

No act of kindness, no matter how small, is ever wasted.



Aesop

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Newsletter 34

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Mental Health Special Edition Newsletter

“Your present circumstances don’t determine where you go: they merely determine where you start”

Nido Qubein

“There is a crack in everything, that’s how the light gets in.” Leonard Cohen

Wembrook Primary School’s Mental Health Week

19th– 23rd June 2023

On the 19th-23rd of June the children at Wembrook will be taking part in a week of activities to help promote positive mental health and well being. The children will be making a class Calm Box containing resources to help them to regulate their emotions whilst at school.

We will have a visit on Monday 19th June from the School Nursing Team (COMPASS) who will be starting the week with an assembly to KS1 and KS2. The Nurses will also be available to talk to pupils at lunch time.

They will also be available to talk to Parents/ guardians at the end of the school day, so pop into the Dragonfly room between 2.45-3.15 p.m. for a hot drink and a chat if there is anything you would like to discuss in relation to your child’s mental health.

The children will be have a relaxing Yoga session with Miss Henley. Also our school dog Nellie will be visiting each class as part of her Nurture Dog role in school.



GOLD AWARD

Wembrook Primary School's Mental Health Week

On Friday 23rd June we would like to end the week with a Dress to Express non-uniform day. We would like the children to dress up in any outfit which they feel expresses them, as individuals. Anything goes!

We will be collecting for the MIND charity that does a lot of work with children and adults who have challenges with their mental health. A donation for all those dressing up would be appreciated. We are suggesting £1.



Dates for your Diary

Monday 19th June	Mental Health Week
Tuesday 27th June	Non-Uniform Day
Thursday 29th June	Summer Fayre
Thursday 29th June	Science winners go to the Think Tank.
Friday 30th June	INSET Day. School closed to pupils
Monday 3rd July to Friday 7th July	Art Week Every Wem's an Artist
Monday 10th July	Year Three Guitar Performance 2:30pm
Wednesday 12th July	Parents Evening 3:30pm to 5:00pm
Monday 24th July to Tuesday 25th July	Wembrook Sports Bonanza
Tuesday 25th July	Last day of the summer term
Monday 4th September	INSET Day
Tuesday 5th September	School starts for the Autumn term at 8:50am