S MENTAL HEALTH WEEK

We launched Mental Health Week at Northleaze with an assembly on Monday morning. We talked about different emotions and the children loved the fact that Place2Be's theme this year is linked to the film Inside Out!

We raised a fantastic £106.60 on Wednesday so thank you!



TIPS FOR FAMILIES

Place2Be's
CHILDREN'S MENTAL HEALTH WEEK

- 1 Encourage journaling**
Just like Riley, encourage your older children and young people to express their emotions and thoughts through journaling. It can be less confronting than speaking out loud and is a helpful way to process what is going on.
- 2 Make space for reflection**
When children and young people reflect on their different emotions, it can help them better understand themselves and what they need. Go for a walk, drive, or try some mindful colouring or baking together.
- 3 Be visual**
Use imagery, such as emojis or flashcards to help children and young people recognise and label their feelings.
- 4 Practice mindfulness**
Try mindful activities, and quiet family time, to enjoy being in the present moment. This can help children and young people be aware of their thoughts and emotions and learn a useful new coping technique.
- 5 Communicate**
Feedback is crucial for helping us see our blind spots and gain greater insight. Children and young people are no different. Creating safe and supportive ways to share your own experience with your child can help them understand themselves and their impact on the world around them.

During the course of the week teachers have highlighted the importance of 'Knowing yourself, Growing yourself' with a variety of activities and on Wednesday we spent the afternoon focusing on our wellbeing. A carousel of activities included yoga, an outdoor scavenger hunt, art and stories, music and meditation! Children enjoyed wearing own clothes to express themselves and money donated will go towards the Place2Be charity and mental health resources for Northleaze.

RECEPTION CLASSROOM



CHILDREN'S VIEWS OF MENTAL HEALTH WEEK

Wellbeing Wednesday was a day where you could express yourself when you came into school with your own cloths. The pupils brought in one pound in each or two pounds in total we raised 106 pounds and the money was spilt between our school and the charity Place2be. In the afternoon we did lots of fun activities in each class. In Year 6 we did art, in Year 5 we had a book read to us, in Year 4 we did singing of our favourite Disney songs as well as meditation and finally in Year 3 we did cosmic kids yoga. It was incredibly fun because it was different from our normal afternoon of learning!

On Wednesday, we did an own-clothes-day to express ourselves. Throughout Wednesday we did fun activities which include singing, meditation, cosmic yoga, coloring and a story. This is all because this week was mental health week. Mental health is about thinking about your wellbeing. Mental wellbeing is as important as your physical wellbeing and social wellbeing.

This week we had wellbeing Wednesday. As a school we raised 102 pounds we went Round to each class and din something Calm. In year 3 we did yoga in year 4 we did Meditation in year 5 we had a book read To us and in year 6 we did art. It was very fun.

RUNNING CLUB

Well done to all those that came. As a reminder, children can come to school in their PE kit ready for running club at lunch.

[Please sign up here!](#)

Today, we ran...

2.15
KM

In total this year...

30.95
KM



29

Children ran this week!



Happy birthday to all the children who celebrated their birthday this week.

Olivia L (Year 3) and Jack L (Year 4)

Hope you all had a great day!

TOYS

We have had several issues in classrooms all the way through school with children bring in toys. Please can you prevent your children from bringing any toys of any sort into school. They are getting lost and damaged which is creating some issues in class. Thank you.

CAR PARK

It has been observed that children are running in between the cars and knocking into them before school and after school. Please could you remind children that they shouldn't be doing this. Thanks

BIKEABILITY

We have had our dates confirmed for Bikeability. This involves Year 4 and Year 5 children. It is still a little way off but thought it best to give you as much notice as possible. Please see the timetable below. More details about which group your child is in will follow from your class teachers.

Thanks

Week	Date	Time	Group	Location
Week 1	Wednesday 23rd April	9:00am – 10:30am	Level 2 Year 5: Group 1 (12)	Playground
		10:45am – 12:15pm		On-Road
	Thursday 24th April	1:00am – 2:30pm	On-road	
9:00am – 10:30am		Level 2 Year 5: Group 1 (12)	On-Road	
	10:45am – 12:15pm		Playground	
		1:00pm – 3:00pm	Level 1 Year 4: Group 1 (14)	Playground
Week 2	Wednesday 30th April	9:00am – 10:30am	Level 2 Year 5: Group 2 (12)	Playground
		10:45am – 12:15pm		On-Road
		1:00am – 2:30pm		On-road
	Thursday 1st May	9:00am – 10:30am	Level 2 Year 5: Group 2 (12)	Road
10:45am – 12:15pm		Playground		
		1:00pm – 3:00pm	Level 1 Year 4: Group 1 (14)	Playground
	Wednesday 7th May	9:00am – 10:30am	Level 2 Year 5: Group 3 (6)	Playground
		10:45am – 12:15pm		On-Road
		1:00am – 3:00pm		On-road

CELEBRATION ASSEMBLY

Next week's celebration assembly will be on Thursday - not Friday! This is because of the INSET Day next Friday on Valentine's Day.

We will of course be putting it on Teams as we are aware many of you may be working on Thursday.

MARKETING EXPERIENCE

If there are any parents or contacts you know of who would be willing to support us in a marketing capacity, please get in touch. We are looking for someone who can help with promoting our school to a wider community.

PSA

Please don't forget the PSA Quiz tonight!

Good luck to all the teams and thanks to the PSA for organising!

COMMUNITY

FEBRUARY HOLIDAY CLUBS
Fun Science

18TH, 19TH AND 20TH FEBRUARY
ST ANDREW'S, BRISTOL
SOUTHDOWN, BATH

Rainbow Researchers
Glow-in-the-Dark Discoveries
Water Wizards!

10am - 3pm
Optional 'Stay n Play' hours, £3.50 per hour

Head to fun-science.org.uk for more information

07708 214840
bath@fun-science.org.uk
fun-science.org.uk/science-holiday-clubs/