



# Lowerplace Primary School Newsletter 9

Monday 5th February 2024

## Ms Martin's Update

Dear Families,

It was another busy week at school last week and this week promises to be the same.

On Friday, we held our very own Number Day helping to raise money to support the NSPCC which provides valuable services, such as Speak out Stay safe and Child Line.

The children enjoyed playing a range of board games, designing their own number games and solving a variety of mathematical investigations. I hope you enjoy the photographs.



This week is Children's Mental Health Week and throughout the week classes will be this year's theme of 'My Voice Matters' which aims to empower the voice of the child and ensure that they know their right to be listened to.

Included with this week's newsletter are two leaflets for you to download and print. It includes Top Tips for encouraging your child to feel heard and conversations starters for talking about feelings. I hope you find them useful.

Wishing everyone a lovely week ahead.

Best wishes

Ms K Martin  
Headteacher

## Congratulations!

Congratulations to Mrs Conway and her husband. Mrs Conway gave birth to a baby girl on the 30th January. Welcome to the world baby Evie.

Both mother and baby are doing well.



We wanted to let you know how this brilliantly simple, free, small change to children's existing TV viewing habits can drastically improve their reading skills.

Children automatically and subconsciously read more when we turn on subtitles!

Turning on the subtitles while children are watching television can double the chances of a child becoming good at reading. It's so brilliantly simple and can help children's literacy so much.

Same Language Subtitling (SLS) has, for years, been recognised for language learning but there is also strong and growing evidence that subtitling helps improve reading skills. Word for word, what you hear is what you read, in perfect timing. Find out more - <https://turnonthesubtitles.org/>

Here is [Lenny Henry](#) explaining the benefits of turning on the subtitles in more details.

**Take up the challenge and give it a go!**

## Attendance Matters - weekly attendance 29/01/24

Ra	90.5	3a	93.3
Rb	94.0	3b	95.7
Rc	82.7	3c	91.1
1a	90.8	4a	95.3
1b	85.6	4b	97.3
1c	95.8	4c	93.4
2a	95.4	5a	91.0
2b	87.7	5b	90.7
2c	93.8	5c	96.7
6a	94.7	6b	86.2

How well is your child's class doing against our school target which is currently 94%?



**It is important that you try to ensure your child is in school everyday.**

**If you are having difficulties, please speak to a member of staff and we can see if we can help.**

NUMBER  
DAY  
2024





## Dates for the diary

We hope you find the calendar of upcoming events helpful. Please pin this to your fridge/add the events to your own calendar.

Dates	Event/Activity (Anything new is in red)
Mon 8th January	INSET Day
Thurs 18th January	Special Census School Dinner
Thurs 25th January	3C Class Assembly at 9am
Thurs 25th January	Y1 & 2 Phonics Meeting at 3.30pm in the KS1 Hall
Friday 2nd February	NSPCC Number Day
Wed 7th February	Parents Evening 3.30pm—6.30pm—postponed
Thurs 8th February	Parents Evening 3.30pm—5.30pm -postponed
	Young Voices
Wed 14th February	5B Class Assembly at 9am

### Half Term Monday 19th February—Friday 23rd February

<b>Tues 5th March</b>	<b>3B Class Assembly at 9am</b>
Wed 6th March	Parents Evening 3.30pm—6.30pm—new date
Thurs 7th March	Parents Evening 3.30pm—5.30pm –new date
Thurs 7th March	World Book Day
Wed 20th March	Y4 Production
Thurs 26th March	1A Class Assembly at 9am

### Easter Holidays Friday 29th March —Friday 12th April (INSET Day Mon 15th April)

Mon 15th April	INSET Day
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**For All Parents**

**Every Friday 9am—10am in the KS1 hall**

# My VOICE MATTERS

Place2Be's  
CHILDREN'S  
MENTAL HEALTH  
WEEK

## TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

**Are you a parent or carer who wants to talk to your child about mental health?**

This Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe – "My Voice Matters".

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.



### LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour – and act on their views.

[PARENTINGSMART.ORG.UK](https://parentingsmart.org.uk)

### Here's what children and young people told us they need from you:

- 1 We don't need to have 'one-off conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
- 2 I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- 3 Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- 4 Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- 5 Don't compare my experiences to your own when you were a child.
- 6 Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
- 7 Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- 8 If you are open with me about your feelings, this can help me to be more open about mine.
- 9 Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school – because they 'get it'.
- 10 Sometimes a hug is all it takes to make me feel supported.



### WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES

These wellbeing activities can help children and young people think about and share what matters to them.

[For primary children: bit.ly/3PzG0i8](https://bit.ly/3PzG0i8)

[For secondary children: bit.ly/3LBD2wK](https://bit.ly/3LBD2wK)

## CONVERSATION STARTERS

Some ways to start a conversation with your child about mental health could be...

TELL ME ABOUT  
YOUR DAY

WHAT WAS THE BEST  
THING ABOUT TODAY?

WHAT IS THE BIGGEST  
STRESS / WORRY IN YOUR  
LIFE RIGHT NOW?

WHAT'S YOUR  
ONLINE LIFE LIKE?

WHO WOULD YOU TALK  
TO IF YOU WERE FEELING  
WORRIED ABOUT YOUR  
MENTAL HEALTH?

WHAT CAN I DO  
TO HELP YOU?

