



# East Sheen Primary School

Newsletter

05 February 2021

## Well being

Please see below for details of free parent workshops offered by 'Mind Richmond'

### Mental Health Awareness for Parents Tues 9<sup>th</sup> Feb at 7pm (other dates available)

<https://www.eventbrite.co.uk/e/parents-workshop-1-mental-health-awareness-for-parents-tickets-126807766443>

### Managing mental health difficulties in children

Thurs 11th Feb 7pm (other dates available)

<https://www.eventbrite.co.uk/e/parents-workshop-2-supporting-mental-health-difficulties-in-children-tickets-126811497603>

### Navigating Children's Mental Health Maze Tues 16th Feb, 7-9pm

<https://www.eventbrite.co.uk/e/parents-carers-navigating-childrens-services-mental-health-tickets-136852015061>

### Managing Challenging Behaviour Thurs 25th Feb, 7-9pm

<https://www.eventbrite.co.uk/e/parents-carers-managing-challenging-behaviour-mental-health-tickets-136852859587>

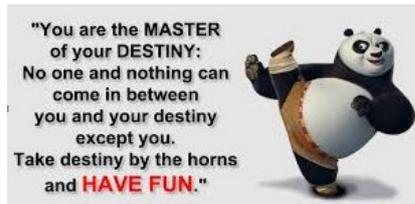
### Session 3 - Recovery and Wellbeing Wednesday 3rd March, 7-9pm

<https://www.eventbrite.co.uk/e/parents-carers-recovery-and-wellbeing-mental-health-tickets-136853704113>

For more information or to book any of these workshops or services please email: [youth.service@rbmind.org](mailto:youth.service@rbmind.org) or visit the website [www.rbmind.org/](http://www.rbmind.org/)

## Thought for the Day

This week is Children's Mental Health Awareness Week. Here's a thought for a week where we are looking at feeling positive and in control when so much around us is out of our control!



Our staff have been thinking about what helps them to keep calm and the top answer is... Exercise! See p2 for 'Express Yourself' Activities. [pastoralcare@eastsheen.richmond.sch.uk](mailto:pastoralcare@eastsheen.richmond.sch.uk)

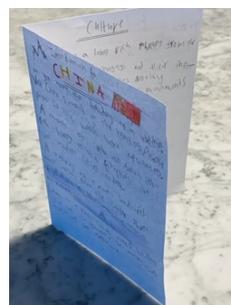
## Home Learning



Year 3 have been making Stone Age houses and building Stonehenge out of biscuits!



Year 4 have been learning all about the stages of the water cycle! They explained the cycle in diagram form using scientific vocabulary.



Anna in 5V has been impressing her teachers with her hard work and independent learning. She has created an excellent brochure about China.

<p>As a family, design outfits that express who you are individually!</p>	<p>Put on your favourite music and sing your favourite song!</p>	<p>Talk to someone at home about how you're feeling.</p>	<p>Spend time doing something that makes you happy!</p>	<p>Draw/paint your emotions – what colour are the different emotions to you?</p>
	<h2>Children's Mental Health Week – Express Yourself</h2>			
<p>Spend time with your family – play games, go for a walk or do something creative together.</p>	<p>Spend time doing something that helps make you calm.</p>	<p>Dress up in your favourite outfit!</p>	<p>Create (draw or build) a place you'd like to visit!</p>	<p>Draw a picture of yourself and write on it the things that you like about yourself!</p>
				