

Stoke Hill Federation NEWS







Monday 10th October was World Mental Health Day.

One in five children will experience a mental health problem by the time they reach secondary school. But less than half of parents talk to their children about mental health. Here are a few suggestions from the charity 'Heads Together' about how you could go about this:

- A Q&A format encourages children to talk: Colours of the rainbow? Best bits of your day? Name five birds? Most difficult part of today?
- 2. Share your own stories to show that you have had similar feelings. Make it a two-way conversation.
- 3. Tell stories by each writing a letter or email about yourselves to a relative or friend. Be positive about your child's suggestions: "Yes tell them that, it was so funny!"
- 4. Give them space to question and time to absorb information. Children may not open up straight away, so check in with them from time to time.
- 5. Be a role model. Showing how you cope with difficult feelings will help your child cope themselves.

Remember nobody is perfect and we all get upset or angry sometimes. Tough times can help us develop the skills and resilience that will last a lifetime.

❖ We make sure that children feel safe and happy so that everyone can truly shine

INSPIRE DISCOVER SUCCEED

1, 2, 3 4 5 Once I caught a fish alive...



Our Infant School fish are tough old girls and much loved by so many children who look at them each day. Do you think you might come and take a look at our filter and keep an eye on the fish? We need a few 'fish friends' who we can ask for help occasionally. If you know a little about fish or keep an aquarium yourself please help us if you can. Let any member of staff know if you might help

Thank you.

Accelerated Reader

Top classes so far this year

Y3 – 3B Y5 – 5PW Y4 – 4F Y6 – 6SP

Highest average scores

- 1. 3E 98%
- 2. 5J 88.1%
- 3. 6SP 87%

92% of our children have finished a book and completed a quiz in the last 7 days.

Our target is that next week this will rise to 100%

YEAR 2 TO THE ZOO

The reason we went to Paignton Zoo was to see for real and find out more about animals because we are learning about the 7 continents, especially the Gambia in Africa. At the zoo we saw a big, cool lion and it roared very loudly. It roared as loud as thunder: **Billy**

The llon barked like a dog a little bit as well, it got me thinking was it a dog? but I knew that lions do that sometimes. The tiger was walking in different directions but it kept looking at us whichever way it went. **Kara**

I've learnt that when crocodiles eat their meal they don't just go and catch something, they pretend they are not interested in the food and they go away but then they grab it all of a sudden — a bit like pouncing, but not technically 'pouncing'. Crocodiles eat their food in chunks, they don't chew it, they just gulp it. **Caitlin**

On behalf of everyone in Year 2, Billy, Caitlin and Kara wanted to say thank you to all the grown ups who helped us.

What an inspiring day "thank you Billy, Kara and Cailtin for your visit news.

Displays

Teachers at the Junior School have been celebrating learning by creating 'Learning Journey' displays. These build up over the half term with some of the children's writing and art work, as well as information about the topic the children are studying. The idea is that the children can see how the work that they are doing fits in with the overall topic and links to what they did earlier in the term.

Before they start again for a new half term, make sure you check them out either in the classroom or corridors.



