



WEST HADDON PRIMARY SCHOOL

Newsletter No. 8

1st November 2018

Children's Guide to Healthy Minds

Please find below information that you may find useful to share with your child/children.

Do you know how to take good care of your body? There are lots of ways – eating good food, getting exercise, lots of sleep

What about taking care of your mind? We all need to take care of our minds as well as our bodies. Sometimes people call this “mental health”.

Here are three things to do every day to keep your mind healthy:

1. **Ask yourself “How am I feeling today?”** and then tell someone! It can be your friend, an adult or even your pet – but it’s great to talk about how you’re feeling.
2. **Help someone else:** Sometimes it feels really good to help other people. Why not ask the person who sits next to you in class how they are feeling today? If they have a problem – see if you can find a solution together or ask an adult for help.
3. **Have a break!** Spend a little bit of time doing something that you enjoy – it could be playing music, doing artwork, reading, playing football, or just having some quiet time alone in your bedroom.

Always remember, if you’re really worried about something, you can find an adult who you trust to talk to – it could be someone in your family, a teacher, or someone else in school. It can be helpful to think of all the adults you know who you might be able to task for help.



Year 1 & 2 Mexican Day



Year 1 & 2 looked amazing in the costumes for their Mexican Day on Monday – well done to everyone for such a great effort!

Dates for the Diary

November

Thursday 8th

Friday 9th

Friday 16th

Thursday 22nd

Friday 23rd

Friday 30th

December

Friday 7th

Tuesday 11th

Wednesday 12th

Friday 14th

Tuesday 18th

Wednesday 19th

8.00 p.m. PTA meeting
Year 6 Class Assembly
Year 6 observing minutes
silence at Church (parents
welcome)
Children In Need
Yr6 Houses of Parliament trip
Year 5 Class Assembly
Wassail

Non-uniform day in return
for Christmas Fayre
Community Worship
Nursery Christmas Concert
Year 3 & 4 Christmas
Production
Whole School Theatre trip
Christmas Fayre
Reception Nativity (9.15am)
Community Worship
Christmas Lunch
Term Ends

Reception Mr Men & Little Miss Day

The Reception class had a great day on their “Mr Men and Little Miss” day this week. They all looked fantastic in their costumes and enjoyed the various themed activities.



Our value for November is Love



Please remember to visit our school website regularly for useful information

<http://www.westhaddonprimary.net>

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