



## A Message from Mr Satchwell

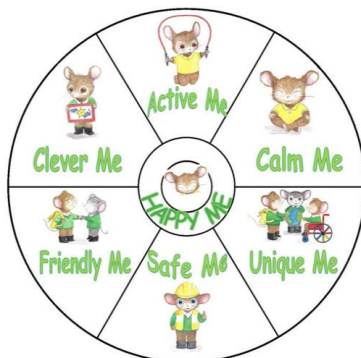
Looking ahead to next week, it is Children's Mental Health Week and in school we will be taking some time to focus in on this year's theme which is 'My voice matters'.

My Voice Matters is about empowering children and young people by providing them with the tools they need to express themselves. When we feel empowered, this can have a positive impact on our wellbeing. Children and young people who feel that their voices are heard and can make a difference have a greater sense of community and self-esteem.

During Children's Mental Health Week, the aim is for all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe – "My Voice Matters". There will be some special assemblies and the teachers will be leading the children through a range of activities highlighting this year's theme. On Friday, children are invited to wear their own clothes for the day in celebration of being able to express ourselves.

At Meadows First School, we are committed to supporting the emotional health and wellbeing of our pupils and staff every day and a cornerstone of our work is the wellbeing wheel, health and well-being curriculum as well as being a rights respecting school. Some years ago, children decided upon 6 important elements that support their well-being; active me, calm me, unique me, safe me, friendly me and clever me. The wheel came about as a result of children being asked what was important to them. We know that if the children are well supported in each of these areas, they gain a positive mindset and it helps them to be happy. Every week, the children attend a rights respecting assembly and take part in PSHE lessons that supports their wellbeing education. The children also spend some time each week dedicated to their well-being; they may be involved in activities such as singing, yoga, outdoor learning, the arts, or simply having time in forest school or in the wellbeing garden.

If you are interested in finding out more about how you can support your child's wellbeing or want to know more about Children's Mental Health Week the [website](#) is a good place to start.



Today our Year 4 children were visited by Sir Sajid Javid, our local MP. The purpose of the visit was to help our oldest children gain a deeper understanding of British Values. All schools are required by law to promote the fundamental British values of: democracy, the rule of law, individual liberty, mutual respect and tolerance of those with different faiths and beliefs. The children listened to Sir Sajid talk about the values and then they got to ask him further questions to deepen their understanding. We are grateful to Sir Sajid for taking the time to come into school and I feel sure that the children gained a great deal from his visit.

A couple of reminders

This year we have some plans for World Book Day that will **not** involve dressing as your favourite book character (you may be relieved to hear!) so there is **no** need to worry about buying costumes this year. We have some exciting ideas planned for the day which celebrates reading and we will share these next week!

Please be aware that we have a number of children in school with nut allergies. Therefore, we are a nut free school. Please don't send any food into school that contains nuts. Thanks for your support.



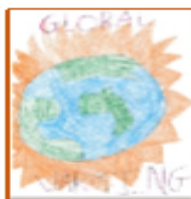
## Meadows Mouse Awards

Cygnets	Charlie M – excellent independent writing in class. Connie C – persevering and not giving up.
Goslings	Sehaj – improved confidence and using a big voice. Jack – always being a kind and thoughtful friend to everyone.
Caterpillars	Olivia C – always showing great focus in lessons and for being super kind to everyone. Blossom G T for having a great positive attitude and being a good friend in class.
Dragonflies	Lily-Mae – excellent reading skills and well done for giving great answers in class. Erin – super focus and hard work in all lessons.
Owls	Indigo – being a great role model when doing Gymnastics in PE. Rio – working really hard when writing independently.
Hedgehogs	Jack – determination in his English lessons. Mollie – working with impressive enthusiasm in all her lessons.
Sharks	Emily L – excellent example of focus in lessons, always polite and kind. Laurie H – super focus in all lessons.
Dolphins	Hudson C – fantastic character description. Isher D – lovely presentation, taking such pride in her work.
Jaguars	Lily-May – fantastic effort improving handwriting. Finnley – always being hard working and focussed.
Tigers	Oscar R B – always working hard and writing a wonderful version of the Great Kapok Trees. Tillie – always listening so well to the teacher and producing brilliant art work.

### Dates for your Diary

Tuesday 6 <sup>th</sup> February	-	Parent evening
Wednesday 7 <sup>th</sup> February	-	Reception hearing tests
Wednesday 7 <sup>th</sup> February	-	Year 2 visit from Blue Cross
Friday 9 <sup>th</sup> February	-	Non-uniform day - Children's Mental Health week
Thursday 8 <sup>th</sup> February	-	Parent evening
Monday 12 <sup>th</sup> – Friday 16 <sup>th</sup> February	-	Half term holiday
Wednesday 21 <sup>st</sup> February	-	Year 3 Birmingham Mosque
Wednesday 28 <sup>th</sup> February	-	Year 2 Warwick Castle
Monday 4 <sup>th</sup> March	-	Year 1 Animal Man visit
Tuesday 5 <sup>th</sup> March	-	Year 4 Harvington Hall
Thursday 14 <sup>th</sup> – Friday 15 <sup>th</sup> March	-	Year 4 Residential trip to Blackwell

**In Year 4, we have been learning about Climate Change and the impact it has on people both locally and globally.**



**Next Tuesday, (6<sup>th</sup> February) we invite you all to the Key Stage 2 playground at 2:50pm to listen to our song about Climate Change.**

**All welcome!**



# Meadows First School Weekly Newsletter



WE ARE A UNICEF GOLD  
RIGHTS RESPECTING SCHOOL



Children's rights are learned, understood  
and lived in this school.



More links to support your child's mental health

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/mental-health-parenting/>

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/getting-support-from-mental-health-services/>

<https://www.place2be.org.uk/our-services/parents-and-carers/supporting-your-child-s-mental-health/>

and on our website we have this:

<https://padlet.com/hdodman/health-and-wellbeing-bk3o3x35mr9oqav7>