

Dove Bank Primary School

Weekly Bulletin - 02.02.2024



Children's Mental Health Week

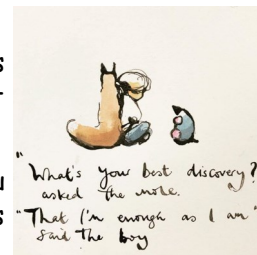
Next week is Children's Mental Health week, and the theme is 'My Voice Matters'. My Voice Matters is about empowering children and young people by providing them with the tools they need to express themselves.

When we feel empowered, there's a positive impact on our wellbeing. Children 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, we want all children and young people to be able to say - and believe - "My Voice Matters."

On Friday 9th February, to end the week, we are going to be celebrating what makes us all individual and unique. We are inviting the children to come into school in clothes that enable them to 'express themselves'.

In this week's bulletin, you will see parent information from the Place2be website. If you think your child needs any support with their mental health, or you would like to discuss with us how you may be able to help them, please get in contact with us.



2024 - 2025 Holiday Dates

Autumn Term:

Monday 2nd September - INSET Day

Children Return - Tuesday 3rd September

Children Break up - Friday 25th October

WB 28th October - HALF TERM

Monday 4th November - INSET Day

Children Return - Tuesday 5th November

Children Break up - Friday 20th December

Spring Term:

Monday 6th January - INSET Day

Children Return - Tuesday 7th January

Children Break up - Friday 14th February

WB 17th February - HALF TERM

Children Return - Monday 24th February

Children Break up - Friday 11th April

Summer Term:

Children Return - Monday 28th April

Monday 5th May - BANK HOLIDAY

Children Break up - Friday 23rd May

WB 26th May - HALF TERM

Monday 2nd June - INSET Day

Children Return - Tuesday 3rd June

Children Break up - Friday 18th July

Monday 21st July - INSET Day

PTA Dates and Events

Our PTS would like to communicate the following dates to you:

Friday 1st March - Own clothes day in exchange for a Mother's Day Stall gift

Friday 8th March - Mother's Day Stall (children may purchase a gift costing £1-£5)

Tuesday 19th March - Easter Disco

Friday 7th June - Own clothes day in exchange for a Father's Day Stall gift

Friday 14th June - Father's Day Stall (children may purchase a gift costing £1-£5)

Saturday 29th June - Summer Fair

Thursday 18th July - Beach Day in school time

If you think that you would be able to help out at any of these events, please contact school. Our PTA would definitely appreciate the support.

Pupil Premium Holiday Vouchers

Holiday vouchers for pupils who are in receipt of free school meals will be issued by Staffordshire County Council Family Hub next week.

Dogs on School Grounds

Please can we remind parents that dogs are not allowed on the school premises unless they are assistance dogs. This is for a number of reasons including children being frightened of them and the potential mess that they may leave behind. I would like to thank you in advance for your cooperation in this matter.

My VOICE MATTERS

Place2Be's
**CHILDREN'S
MENTAL HEALTH
WEEK**

TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want 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".

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.



LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour, and act on their views.

[PARENTINGSMART.ORG.UK](https://parentingsmart.org.uk)

Here's what children and young people told us they need from you:

- ① We don't need to have 'one-off conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
- ② I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- ③ Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- ④ Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- ⑤ Don't compare my experiences to your own when you were a child.
- ⑥ Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
- ⑦ Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- ⑧ If you are open with me about your feelings, this can help me to be more open about mine.
- ⑨ Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school – because they 'get it'.
- ⑩ Sometimes a hug is all it takes to make me feel supported.



WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES

These wellbeing activities can help children and young people think about and share what matters to them.

[For primary children: bit.ly/3PzCGi8](https://bit.ly/3PzCGi8)

[For secondary children: bit.ly/3LBD2wk](https://bit.ly/3LBD2wk)

CONVERSATION STARTERS

Some ways to start a conversation with your child about mental health could be...

TELL ME ABOUT
YOUR DAY

WHAT WAS THE BEST
THING ABOUT TODAY?

WHAT IS THE BIGGEST
STRESS / WORRY IN YOUR
LIFE RIGHT NOW?

WHAT'S YOUR
ONLINE LIFE LIKE?

WHO WOULD YOU TALK
TO IF YOU WERE FEELING
WORRIED ABOUT YOUR
MENTAL HEALTH?

WHAT CAN I DO
TO HELP YOU?