



Place2Be's CHILDREN'S MENTAL HEALTH WEEK

7 - 13 FEBRUARY 2022

Laleham Lea Reception Class GROWING TOGETHER



Our little monsters help us to talk about our feelings everyday!



Bee happy

Yoga Bumble Bee Breath

Close your eyes, breathe in through your mouth and buzz out your exhale...zzzzzz!



We use the 'Feelings Flips' book to help us explain how we are feeling.



Have a go to grow...

Every day, we try new, exciting things that we might not have done before. Reception Class learned that it's okay to find things tricky. We all learn by making mistakes. Being brave and having a go helps us to grow. What are you going to try that's new today?



We attached our writing about 'Growth' onto the Well-being Tree



Take time to grow...

Reception Class learned about 'growing together' and how this means growing emotionally as well as helping others to grow. They thought about what they could do when they were very little, and how over time, they have learned to do so much more. The children learned that similar to how a tree grows a new ring every year, they too can continue to grow and adapt into a new realm of possibility and potential! We discussed how growth is a gradual process and that it happens over time.



Reception Class 'Kindness Wall'

Share Kindness...

Did you know that acts of kindness release dopamine in the brain and make us feel good?

Reception Class wrote the names of friends who have been kind to them on paper hearts and stuck them onto our classroom 'Kindness Wall'.





Friday February 11th 2022

Laleham Lea

A Catholic Independent Primary School for boys and girls aged 3 to 11

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Dear Parents

This half term has certainly flown by with lots of hard work and fun.

Children's Mental Health Week has been enjoyed this week with the theme of 'Growing Together' and everyone has taken part in a range of activities to support emotional growth and development. We have also enjoyed the return of the Laleham Lea 'Care Bear' today as well as bringing in our own bears to school.

Safer Internet Day 2022 was on Tuesday and students have taken part in a range of activities to raise awareness of online safety.

Our Year 6 have been enjoying their adventures on PGL and we await their safe return this afternoon. You will be able to hear all about their experiences in their own special reports in the newsletter after half term.

Next half term we have much to look forward to with Parent Consultations, Open Week and the Easter Concert to name but a few.

Wishing you all a lovely and safe half term break.

Ms Barry

Head teacher



Safer Internet Day

February 8th 2022

One of the topics covered this week has been 'Cyber Bullying'. Cyberbullying, or online bullying, is when someone uses the internet to bully someone else. A Cyber Bully is: *'Someone who uses the internet to harm or frighten another person, especially by sending them unpleasant messages.'*

Best practices for parents and carers from saferinternet.org:

Have an open conversation—Listen, and offer support and encouragement. If your child is the victim of cyberbullying, remind them that this is not their fault and that no one deserves to be treated in this way. Some young people think that if they are the target of online bullying, they must have done something wrong. It is also important to encourage your child to save the evidence. They can do this by taking a screenshot of what has happened or by keeping the messages they have received.

Don't reply—Most of the time the person doing the bullying is looking for a reaction when they are being mean online. Tell your child not to reply, instead they should tell a trusted adult what has happened. Reassure them that even if they are also at fault, they should come and talk to you or a trusted adult. You can then work out the best way to resolve the situation together.

Don't deny access to technology—Although it can be very tempting to remove a device from a young person if they are being bullied, having their device taken away may prevent them from speaking to you about worrying issues in the future.

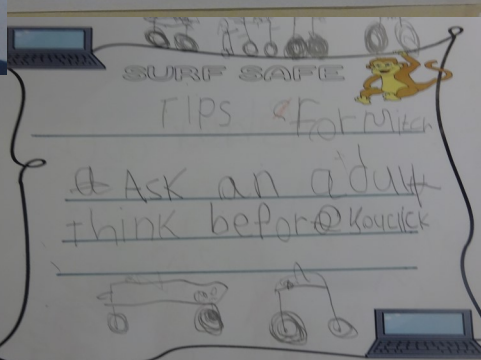
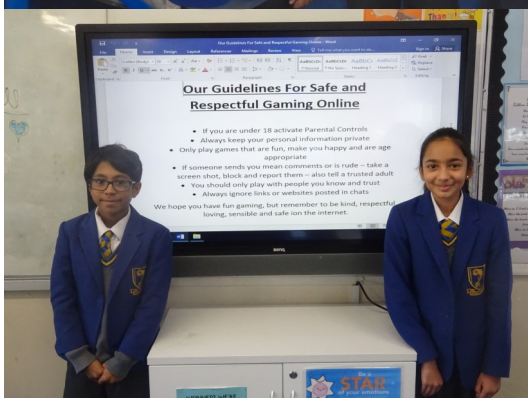
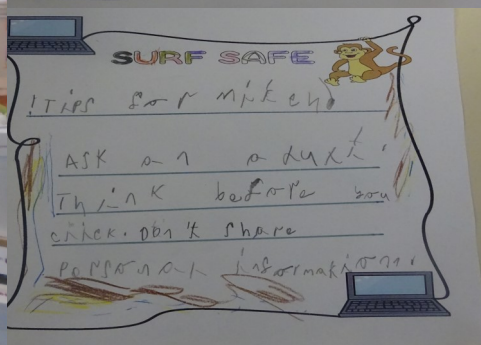
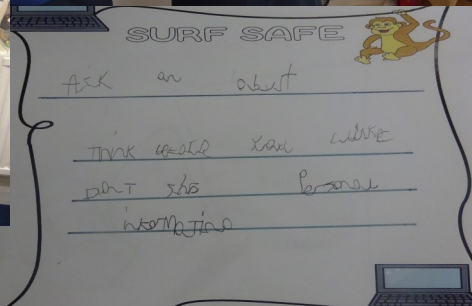
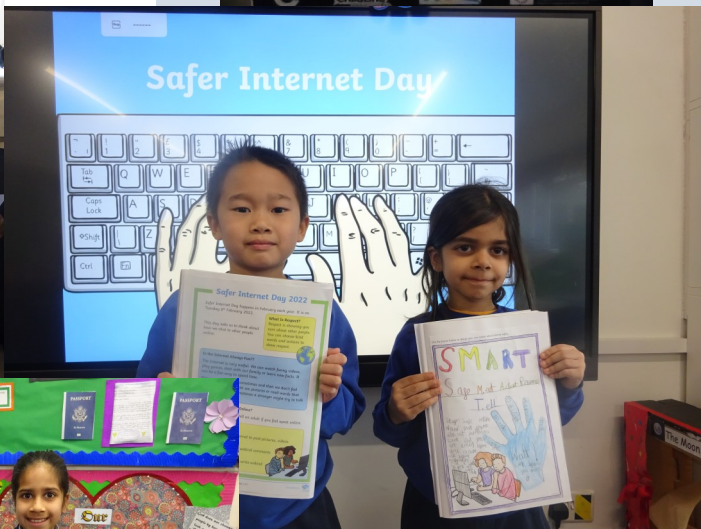
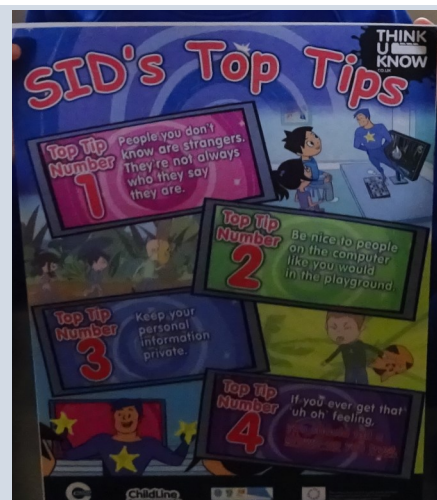
Discuss next steps—Ask your child what they want you to do next. This might involve speaking to school to get support and advice, blocking the user or profile or reporting the behaviour to the site or service it is on.

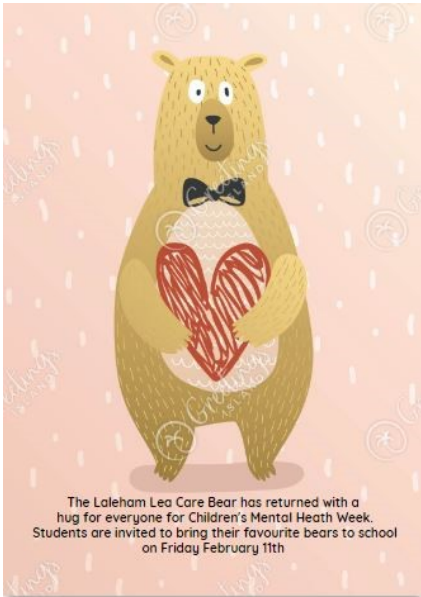
Safer Internet Day 2022

Tuesday 8 February

Coordinated by the UK Safer Internet Centre

saferinternetday.org.uk





Year 1

We started the week by coming into class to our favourite music from the 'Encanto' soundtrack. Children arrived smiling and singing into the classroom.

We have looked at a special virtual assembly by saxophonist and CBeebies presenter YoLanda Brown and her growth story.

We asked ourselves what makes us proud of ourselves and how we can grow with confidence and achieve amazing things through talking about our feelings.

We have been using the STAR method to Stop, take a breath and relax whenever we have felt upset, angry or frustrated. We have been using our journals to record how we are feeling and what we can do to make our day go better, taking them home to carry on our emotional growth journeys.

Our collective worship assembly focussed on the story of Jesus healing the leper from the Gospel of Mark 1:40-45 and children were encouraged to follow in the footsteps of Jesus and be compassionate towards each other to make each other happy.

We had circle time in the playground where we blew bubbles and watched our worries drift away.



Nursery

We have been very busy in Nursery this week and have continued to explore the topic 'Transport'. This has also been extended to learning about road safety. We have also been looking at Well Being and Internet Safety. The children enjoyed:

- Categorising modes of transport into order of size. Extending their mathematical language by discussing the different sizes.
- Looking at road safety and using roleplay to demonstrate how to cross the road safely on our painted zebra crossing.
- Listening to 'Buddy the Dog's internet safety story' and answering questions to reinforce our understanding.
- Listening to the story, 'The Colour Monster' sharing our own experiences of different emotions and feelings.
- Thinking about Well Being, completing the 'Things I like about Myself' sheet, drawing a picture and discussing this in small groups.



Year 4



Two Year 4 students celebrated their First Holy Communion last week. Congratulations to you both.

In understanding Mental Health week, pupils watched an assembly from Place2Be. They created a beautiful Support Balloon identifying all those they have around them to lift them up and support them.



Year 5



Year 5 took part in some mindful colouring of empowering phrases this week as part of their work for Children's Mental Health week.

Stars of the week



Year 2



For Children's Mental Health Week Year 2 looked at things we can do to help the Well Being of ourselves and others.

Year 6



Year 6 were excited to go off on their PGL residential this week.

We cannot wait to hear all about their adventures after half term.

Year 3



Year 3 made this amazing 'Loving Hands' display with words of kindness on each of their hands.

Staff Contact Details

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All requests for absence must be sent to the Head teacher.

To contact the Head teacher please email directly to headteacher@lalehamlea.co.uk, call 0208 660 3351 (Option 3) or call the school mobile

To contact our School Business Manager, Mrs Strachan, please do so directly by email to sbm@lalehamlea.co.uk call 0208 660 3351 (Option 4) or call the school mobile.

Contact the School Office on: 0208 660 3351 (Option 2) or email secretary@lalehamlea.co.uk