

Donisthorpe Primary School Newsletter

Monday 30th January 2023

Dear Parents and Carers,

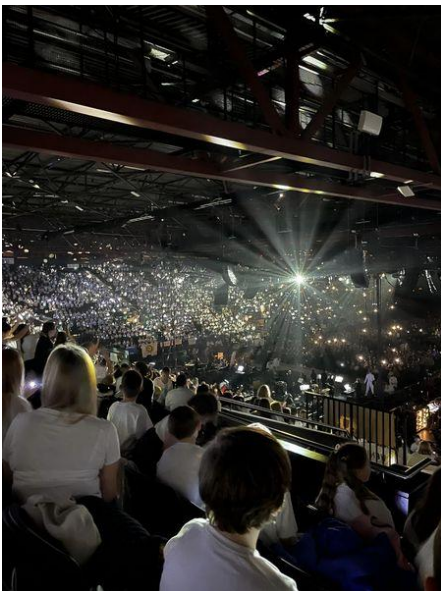
It's been another busy week at Donisthorpe this week- the children have been busy in class, as always behaviour for learning has been amazing as I visit them in lessons! School looks wonderful as teachers and support staff update the school learning environment- we look forward to showing you all at our open classroom on Friday 17th February.



We are hugely grateful to those parents who already help in classes and for the strong partnerships between parents and the school. I would like to appeal to any of you who may be able to spare a couple of hours a week to come in to school to support with a range of activities, particularly reading with our children. If you are able to help out, even for an hour week, please speak to your child's teacher and we can progress to the next stage.

Young Voices

Wow! What a trip! Children from Year 5 and 6 took part in the 'Young Voices' concert at the NEC in Birmingham on Wednesday 25th January. It was the most amazing day which was the finale to a year of rehearsals and preparation. The children sang as part of a 6000 strong choir, who rehearsed together during the afternoon and then performed to an audience of family and friends in the evening concert. All of the staff who accompanied the children on this amazing trip were so proud of the conduct and behaviour of our children. They were great fun to be with for the day and really pulled together as a team. We would like to thank all of the families who supported the children through their Young Voices journey from start to finish. For those families who attended the evening concert in Birmingham, we hope that you had a memorable and enjoyable evening. It was great to know that you were out there supporting us. We are already planning next year's event!



Industrial Action at Donisthorpe Primary School on Wednesday 1st February 2023

As you are aware the National Education Union (NEU) have voted to hold industrial action on certain days over the next two months. The first date scheduled is the Wednesday 1st February 2023. School will be open as normal on this day. We will endeavour to let parents know about future industrial action as soon as we can as this situation may change for future strike dates.

Thank you for your support in what is an emotive issue.

Supporting the Emotional Wellbeing and Mental Health of Our School Community

At the end of this newsletter you will find attached our first Wellbeing Newsletter with hints, tips and ideas for you and your children. We would love to know if this newsletter is useful to you or if there are other support ideas you might need. Please let us know by email to slt@donisthorpe.leics.sch.uk

Parents Evening

Parents evening this term will take place on Wednesday 15th February and Thursday 16th February. We will notify you when the online booking system is open for you to book an appointment with your child's class teacher. You will receive your child's mid-year report on Friday 10th February.

Parking Safely at Donisthorpe Primary School

Inconsiderate and dangerous parking around our school has become a big problem, putting the safety of children and others at risk. We all want to keep our children safe, so here are some top tips on how you can make a difference.

How Can You Help?

- ✓ Keep your speed down
- ✓ Turn your engine off if leaving your vehicle
- ✓ Leave the middle of the road free, with enough room for other road users to easily pass through
- ✓ Make sure your child leaves and enters your vehicle safely onto the pavement
- ✓ Check for pedestrians and cyclists before opening a car door
- ✓ Leave enough room on pavements for pedestrians to get past
- ✓ Take care when reversing

Please Keep Clear...

- ✓ Zig Zags and School Entrances
- ✓ Dropped Kerbs
- ✓ Resident's Driveways

Please park considerately and keep our children safe!

Additional Bank Holiday – Monday 8th May 2023

Following the announcement of His Majesty's Coronation on Saturday 6th May 2023, an additional bank holiday has been announced for Monday 8th May. School will be closed on this day and will reopen on Tuesday 9th May.

End of Key Stage SATS

SATs week for our current Year 6 children will take place from Tuesday 9th May 2023 with the last test being on Friday 12th May. National testing for Year 2 children will take place during the month of May 2023. We will be sharing information regarding testing arrangements for Year 6 and Year 2 later on in the school year.



If you have any questions, please phone school or email office@donisthorpe.leics.sch.uk

Regards,



Sylvie Newman
Executive Headteacher

Donisthorpe Primary School Wellbeing Newsletter

Supporting the Emotional Wellbeing and Mental Health of Our School Community- Spring Term 2023

Welcome to our first Mental Health and Wellbeing newsletter.

At Donisthorpe, we are committed to supporting children, staff and parents in their wellbeing and mental health. We know that wellbeing, physical and mental health are all vital to successful learning.

If you have any worries or concerns about your child's emotional behaviour or wellbeing, then please let school know. There will be things we can do to help further and support

Breathing exercises to help children with anxiety

Deep breathing is one of the best ways to lower stress in the body. This is because when you breathe deeply, it sends a message to your brain to calm down and relax. The brain then sends this message to your body. Breathing exercises are a good way to relax, reduce tension, and relieve stress.

Bumble Bee Breathing



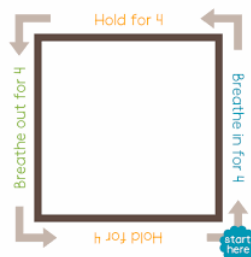
Breathe in through the nose. Exhale slowly and in a controlled manner while making a deep, steady humming sound like that of the bumble bee.

The humming sound should be smooth, even and continuous for the duration of the breath out.

Drawing

First draw a square, star and a triangle on a piece of paper.

SQUARE - follow the sides of the square, breathing in for 4 counts on one side and out on the next side for 4 counts again. Continue round the square.



STAR - use your finger to follow the sides of the star. Breathe in. Hold your breath on the tip and breathe out on the other side. Continue until you have been all the way around the star.



TRIANGLE - take a deep breath for 3 counts on side one. Hold your breath for 3 counts on the next side and finally out for 3 counts on the final side. Do these for a few minutes at a time.



Playing with bubbles

Playing with 'bubbles' is a great way to help regulate deep breathing. It is also something that can be done together with the rest of the family. Take a big, tummy pushing out breath before gently and slowly blowing to make the bubbles - making sure the tummy is contracting.

Below are two mindful breathing exercises that you can also do with your child:

Fiver Finger Breathing -

<https://www.youtube.com/watch?v=DSgOW879jjA>

Rainbow Breathing -

<https://www.youtube.com/watch?v=O29e4rRMvV4>

Other ideas ...

Place an emphasis on resilience and strength

Focus on your child's skills, in terms of their daily life. Help them see they have many strengths to help them cope if feeling anxious or upset.

Looking after your feelings

If your child is feeling anxious try getting them to think about good things that make them happy. You can always get them to keep a diary and write down or draw about how they are feeling.

Yoga

Yoga is a fantastic, fun exercise that improves posture, flexibility, strength and balance. It can also help children to relax and encourage positive thinking. Why not try it out?

Grab a mat, blanket, or towel find some loose clothing to wear and click on one of the following links.

For younger children:

<https://www.youtube.com/watch?v=R-BS87NTV5I>

<https://www.youtube.com/watch?v=0ImHIWzP49M>

For older children:

<https://www.youtube.com/watch?v=0eJoUIBhLkE>

https://www.youtube.com/watch?v=sM5MGLMNN_E

Things to say to your anxious child

1. I am here for you. You are safe.
2. Do you want to do some dancing or running to get rid of that nervous energy?
3. Tell me about it.
4. What would you like to say to your worry? What might your worry say back?
5. Let us draw your worry.
6. What does it feel like in your body? Where is your worry? How big is it?
7. Match your breath to mine.
8. Let us think up some endings for what could happen.
9. What is something we could do to make you feel better?

We would love to know if this newsletter is useful to you or if there are other support ideas you might need. Please let us know by email to

slt@donisthorpe.leics.sch.uk

Places to go for help and support



This website from the NHS offers expert advice and practical tips to help you look after your child's mental health and wellbeing as well as the rest of the family.

<https://www.nhs.uk/oneyou/every-mind-matters/>

The NSPCC are offering support and advice if you feel your child is struggling with their mental health and anxiety due to coronavirus.

NSPCC

More information and advice can be found on their website:

<https://www.nspcc.org.uk>

Young Minds - <https://youngminds.org.uk/>

YOUNGMINDS
fighting for young people's mental health

Expressing Feelings

Why is it important to express feelings? Expressing our different feelings helps us to recognise and manage them. It helps us recognise when we might need help with our feelings. Expressing feelings can help stop strong or intense feelings from taking over our minds and bodies.

Ways for your child to express their feelings

- Writing – diaries, poems, stories, blogs
- Talking to others
- Acting, dancing and singing
- Music



Mindfulness Links for Children's Well-being

Take time to reflect (celebrating resilience)

Make time each day for your child and the rest of your family to reflect on what went well. It is important to recognise your successes and the things you are grateful for, no matter how small. You can ask your child to start a diary where they write two or three things they have been proud about or are grateful for that day.

Mindful techniques can also help you focus on the present rather than dwelling on negative thoughts.

Children of all ages can benefit from **mindfulness**, the simple practice of bringing a gentle, accepting attitude to the present moment. It can help you support your child by promoting happiness and relieving stress.

https://alderhey.nhs.uk/application/files/9815/8515/7280/Mindfulness_activities_for_kids.pdf

<https://biglifejournal-uk.co.uk/blogs/blog/mindfulness-resources-children-teens>

<https://www.justonenorfolk.nhs.uk/emotional-health/children-young-peoples-emotional-health/emotional-health-activities/mindfulness-activities>