



Weekly Newsletter # 19 – 2 February 2024

Children's Mental Health Week



Children's Mental Health Week will take place from **5-11 February 2024**.

The theme this year 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. As parents and carers, you play an important role in your child's mental health.

This year, we want to empower children of all ages, backgrounds and abilities to work together to create a positive change for their mental health and wellbeing.

Go to <https://www.childrensmentalhealthweek.org.uk/families/> to find out more.

Our aim is for Children's Mental Health Week, we want all children and young people to be able to say – and believe – **"My Voice Matters."**





MY VOICE MATTERS

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.

Place2Be's
CHILDREN'S MENTAL HEALTH WEEK



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

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

For secondary children: bit.ly/3LBD2wk

CHILDRENSMENTALHEALTHWEEK.ORG.UK



JOHN RUSKIN
PRIMARY SCHOOL

John Ruskin Primary School and Language Classes
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Dress To Express

To get the week off to a great start, Monday 5th is Dress to Express day! The children can wear a favourite colour or a unique outfit to express how they feel.



Wellbeing Week

This year, we are combining Children's Mental Health Week with our annual Wellbeing Week. Our theme is "Get Outside".

It's hard to get outside in Winter, but if you can it makes a big difference to how you feel. There will be lots of fun activities during the week including taking our learning outside, making energy bars and wellbeing workshops. Look out next week for some photos of what we have been up to!

Family Challenge

Can you get outside together as a family!

We would love to see some photos of what you have been up to! If you are happy for them to be shared on the newsletter, email them to office@johnruskin.southwark.sch.uk



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Curriculum in Action – Art



Nursery

In John Ruskin Nursery we have been drawing pictures of our families. We used different mark making tools to create our pictures.



Art Club

Art club happens every Monday with KS1. This week we created some lovely colour block work.

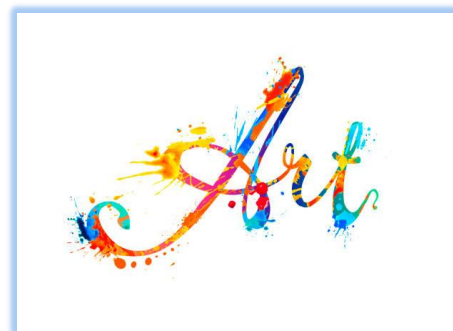


Reception

This term, Blue Class are learning about how to keep well.

Last week, we were talking about germs and how to wash our hands.

At our creative table, we tried a new technique. We tried some blow painting to create some germs. We really enjoyed watching the colours mix together.





Year 1 and Red Class



In Year 1 and Red Class we have been drawing sketches of London buildings and landmarks. Can you recognise some of the London landmarks that we have drawn?



Year 2

Year 2 have been looking at the London skyline.

First, we completed sketches on the roof, looking carefully across the horizon and drawing the different shapes of the buildings.

We then used this to create our own cityscapes of London. Using continuous line drawings, we were thinking about creating dark and light tones by using different pressure on our pencils.

After that, we used pastels to create our own skylines inspired by Paul Klee's bright colourful Castle and Sun. We used a colour wheel to think about creating buildings using analogous colours. We are very proud of our work!



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Childrens & Young Peoples Flu Vaccinations in Southwark

School aged children Flu vaccinations from Reception to Year 11

Did your child miss their flu vaccinations in school?

February Date & Time	Address for all clinics February 2024
Monday 12 th February 2024 Time: 10.00am to 2.30pm	Rye Oak Children and Family Centre, SE15 3PD
Tuesday 13 th February 2024 Time: 10.00am to 2.30pm	
Wednesday 14 th February 2024 Time: 10.00am to 2.30pm	

No appointment just turn up and wait

Consent on the day or via the QR code below before you arrive OR

Use the link provided to access the electronic consent form <https://sav.hrch.nhs.uk/flu/2023/southwark> or call office on 0208 614 5495/5496

If you want more information in different languages visit: [Share the Good Times Not Flu Leaflets](#)



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Safer Internet Day 2024

On **Tuesday 6th February** we will be joining schools and youth organisations across the UK in celebrating **Safer Internet Day 2024**.

Safer Internet Day is a global campaign to promote the safe and responsible use of technology, which calls on young people, parents, carers, teachers, social workers, law enforcement, companies, policymakers and more, to help to create a better internet.

This year, the campaign will be focusing on change online, this includes covering:

- Young people's perspective on new and emerging technology
- Using the internet to make change for the better
- The changes young people want to see online
- The things that can influence and change the way young people think, feel and act online and offline

Using the internet safely and positively is a key message that we promote in John Ruskin, and celebrating Safer Internet Day is a great opportunity for us to re-emphasise the online safety messages we deliver throughout the year.

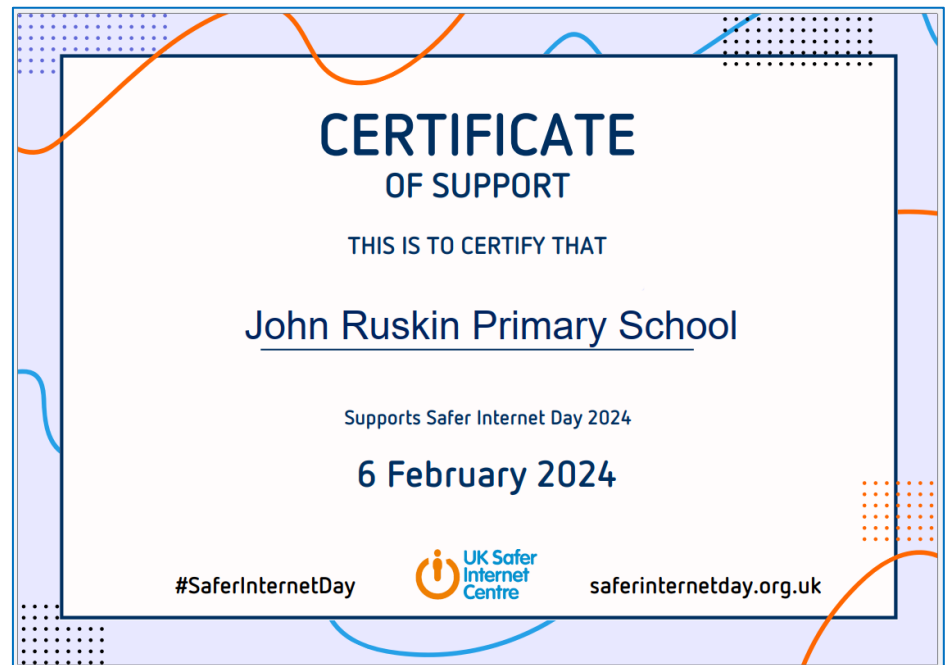
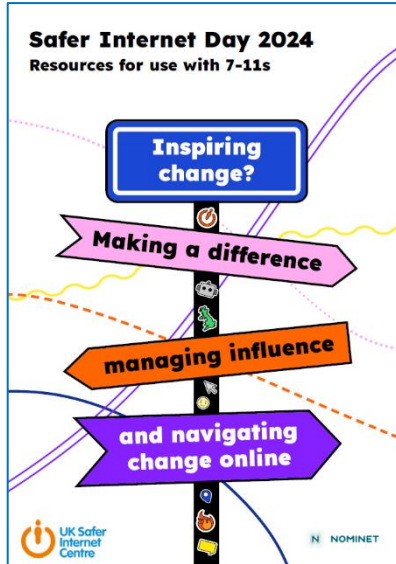
We would be delighted if you could join us in celebrating the day by continuing the conversation at home. To help you with this, for the UK Safer Internet Centre have created some free activities and information for parents and carers which are available at:

www.saferinternet.org.uk/SID-parents

Whether you have 5 minutes to start a conversation or more time to spare, there are top tips, quizzes and films which you can use at home with your child(ren).

Mr Thompson

Leader of Computing



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Take part in Fizz Free February



Pledge to go fizz free this February to help kick the sugary drinks habit.

Launched by Southwark Council in 2018, Fizz Free February is a great way to reduce your sugar intake by cutting out fizzy drinks.

Fizzy drinks are the largest single source of sugar for children aged 11-18, and they provide an average of 29% of daily sugar intake. Cutting out fizzy drinks is an easy way to reduce your sugar intake. By committing to going fizz free for the entire month of February, you can develop new habits to make it easier to cut down on fizzy drinks for the rest of the year.



<https://www.southwark.gov.uk/health-and-wellbeing/health-advice-and-support/fizz-free-february>

[Ask your teacher for a Fizz Free calendar so that you can tick off every day you stay away from fizzy drinks in February!](#)

Good Luck! You can do it!



Language Classes

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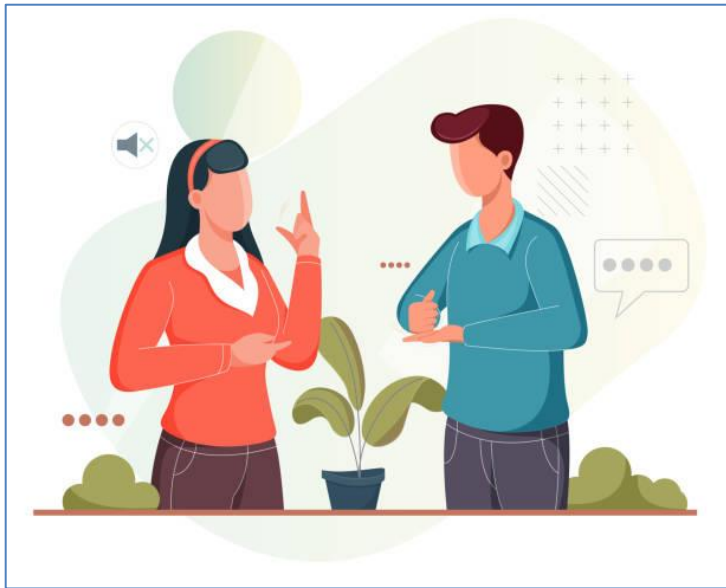
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Sign of the Week

This week's sign of the week is Calm and Frustrated plus all the colours of the Rainbow

[Signing 2023-24](#)



PACT – Parents and Communities Together

PACT run a weekly calendar of activities, hosted by the PACT staff team, where families can spend time together in a safe environment.

Click on the link to see <https://www.pact-citizens.org/whats-on-offer/>

[PACT Spring/Summer Calendar](#)

<https://www.pact-citizens.org/whats-on-offer/pregnant-parents/>

<https://www.pact-citizens.org/whats-on-offer/under-ones/>

<https://www.pact-citizens.org/whats-on-offer/four-and-under/>

<https://www.pact-citizens.org/whats-on-offer/espacio-mam%C3%A1/>



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Free Parent Course



**Free* 15 week Learning Unlimited course for adults
interested in becoming Teaching Assistants**

Award in Support Work in Schools

Wednesdays 9.30am – 12.30pm

From 28th February to 26th June 2024

We will contact you after you register to arrange an assessment time.
This course will be delivered online using Zoom



What will I get from attending the course?

- The knowledge and skills required to become an effective teaching assistant
- The City & Guilds Award in Support Work in Schools (Level 2)
- The opportunity to progress to the Certificate in Supporting Teaching and Learning in Schools or to apply for work as a Teaching Assistant

How much does it cost?

*The course is free but there is a non-refundable registration fee of £60.

To apply for a place on the course use the link below to complete the online form:

<https://www.eventbrite.co.uk/e/award-in-support-in-schools-tickets-814027687727>

All applicants should have level 2 English.

Please note you will need to complete a portfolio which will require a lot of homework.

Places are subject to completion of application form and assessment.



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Information for week commencing 5 February 2024

Monday 5 February

Children's Mental Health week / Wellbeing week

All day **Bikeability – Y3&4 level 1**

2.00 **Burgundy swimming**

Pm **Y3 to Burgess Park wooden playground for outdoor lesson**

Tuesday 6 February

All day **Bikeability – Y3&4 level 1**

10.00-10.30 **Turquoise Class swimming**

10.30-11.00 **Scarlet Class swimming**

Wednesday 7 February

9.20 **Fizz free February assembly- KS1 & Y3**

Thursday 8 February

11.00 **Drug Education classes for year 6 - 11.00-12.00 & 2.00-3.00**

Friday 9 February

2.00 **Vermilion swimming**

3.45-5.00 **Valentines disco – bottom hall**

Forthcoming Dates

Monday 12 to 16 February 2-24

HALF TERM

Tuesday 20 February 2024

Reception and Year 6 Height & Weight Measurements

Year 5 trip to Greenwich Planetarium

Tuesday 27 February 2024

Year 2 trip to London landmarks

Monday 18 to Friday 22 March 2024

Year 5 School Journey to Kingswood



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