

# Bidford on Avon Church of England Primary School



## NEWSLETTER 27 – 1<sup>st</sup> April 2021

Dear Parents, Pupils & Governors,

### Easter Celebrations

- Sarah Folkes of St Matthews Church gave a virtual collective worship this week explaining the events of Holy Week. You can watch it here: <https://www.youtube.com/watch?v=IAgNNgu25Eo>
- Children in Reception and Mrs Walsh's class have been making Easter chocolate nests this week. Pupils had to melt the chocolate and carefully mixed in the crispies before the chocolate set.

**Managing Worries** – On Monday, Coventry and Warwickshire MIND (<https://cwmind.org.uk>) delivered a whole school assembly focusing on 'Managing Worries'. The school was asked to think about what is mental health and identify different feelings. They shared the story 'A bag full of worries' and the importance of sharing worries to help manage them and not letting worries build up until they are so big we cannot manage them all. All of our pupils were fully engaged, and were able to share their thoughts and ideas. Today some of our Year 6 pupils took part in a follow up workshop and KS1 will have having workshops next term. Attached is an assembly leaflet for you to use at home as a follow up.

### Covid Awareness –

- If you or any member of your household have a positive test result between now and Thursday 7<sup>th</sup> April please send a text message to 07591 541444 immediately.
- If you or any member of your family have a PCR test, then you all need to isolate until you receive a negative result. If you or a member of your family are isolating on Monday 19<sup>th</sup> April please call the school office in the morning and we will advise the next steps.
- For the latest Coronavirus Government advice for parents, [please follow this link](#).

**School Crossing Patrol** – Warwickshire CC are hoping that our School Crossing Patrol will be able to return after the Easter break.

**School Milk** – If your child receives income based free school meals they are also entitled to receive free milk. Please contact the office if you wish your child to have milk after Easter.

**Teacher Training Days** – School will be closed to pupils for staff training on the following dates:

- Fri 28<sup>th</sup> May (half term break is Mon 31<sup>st</sup> May – Fri 4<sup>th</sup> June)
- Weds 21<sup>st</sup> July (the last day of this academic year will be on Tues 20<sup>th</sup> July)
- Thurs 2<sup>nd</sup> & Fri 3<sup>rd</sup> Sept (new term will start on Mon 6<sup>th</sup> Sept)

**Book of the Week** – Children in Mr Thackway's class have been reading 'Charlie and the Chocolate Factory' by Roald Dahl. Willy Wonka, the most wondrous inventor in the world, opens his gates of his amazing chocolate factory to five lucky children. Gobstoppers, wriggle sweets and a river of melted chocolate delight await - Charlie needs just one Golden Ticket and these delicious treats could all be his!

We hope that you have an enjoyable Easter break and we look forward to seeing everyone safe and well on Monday 19<sup>th</sup> April.

**Mr A Simms**

To get more information or support for yourself or others you can contact:

[mind.org.uk](http://mind.org.uk)

[youngminds.org.uk](http://youngminds.org.uk)

[mentalhealthmatters.com](http://mentalhealthmatters.com)

[childline.org.uk](http://childline.org.uk) 0800 11 11

In an emergency call **999**

If you are worried about your own mental health and would like to see if you might benefit from talking to us one-to-one speak to your teacher.

# Assembly leaflet

Mind  
15-19 Broadway  
Stratford  
London E15 4BQ  
020 8519 2122  
[contact@mind.org.uk](mailto:contact@mind.org.uk)  
[mind.org.uk](http://mind.org.uk)  
Infoline: 0300 123 3393

Mind's registered charity number is 219830. © Mind 2017



## What does mental health actually mean?

Mental Health is simply how well the mind is. Just like physical health it can be good or bad, and can change day by day and throughout life.

We all have mental health and it's important that we look after it. We can do this by:

- Talking to people about how we feel
- Asking for help if we're struggling with something
- Make time to do nice things like going for a walk, playing with friends, listening to music or cuddling a pet.

We can help look after other people's mental health by:

- Asking how they are and really listening
- Including them in activities so no one is left out
- Asking for help if we're worried about them

Mental health problems affect 1 in 4 adults and about 1 in 5 children. It's nothing to be ashamed of and because it's so common it's important that we understand a bit more about it.

## Think about a few things that might help you

Positive coping strategies that work for me:

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People I can talk to in school are:

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People I can talk to outside school are:

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