



## Dear Parent / Carer

### Value of the month: Hope

Here are 10 ways to become an encouraging person, thereby, giving some hope to others.

1. Tell your family and friends how much you appreciate them, value them, and love them.
2. Did you get excellent service at a restaurant or in a shop? Tell the server and the manager.
3. Encourage a single-parent mum or dad. These parents don't have it easy.
4. Be specific when you offer praise. "You did a good job with . . ."
5. When someone you know is dealing with a crisis, be there for that person. Just your mere presence is a powerful encouragement.
6. Use more kind gestures, like holding the door open for someone, or letting someone ahead of you in line.
7. Always have an upbeat, positive attitude. Our attitude is more caught than taught.
8. To some people it sounds cheesy, but always say, "Thank you." This step lets others know that what they have done was noticed and appreciated.
9. Smile. It's like a mental handshake that welcomes people. And your smile is contagious.
10. Tell your children how happy you are that they are in your family. Give them a hug for no reason.



### PLT COMPETITION WINNERS

The Pupil Leadership Team (PLT) are delighted to announce their Friendship Bench Poster competition winners:

Key Stage One Winner

*Mia Sullivan*

Key Stage One Runner Up

*Isla Dunford*

Key Stage Two Winner

*Ryan Batton*

Key Stage Two Runner Up

*Rebekah Long*

Look out for the poster's around school.

### FUNDRAISING NEWS

We have received a card from Royal British Legion to let us know we raised £552.83 during the poppy appeal. This is an amazing total, thank you so much for your donations that are not just used for remembering the fallen: you've supported a new generation of veterans and Service personnel that need our support.





# Southwold Primary & Nursery School

## CHILDREN'S MENTAL HEALTH WEEK

Week Beginning Monday 5th February 2018 is Children's Mental Health Week - This week's theme is 'Being Ourselves'. When we have a positive view of ourselves, it can help us to cope with life's challenges and make better connections with others. Organiser, Place2Be, is inviting everyone – children, young people and adults – to come together and celebrate the unique qualities and strengths in themselves and others.



**Children's  
Mental Health  
Week 2018**  
5-11 February #childrensmhw  
ChildrensMentalHealthWeek.org.uk

## Being Ourselves



We will be marking the week at Southwold by every class engaging in a mindfulness activity for fifteen minutes at the start of each school day. Children's mental health and well-being has been a significant focus for us as a school over the past twelve months, as we feel strongly that we educate the whole child, and that children cannot achieve academically and engage with the curriculum if they have poor mental health. Helping children build self-esteem and recognise both their own unique strengths and qualities and those of the people around them, will help them build self-awareness and make better connections with others.

If you would like to look at resources available to celebrate mental health week, please look on the Place2Be website

here: <https://www.childrensmentalhealthweek.org.uk/schools-and-youth-groups/>

## WOODLANDS RESIDENTIAL

We want to wish everyone going on the Woodlands residential a very happy, safe and fun filled adventure. Mrs Sullivan and Mr Fitzmaurice will be joining the educational visit along with Mr Robinson from West Kidlington Primary School (Part of TWHF).

## SCHOOL SAFEGUARDING TEAM

“Safeguarding children and young people is everyone’s business.”

If you have concerns about the safety or welfare of a child, please contact one of the designated named people.



**Gemma Penny** – ‘Acting’  
Designated Safeguarding Lead (DSL) – while Mrs Ballance returns to work.



**Emily Holloway** – Deputy DSL



**Sky Graefe** – Deputy DSL



**Alan Derry** – Deputy DSL

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# Southwold Primary & Nursery School

## LET'S CELEBRATE Year 5 144 Club Achievers:



4 children have achieved Silver  
2 children have achieved Gold

Edward Leman, Lea Reynolds and Cole Wraight  
have achieved Platinum.

**Well done everyone and keep practicing  
those times tables!**

## Behaviour and Achievement Award Winners: W/c 15.01.2018

Year Group	Behaviour	Achievement
Year 1	Bethany Lynch	
Year 2	Megan Mansell Amy Staker	Annabelle West Freddie Kirby Isla Dunford
Year 3	Thomas Hodsdon	
Year 4	Kerys Karim Alisha Jenkins	Jacob Lee
Year 5	Beatrice Hodsdon Ellie Harris	
Year 6	Maya Ansari Poppy Holloway	Sophie Stocker Hollie Dawe

## W/c 22.01.2018

Year Group	Behaviour	Achievement
Year 1	Jemma Butler Charlie Flint	Matthew Ringwald- Holmes Maisie Lee
Year 2	Merryn Wilson	
Year 3	Madison Kerry	Hayden Harris Leo Ash
Year 4	George Mansell Pippa Camidge	
Year 5	Lauren Gipson Ella Gipson	Lily Foord-Clark Grace Bishop
Year 6	Dylan Sestanovich	

## ATTENDANCE ANNOUNCEMENTS

Congratulations to the following classes for winning  
the Best Class Attendance trophy.

W/c 15/01/18 Oak 98.52%

W/c 22/01/18 Holly 99.62%

## DIARY DATES FOR THE NEXT TWO WEEKS

29 <sup>th</sup> Jan. '18	Mr Derry's Year Two IMPACT reading party 2:30pm
2 <sup>nd</sup> Feb. '18	Year Six SATs information evening 6:00pm School Hall
5 <sup>th</sup> – 9 <sup>th</sup> Feb.	Year Six to Woodlands
5 <sup>th</sup> Feb '18	EYFS Ten Town Parents Meeting 2:30pm

### **Mr Alan Derry**

On behalf of the Southwold Primary and  
Nursery School Team