



Monday 23rd January 2023

Dear parents,

With three weeks to go until half term; the spring term is well underway with our variety of before and after school activities beginning in such a positive manner this week. Our school ethos of individuality and everyone *shining for life* underpin every aspect of our school, to a great degree these are evident in our extra-curricular provision with outdoor learning, netball and singing all new this term.

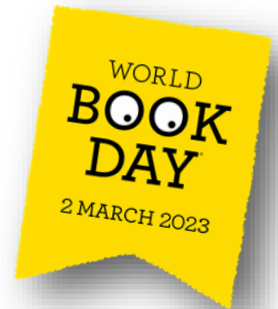
Please be mindful of the date for our key stage two residential parent meeting on Thursday the 2nd of February at 1530 – 1600. Miss Finch will send out the link invitation this week to everyone so please look out for it. Historically, World Book Day is a stand out date in every school's diary which is on Thursday 2nd of March this year.

This term, as a school, we are looking at a school value each week and many of our school awards, such as the head teacher and star of the week certificates are achieved through your children displaying these values in and around school.

Lastly, if you have organised a 'playdate' for your child and therefore they are to be collected by another parent, please could you contact Paula in the office before midday on the day of the event to let us know, so we can support you at the end of the day.

Thank you for your continued support,

Mr Mark Francis - Head Teacher



Attendance

Please be mindful that good attendance is vital for learning for all of our children. The national minimum expectation is set at 96%. Please help us achieve this on a daily basis and support your child's learning.

Choughs	89%
Puffins	93%
Whole school	92%

DATES FOR THE DIARY

Tuesday 24th January

- Year 5 & 6 Swimming

Tuesday 31st January

- Cornish Caretakers KS2 Workshop & Show

Thursday 2nd February

- Puffins Class Residential Trip parent meeting via MS Teams, 3.30-4pm

Friday 3rd February

- Little Levans session 1.30pm - 2.45pm



Shining Stars of the Week

Miss Ferguson's Star of the Week

Tia - For outstanding teamwork. You always listen to the views of others and make sure everyone is included.

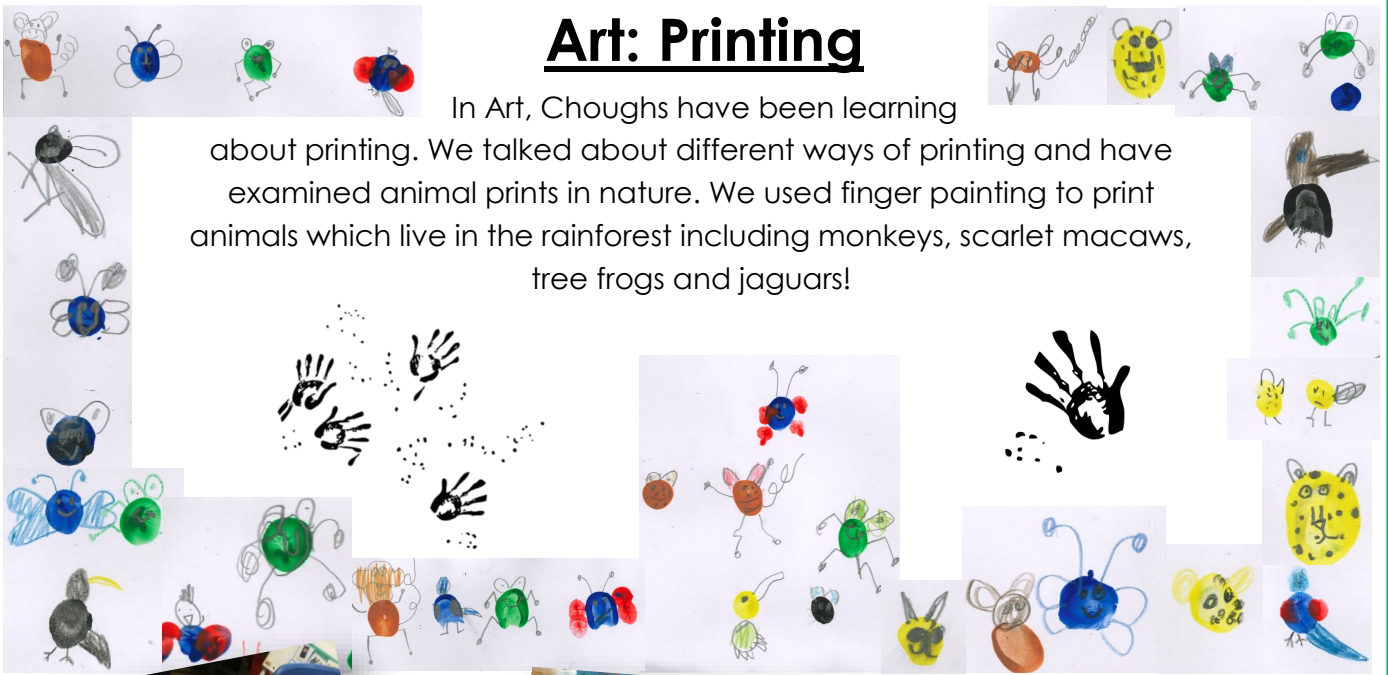
Miss Finch's Stars of the Week

Morvy - For being supportive of everyone in our class at all times. You demonstrate superb teamwork and incredible kindness.



Art: Printing

In Art, Choughs have been learning about printing. We talked about different ways of printing and have examined animal prints in nature. We used finger painting to print animals which live in the rainforest including monkeys, scarlet macaws, tree frogs and jaguars!



Children's Mental Health Week

Please be aware that it will soon be Children's Mental Health Week. This year's theme is 'Let's Connect' and is all about making meaningful connections for all. People thrive in communities, and this connection is vital for our wellbeing. When we have healthy connections – to family, friends and others – this can support our mental health and our sense of wellbeing.

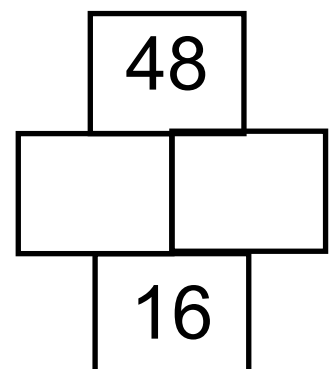
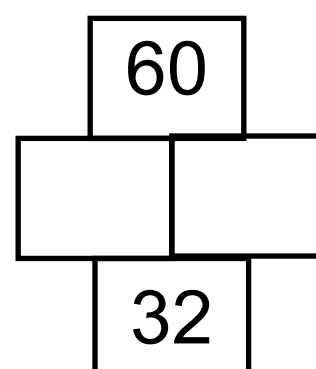
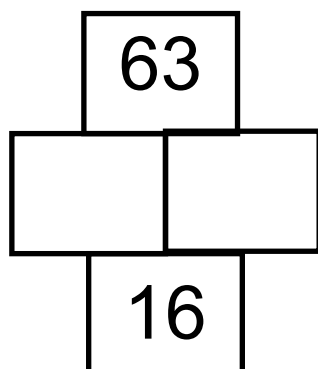
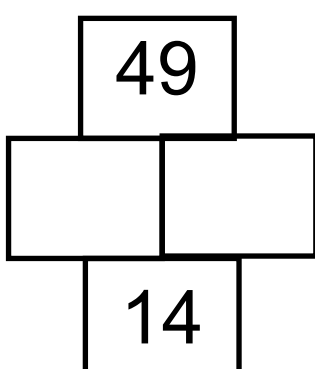
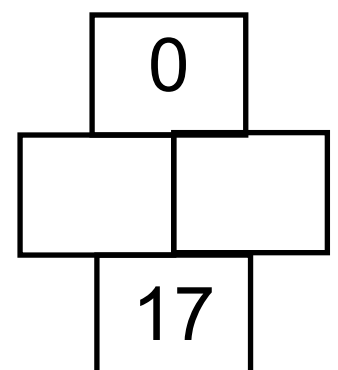
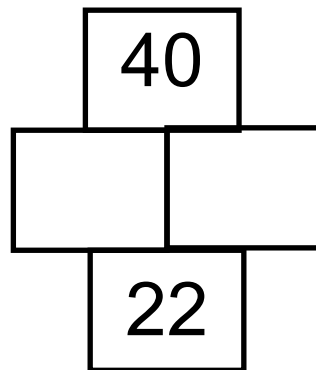
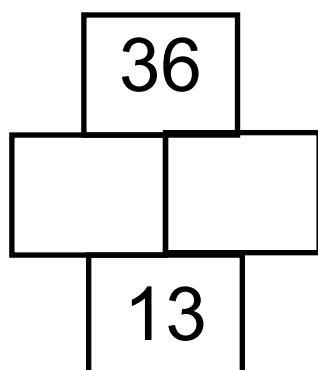
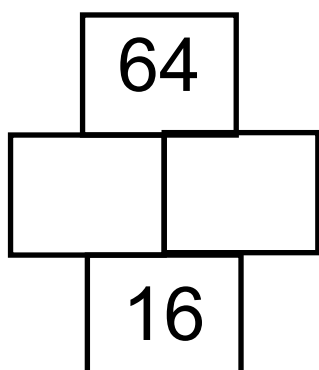
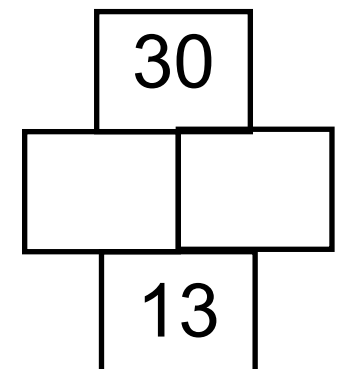
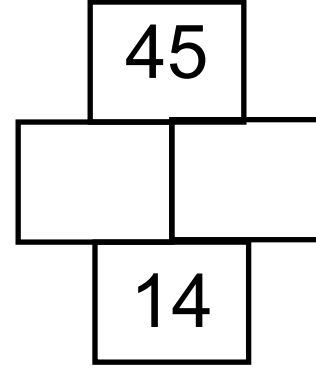
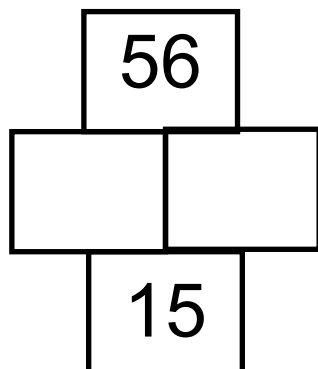
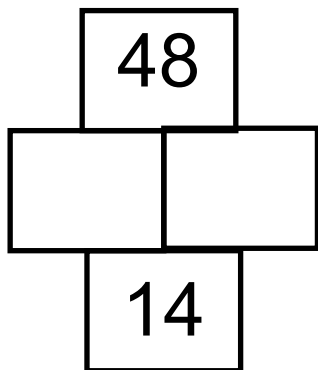
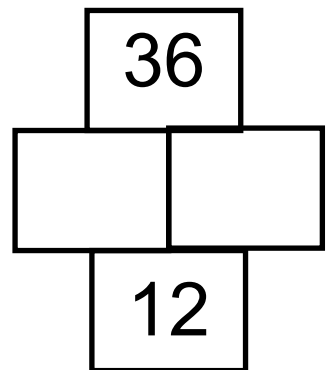
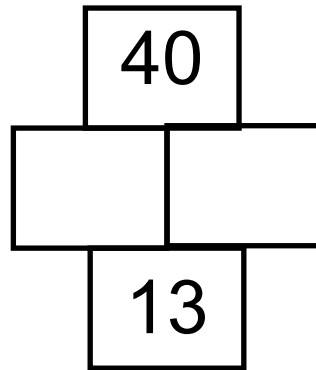
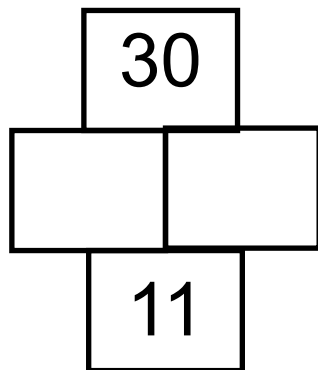
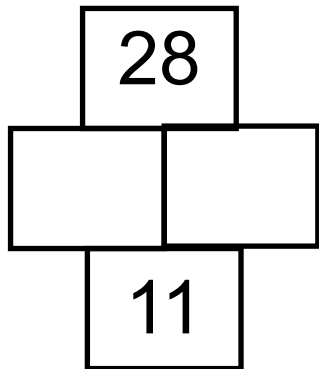


In our special St Levan community, we will be celebrating our connections as a school throughout the week and welcome you to be a part of this. Further details will follow in next week's bulletin. For now, please find attached further information for families about Children's Mental Health Week.

Maths Challenge!

St Levan Society of Mathematical Thinking invites you to try this challenge!

We will share our answers together on Thursday lunchtime so bring them in then and we will compare what we got!



LET'S CONNECT



6-12
FEBRUARY
2023

TIPS FOR PARENTS AND CARERS

Dear parents and carers,

6 - 12 February 2023 is Children's Mental Health Week. The week is run by children's mental health charity Place2Be to raise awareness of the importance of children and young people's mental health. This year's theme is Let's Connect.

WHAT'S IT ALL ABOUT?

Let's Connect is about making meaningful connections, and for Children's Mental Health Week 2023, Place2Be is encouraging people to connect with others in healthy, rewarding and meaningful ways.

As parents and carers, 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.

WHAT CAN YOU DO?

Here are 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 re-connect 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 members, friends, neighbours, childminders, people in the local community and others in your faith group (if you have one). Remember it's ok to talk about people they miss, for example, 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 teenagers, their friendship groups become increasingly important to them. Be open to hearing about their friendships and try to listen without judgement.

#ChildrensMentalHealthWeek

LET'S CONNECT



Ask them about their life in real life and online. You may not think online friends are 'real friends', but your child may feel differently. Losing friends, feeling left out or being bullied is very painful and your child needs to know you will support them through these difficult times.

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

As adults we can sometimes be dismissive of the things that our children and teenagers 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 and 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.

Video activities from Place2Be

Puzzle Pieces – aimed at 4-7 year olds, this activity is presented by CBBC's Art Ninja, Ricky Martin, and will show children how we are all connected. Why not take part as a family? childrensmentalhealthweek.org.uk/puzzlepieces

Connecting Paperchains – developed by Place2Be's Art Room team for 7-11 year olds, this activity helps children think about the people, things and activities they feel connected to. childrensmentalhealthweek.org.uk/paperchains

Exchanging Postcards – developed by Place2Be's Art Room team for 11-14 year olds, this activity encourages young people to explore what connection means to them. childrensmentalhealthweek.org.uk/postcards

Looking for free practical advice to help you support your child?

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

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 their school.

If you're worried about your child's mental health you can talk to your GP or someone at your child's school.

You can also find a list of organisations that provide support and advice on our website: place2be.org.uk/help