

January 2022



Wishing all our families a very Happy New Year and hoping that 2022 is a year full of happiness, kindness and optimism for everyone!



"I like Elmer she is so bright and colourful"
Sophia

Getting Along KS1

A small group of children in Team Donaldson have started their Getting Along group. In the first week the children have showed excellent teamwork and have helped each other to complete tasks. They have read the story of Elmer and made their own Elmer elephants. We discussed why Elmer was different and what made her special. The children talked about why they were special and made special stars to keep.

Elmer teaches us that **everyone has something unique to bring the table** and there's no point trying to disguise your true self.

NEW WELLBEING CHAMPIONS!!!

Meet our new wellbeing Champions
Jacob & Imogen

Jacob and Imogen will help support the mental health and wellbeing of the children in school. They will take an active part in providing support to explore the 5 ways to wellbeing. If you have any worries/concerns please ask them for help!





January Blues

January can often be a difficult month for many, Christmas is over and the cold, wintry dark evenings are long. We have decided to give you some top tips!

- Exercise— bike ride, yoga, pilates, Zumba
- Do something new— painting, a new hobby?

Parents' Toolbox: Check out BBC Bitesize for their wellbeing tips designed for parents to help you support a healthy, happy childhood. There is advice on food, sleeping and mindfulness. It's GREAT!!
<http://www.bbc.co.uk/bitesize/articles/z63htrd>

P.E



"We have learnt graceful movements, I love dancing!"
Lola Yr 2

"I enjoy listening to 'Full of Enjoy'- A Chinese celebration song"
Henry Yr 2



BUDDY



PUPIL VOICE

Over the past few weeks, Teams have discussed what they would like to see at Stanley Crook Primary. School Councillors are meeting Mr C on the 11th February to share some of our ideas.

Suggestions include:

- A greenhouse in the Forest Schools area to grow fruit and vegetables
- New activity panels for the playground



Year 6 have enjoyed their swimming sessions every Monday building skills to keep themselves safe. Each pupil is required to be able to do the following:

- Perform safe self-rescue in different water -based situations
- Swim competently, confidently and proficiently over a distance of at least 25m
- Use a range of strokes effectively, for example, front crawl, back stroke and breaststroke.

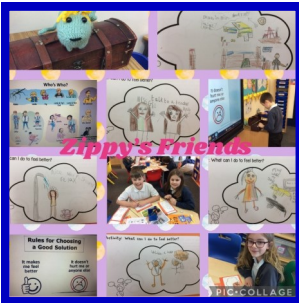
School Buddies/Playmakers

At Stanley Crook primary we have many children who are school buddies and playmakers. Their role is to support children at break times by organising games, promoting inclusion and build on friendship so everyone feels happy or even just to have a little chat. You can always identify our buddies because they wear a Stanley Crook cap. We enjoy playing bulldog, creating our own obstacle courses and playing dodgeball.



Team Cowell have discussed what it is like to feel angry? What situations cause us to feel that way? What changes do we see? As a class they discussed how Tig reacted in the story and how they would react in that situation. Individually, they thought about how to deal with anger and the best solutions that would follow *Zippy's Golden Rule*.

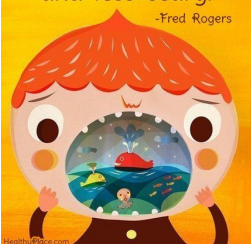
<https://www.partnershipforchildren.org.uk/>



Remember

When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary.

-Fred Rogers



DRESS TO EXPRESS!!!
We are so excited for Friday 11th February so we can come to school dressed up. We feel it is important to discuss how we have grown and how we can help support others!
We can't wait to see your outfits!

NEVER ALONE

NSPCC 0808 800 5000 (24hrs)

National Domestic Abuse Helpline 0808 2000 247 (24hrs free)

23 3393 9-6

Victim Support 0808 (24hrs)

Childline 0800 (24hrs)

Domestic Abuse Helpline 0808 8141 (24hrs)

Respect - Men's Advice Line 0808 801 0327 (Mon-Fri 9-5 or 8p)

Samaritans 116 123 (24hrs free)

National Centre for Domestic Violence 0207 186 8270