

BE THE BEST YOU CAN BE

# MALMESBURY NEWSLETTER



## HEALTHY BODIES, HEALTHY MINDS

This week we marked children's mental health week in school. This year's theme is 'Know yourself, grow yourself.'

The more we can understand about ourselves, the more prepared we are to express our emotions and take on life's ups and downs. Being self-aware means getting to know and understand what we are good at, what we find difficult, our likes and dislikes, what makes us feel JOY and what may cause us SADNESS. It is also about understanding what makes us unique and our fears, hopes and dreams. As we build a sense of self, we grow in our ability to connect with others, as well as develop our skills and talents. It is with this basis we can form strong and healthy relationships, from early childhood right through to adulthood and are equipped to cope with the challenges that life brings our way.

### COMING UP...

Tuesday 11th  
February: Safer  
Internet day

Uma Kumaran (Bow  
MP) meeting Y5 -  
social activism

Half term holiday:  
Monday 17th - Friday  
21st February

Thursday 6th March:  
World Book Day

Friday 4th April: last  
day of the spring term

### Wristbands of Joy

This week, we talked with our children about the things that bring them joy. Often these are the simple things: spending time with family, drawing, singing and dancing, baking, riding a bike, playing in the park, reading and playing with friends.

Please ask your child about their wristband and what they've chosen to put on it.



A brilliant idea below to help our World Book Day celebrations also be more sustainable with some costume swapping/recycling...

We'd love to help pre-loved dressing up items be used again.



Next week in school we'll be marking **Safer Internet day**. This year's theme is looking at internet scamming - sadly something many of us will have come across.

Our assemblies and sessions in class will be a great way to move our children's understanding and thinking about how they can keep themselves safe.



## 100% ATTENDANCE WEEK

**'The best-laid plans of mice and men off' go awry' ~ Robert Burns**

This line by the famous Scottish poet Robert Burns sums up this week's 100% attendance week - we had a plan but it went amiss thanks to a bout of Norovirus in school this week.

So, we will still recognise those children who have managed (mainly due to good luck) to be in school all week. We will run 100% attendance week again in the summer term to give everyone another chance to be successful.

This week, we have followed public health England's advice for schools with higher than average levels of sickness - there are many schools currently in this position. This means extra handwashing and talking children through good hygiene practice when coughing/sneezing.

We have also asked for your support in keeping children with sickness/diarrhoea to be off for a full 48 hours after the last time they vomited or had diarrhoea to prevent further spread of this bug. Thank you for help with this.

We are hoping to have happy, healthy children back in for the last week of this half term.

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