

Stoke Hill Federation

Newsletter



Friday 4th May 2018



Balancing Our Mental Health

Earlier this year we shared the Early Help for Mental Health Team's **10-a-day** choices to help us all balance our mental health. We thought it would be worth reminding you of them:

1. **Talk about your feelings**
2. **Do something you enjoy and are good at**
3. **Keep yourself hydrated**
4. **Eat well**
5. **Keep active in mind and body**
6. **Take a break**
7. **Stay connected to those that care about you**
8. **Ask for help**
9. **Be proud of your very being**
10. **Actively care for others**

These are things that we can all do every day, and are worth spending some time talking to your child about.

Summer in the City

For the past few years, the Federation has put together a leaflet with details of free and low cost activities, on offer in the city during the summer holidays.

Although the long, summer break might feel distant at the moment, it will soon be upon us! So, can we ask people to be on the lookout for activities and events that might be suitable to include in our leaflet and let us know? *Thank you*

Problems with ParentMail?

Here are 3 things you can do:

- 1) download the ParentMail app
- 2) ask another parent to problem solve with you
- 3) contact ParentMail directly on 01733 595969 or by emailing enquire@parentmail.co.uk where someone will be able to help you.

Stay and Play at the Infant School

Stoke Hill children really enjoy playing together at the Infant School at the end of each day. To make this work, and to keep everyone safe and happy, it is important that everyone follows the simple rules for 'Stay and Play'.

If you stay and play please remember:

- ❖ We use Kelso's choices
- ❖ We don't play football anywhere
- ❖ We don't climb the trees
- ❖ We only go into the top field if the padlocks is off the gate
- ❖ We use the Year 2 toilets
- ❖ If we need first aid we use the small first aid kit in the Y2 cloakroom

Please remember that after school your child is your responsibility and that you need to be able to see them and know what they are doing at all times ~ thank you.

Staying Safe in the Sun

Let's hope the sun starts shining soon... if it does then please ensure your child:

- has a sunhat
- knows to take their jumper off when they are hot
- sometimes stays in the shade
- has a water bottle each day
- wears a single application sunscreen suitable for their skin type (applied before school)

First Aid trained staff will make informed decisions about how much time children spend outside at lunchtime on very sunny days.

For further advice please contact the School Nursing Service on 0845 6880249

Junior School Children's Fundraising Events

One of our Federation Values is that ***'Children learn that it is not just what we can take from the world but what we contribute that is important'***.

Our children are very enthusiastic fundraisers! You will have noticed a raffle and an art sale currently being organized by some of our Y4 children. We are very proud of their kindness, enthusiasm and commitment to helping others.

Lots of other children have asked if they can do similar things. For example, Y4 have already planned a jumble sale on Wednesday 23rd May.

We have therefore decided to hold a special **fundraising breaktime** on **Tuesday 26th June**. This will give everyone that wants to be involved time to think about what they'd like to do. We will set up stalls in the hall, and children who would like to take part will be able to sign up over the coming weeks. We'll invite all the other children to bring some loose change so that they can support their friends in their efforts.

More details to follow...