

SPRING 2 2021



I've always loved the first day of school better than the last day of school. Firsts are best because they are beginnings.

Jenny Han

CHESTNUTS PRIMARY SCHOOL

Welcome back!

As we come to the end of our first full week back together, we need to take a moment to pause and appreciate and recognise all we have achieved over the last 9 weeks. Whether you have been remote learning from home or coming to school, it has been a huge achievement for us all. Children seemed to thrive during their learning opportunities at home and in school. We have shared lots of wonderful work that the children have been busy creating via our social media pages. If you aren't following us already you can find us on Facebook and Instagram... watch out Twitter we are coming for you too!

Our children have settled beautifully this week. They arrived to bubbles and excited staff and it was fabulous to see so many lovely smiles and reunite with families we haven't seen since before Christmas.

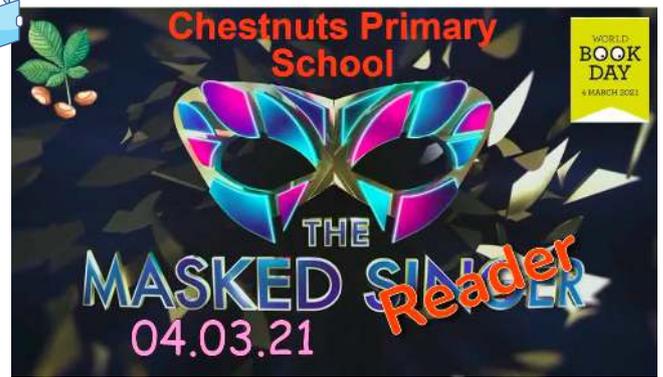
We are, as ever, proud of our children and our families. Together we have all done the best job that we could in testing times, but we are definitely at our very best when we are all together. Ready to go and rocking yet another 'new normal'. As ever, we thank you for your continued support and we are excited for the next few weeks together before Easter. Thank you!

LOCK DOWN LEARNING...



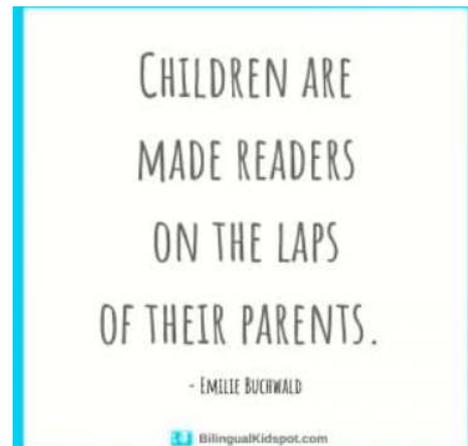


World Book day-THE MASKED READER
 Chestnuts participated in our very own 'THE MASKED READER'. We had staff reading out extracts from books with a memoji covering their face and identity! We had so much fun creating these and we are so glad you enjoyed it too!



World book day was a fabulous day- with tea parties at home, dressing up and lots of fun and stories! Thank you to everyone for joining in, both in school and at home.

WHY NOT TRY OUT OUR EMOJI BOOK DAY Pictionary?



Children's books emoji pictionary

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Thank you!

We would like to say a big thank you to the amazing FOC for providing all of our children with treats before Christmas. Some classes have only had them this week and it has been much appreciated. Classes were provided with popcorn, sweets and drinks. Thank you on behalf of all of the children!



How lovely is this? We were surprised by the wonderful creation. It made our day!

10 WAYS TO HELP YOUR CHILD LOOK AFTER THEIR MENTAL HEALTH

WWW.BELIEVEPERFORM.COM @BELIEVEPHQ

- ROLE MODEL**
Be a positive mental health role model. Demonstrate positive behaviours which your child can learn from you
- TALKING**
Support your child to talk about their problems and how they are feeling
- COPING SKILLS**
Work with your child to develop coping skills. Support your child to learn skills such as problem solving and thought challenging
- WELLBEING**
Promote healthy eating and physical activity. Exercise is a great tool to boost mood and reduce stress and anxiety
- SELF CARE**
Make sure your child has time and space to look after themselves. Involve yourself in their hobbies
- AUTONOMY**
Allow your child to make their own decisions. This will help to build resilience
- RELATIONSHIPS**
Support your child to build positive relationships with friends and family
- SLEEP**
Support your child to build positive sleep habits. Develop a good sleep environment with your child
- PLAY**
Promote play and creativity among your child. Allow them to explore
- RELAXATION**
Help your child to relax. Teach them relaxation skills such as deep breathing



Mental Health

If you are worried about your mental health, or the mental health of your child, here are some resources to support you. Don't forget, here in school we have class teachers, a learning mentor and Mrs Wilkes who will be happy to help in an way that we can.

How are you feeling today?

happy

anxious

sad

angry

excited

calm

Talk to someone you trust about how you're feeling

Go outside and get some fresh air

Listen to your favourite music

Keep active - run around or play games

Eat lots of healthy food

Have a good night's sleep

Need someone to talk to?

Call Childline for free
0800 1111

24 hours
7 days
0800 1111

In an emergency, text **SHOUT**
85258