



Children's Mental Health Week – Let's Connect

This week for Children's Mental Health Week, students have been engaged in lots of activities to help them understand more about mental health and ways to stay mentally healthy. Today, we all enjoyed expressing our personalities through colour and costume as we 'dressed to express'.



The theme this year was 'Let's Connect'. As parents, you are an important role model to your child. How you connect with friends and family will influence your child, and how they develop their own friendships and relationships. For example, how you greet people and maintain friendships, but also how you forgive people or say sorry when you need to.

Children's Mental Health – ADVICE FOR PARENTS

Place2Be suggest a few simple ways you can connect with your child and help them to make meaningful connections.

1. **Connect with your child in everyday ways**

Moments of connection (and re-connection) are really important in child-caregiver relationships. For example, when you pick them up from school, or come in from work, try to give them your full attention and see if this helps you feel better connected as you hug, talk, smile and hear about their day. Watching your child play and joining in is really important to them – so put your phone away and have a bit of fun – being playful is good for adults, too! With your older child, you may find times such as car journeys a good time to talk, or to reconnect by playing music you both like. It is important to be accessible to a teenager when they need to talk. You may have to be there 'on their terms' and be ready to listen.

2. **Talk to your child about important connections**

This could include talking about family, friends, neighbours, childminders, and other people in the community. Remember it's ok to talk about people they miss, e.g. family members who live in a different country or people who have died. Children learn a lot from their parents about how to express their feelings, including the joy that comes with feeling connected to others and the sadness that comes with missing others.

3. **Talk to your child about their friends**

As children become older, their friendship groups become increasingly important to them. Be open to hearing about their friendships and try to listen without judgement. Losing friends, feeling left out, or even being bullied, is painful and your child needs to know you will support them through these times.

4. **Connect by taking an interest in your child's world**

As adults we can sometimes be dismissive of things that our children are interested in, e.g. their music, fashion, what they watch etc. If you do take an interest in these things, however, you may feel better connected to your child and the important things in their world. This can lead to other conversations about other things in their lives that matter to them.

5. **Find time to connect as a family**

Family life can become busy and stressful, so it's important to find some time where you connect together. This could include simple things like cooking, watching a film, playing a game, going to the park or even doing the family shop together.

6. **Try to resolve conflict & re-connect after arguments**

Arguments and moments of disconnection are bound to happen in families - between your children, between yourself and your children and between yourself and your partner, if you have one. It is important that children learn how to disagree in appropriate ways, how to say sorry and how to make amends when they have done something wrong. They will learn a lot about how to do these things from you - so try to model the behaviour you want to see in your children. Talk to them about how to re-connect with friends after arguments including what they can do to help repair relationships. Let your child know that if they are worried about something, they should always talk to an adult they trust. It could be you, someone in your family, a teacher or someone else in school.

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting children and managing their behaviour. www.parentingsmart.org.uk

You can also find a list of organisations that provide support and advice on the Place2Be website Place2Be website.

Inter-House Cross Country Champions

Congratulations to our Otters-winners of yesterday's Interhouse Cross Country Competition!

1 st Otters	220 points
2 nd Robins	210 points
3 rd Owls	183 points
4 th Stags	144 points



West Oxon Cross Country Tournament

Congratulations to Max Bellord and Zack Glennie, along with our entire U11 girls' team, who, having first qualified for the West Oxon Tournament, have now qualified for the County Finals (date to be confirmed). Well done all!

Walking with Children – The Footsteps Guide

You will know the importance of keeping your child safe when near traffic. [This Footsteps guide](#) will give you some simple activities to use that will help you achieve this, whilst giving you some interesting things to do and talk about with your children.

As adults we know how to be safe pedestrians. But young children won't have learnt those skills yet. By teaching your child road awareness, you are enabling your child to make their own choices and decisions with your help when walking and crossing the road. Top tips:

- Ask questions rather than tell your child what to do.
- Involve your child in the decision making and explain why you are doing things.
- Remember your child will copy your behaviour so be consistent, even if you are in a hurry.
- Never do anything you wouldn't want your child to do when they are on their own.

Start Footsteps as soon as you feel your child is ready, the sooner the better. Please don't expect quick results, take it at their pace. As your child shows you they can cope, move on to more challenging tasks. You know your child best, so you will know when they are ready to go out without you.

[Download Oxfordshire County Council's Footsteps guide](#), and start your child's road awareness journey.

Value of the Month: Humility

Humility:

is recognising my own strengths and those of others

is *not* showing off

Is accepting everyone.

Children of all abilities 4-13

CPD SPORTS

Fun and educational games

FOOTBALL HOLIDAY COURSES!

Running all year round!

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Diary Dates

Mon 20 Feb	First day of next half term
Thurs 23 Feb	Year 3/4 RE (Hinduism) Workshop
Thurs 23 Feb	Year 1 at Fairytale Farm
Fri 24 Feb	KPSA Film Night
Mon 27 Feb	Book Week
Weds 1 Mar	Nursery trip to Cogges Manor Farm
Weds 1 Mar	Year 1 Dance Workshop
Thurs 2 Mar	World Book Dress-Up Day tbc
Fri 3 Mar	Year 4 Pottery Workshop
Mon 6 Mar	Year 6 trip to Ashmolean Museum
Tues 7 Mar	Hrothgar the Viking visiting Year 4
Weds 8 Mar	KPSA Meeting 3:15pm
Fri 10 Mar	Year 1 Class Assembly
Weds 15 Mar	Parents Evening
Thurs 16 Mar	Parents Evening
Fri 17 Mar	Year 4 Class Assembly
Fri 17 Mar	Red Nose Day
Mon 20 Mar	STEM Week
Weds 22 Mar	Year 2/3 Multi-skills Festival
Thurs 23 Mar	Year 5/6 trip to Leamington Gurdwara
Fri 24 Mar	Year 3 Class Assembly
Tues 28 Mar	Reception visit to Oxford Story Museum
Weds 29 Mar	Interhouse Benchball
Weds 29 Mar	KPSA Easter Bingo 4pm
Thurs 30 Mar	Interhouse Benchball
Fri 31 Mar	Easter Egg Hunt
Fri 31 Mar	Last day of Spring Term – 2pm finish
Mon 17 Apr	First day back

Oxfordshire Libraries

SHORT STORY WRITING COMPETITION!

Are you aged between 7 and 11?
Do you love writing?

Why not have a go at writing a short story for our competition?
It can be on any topic and up to 3,000 words long

The winning story will be published as an eBook for library members to borrow!

More information and instructions on how to enter can be found on the Oxfordshire Libraries website.

@oxonlibraries Entries open: 3 January 2023

Oxfordshire Libraries Closing date: 26 February 2023

www.oxfordshire.gov.uk/shortstorycompetition

OXFORDSHIRE COUNTY COUNCIL