



9<sup>th</sup> February 2024

Dear Parent/Carer,

## Now and Beyond

A mental health festival by

### Beyond

#### Children's Mental Health Week

This week we celebrated Children's Mental Health week. We ran a special assembly, ran a dare to be different and participated in special class activities and workshops. This year's theme was 'My Voice Matters'. Empowering children and young people can have a positive impact on their health and wellbeing.

Research shows that children and young people who feel that their voices are heard - and that what they say makes a difference - have higher levels of self-efficacy and self-esteem. They also have a greater sense of community - and as people become empowered, they can work together to create positive changes for themselves and for others. I have included in this newsletter a poster that gives some tips you can talk to your child about if they are feeling worried or anxious.



#### AIM High Writing Day

Yesterday, 6 pupils from LKS2 joined other pupils from other primary schools in attending a writing workshop with author Tamsyn Murray at North Denes Primary School. Hunter, Allen, Oaklen, Bella, Tia and Evie listened to Tamsyn telling different stories and then together brainstormed ideas for writing a spooky story and a fantasy story. Children learned a creative way to plan

stories before writing their own. The children engaged well with the session and gained a great deal from the experience. Pupils had the chance to purchase a signed copy of a book They also got to enjoy social time with pupils from different settings.

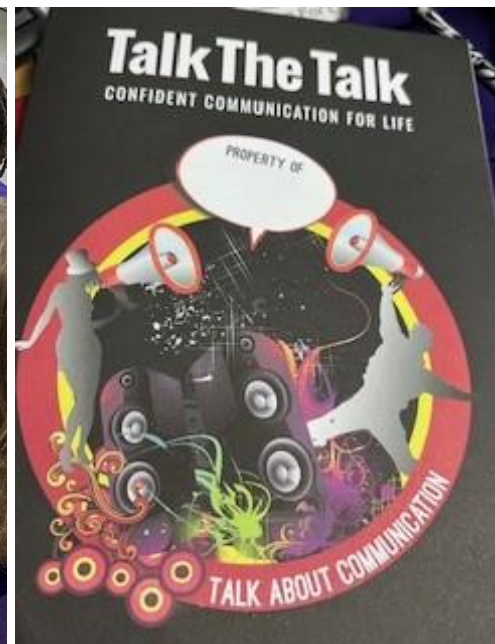
Thank you to North Denes Primary for hosting and making us feel so welcome.

#### Talk The Talk Workshop

Today 30 pupils from UKS2, including some of our Oracy Champions attended a Talk the Talk workshop with Anna from [talkthetalk.org](http://talkthetalk.org). The children engaged exceptionally well with the trainer and over the course of the day learned skills and techniques to help them articulate their ideas more confidently and publicly speak in front of an audience. The workshop was organised as part of OAT's commitment to developing pupils' oracy skills. The strategies learned today will be able to be used across the school and we already have



a group of willing experts to work with staff. The pupils' behaviour today was exemplary and children's enthusiasm and willingness to learn was praised by our visitor.





# Edward Worlledge Ormiston Academy

## Parents/Carers Survey

**Learning with Parents Survey** - We are evaluating parental engagement with our home learning platform both in terms of using the reading log and completing homework. We have noticed a real drop in pupils reading at home and are interested to know the barriers that some parents are experiencing in using the system - <https://forms.office.com/e/VURc1JKkM1>

### Parents Evening

Just a reminder that our Parents Evenings is live and there are appointments still available to book. Booking will close at midnight on 10/02/2024.

If you need any support with the booking process please visit <https://parentmail.help-hub.com/parents-evening/book-appointments.htm> or call into the academy office.

### Scholastic Book Fair

Just a reminder that we have our Scholastic Book Fair opening next week! This fair will be a little different to the ones we have had previously.....all payments will be cashless! You will be required to pay via QR code or website link.

Book prices range from as little as £2.99, and we have stationery/novelty items from as little as 40p!

The Book Fair will be open on:-

- 13/02/2024 from 3:20pm till 5:30pm
- 14/02/2024 from 3:15pm till 4:00pm
- 15/02/2024 from 3:20pm till 5:30pm
- 16/02/2024 from 3:15pm till 4:00pm



Bronze	Silver	Gold
<b>Year 6</b> <ul style="list-style-type: none"> <li>• Connor C</li> <li>• Eitanas</li> <li>• Aayan</li> <li>• Colin</li> </ul>	<b>Year 5</b> <ul style="list-style-type: none"> <li>• Leighton</li> <li>• Rosie</li> <li>• Maya</li> <li>• Levi</li> </ul> <b>Year 6</b> <ul style="list-style-type: none"> <li>• Arthur</li> <li>• Aurelijus</li> <li>• Colin</li> <li>• Ryley B</li> <li>• Lola</li> <li>• Joseph</li> </ul>	<b>Year 5</b> <ul style="list-style-type: none"> <li>• Alicia</li> </ul> <b>Year 6</b> <ul style="list-style-type: none"> <li>• Hephzibah</li> <li>• Jenson</li> <li>• Karol</li> <li>• Ruslana</li> <li>• Goda</li> <li>• Hayden R</li> </ul>



## DO YOU SOMETIMES WORRY ABOUT HOW YOU ARE FEELING?

If so, read on!



Here are some brilliant tips from children just like you\*. These children have also had ups and downs with their mental health and want to pass on some ideas that have helped them:

- Ask for help – from a teacher, parent, brother, sister, or other family member. Keep telling until someone listens to you.
- Remember you are not alone – everyone goes through tough times. Be kind to yourself – everyone is perfect in their own way.
- Stay calm – take some breaths or find somewhere to sit quietly for 2 minutes.
- Go outside and get some exercise to make yourself feel stronger.
- Spend time with your family and friends (or pets).
- It's okay to not always be okay.
- Think of your favourite thing and write it down.
- Keep a diary to track all your emotions.
- Stay positive and focus on things that make you happy. If you can't think of anything, maybe a friend can help you.
- Remember you are enough, and you are the only you.
- If you are being bullied, maybe the bully is being bullied or has something going on at home and they're taking it out on someone else. Tell an adult or trusted friend.



## DO YOU SOMETIMES FEEL A BIT WORRIED ABOUT HOW SOMEONE ELSE IS FEELING?

If so, read on!

Things you can say to help support someone else:

