

NB: The newsletter is sent from a no-reply email system. If you have a query or question relating to the content of the newsletter(s), please email <u>office@johnruskin.southwark.sch.uk</u>

### **Children's Mental Health Week**



Next week is Children's Mental Health Week. In 2025, the week's focus will be Know Yourself, Grow Yourself.

We want to equip and empower children, young people, and the adults who surround them to embrace self-awareness and explore what it means to them.

Each year, Place2Be experts create fun and engaging resources for families, parents and carers to take part in Children's Mental Health Week.

This year, they have **partnered with Here4You**, **supported by The Walt Disney Company** and the *Inside Out 2* characters to explore the theme Know Yourself, Grow Yourself.

The resources encourage children and young people across the UK to discover how getting to know who they are can help them build resilience, grow and develop.





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Go to <u>https://www.childrensmentalhealthweek.org.uk/families/art-activity-know-yourself-grow-yourself/</u> for a creative activity to do together.



# A creative activity!

Place2Be's Art Room have created an art activity that encourages children to embrace self-awareness and promotes personal growth



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#### Encourage journalling

AMILIES

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Just like Riley, encourage your older children and young people to express their emotions and thoughts through journalling. It can be less confronting than speaking out loud and is a helpful way to process what is going on.

#### Make space for reflection

When children and young people reflect on their different emotions, it can help them better understand themselves and what they need. Go for a walk, drive, or try some mindful colouring or baking together.

#### **Bevisual**

Use imagery, such as emojis or flashcards to help children and young people recognise and label their feelings.

#### 4 Practice mindfulness

Try mindful activities, and quiet family time, to enjoy being in the present moment. This can help children and young people be aware of their thoughts and emotions and learn a useful new coping technique.

#### Communicate

Feedback is crucial for helping us see our blind spots and gain greater insight. Children and young people are no different. Creating safe and supportive ways to share your own experience with your child can help them understand themselves and their impact on the world around them.

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CHILDREN'S MENTAL HEALTH

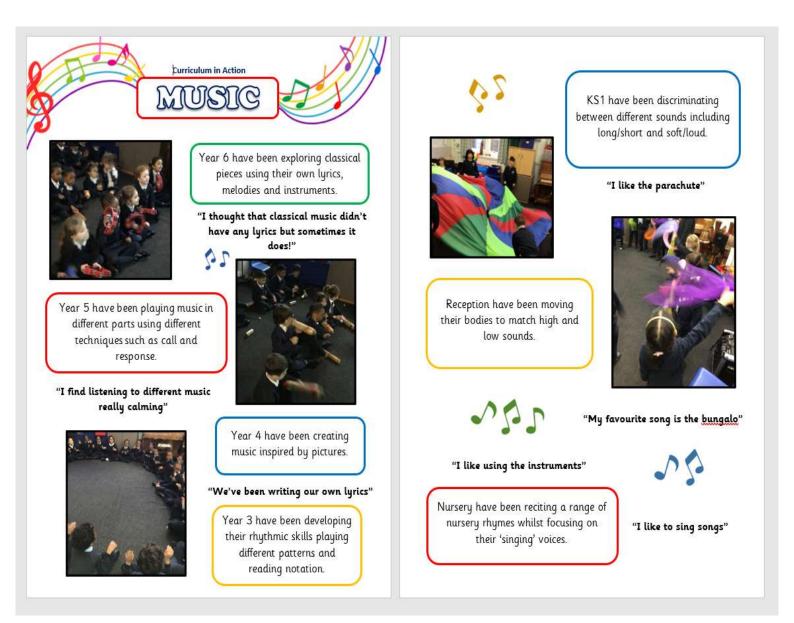
If you're a parent or teacher, you'll find loads of useful advice to help you support the brilliant young people in your lives – from FAQs to downloadable packs. <sup>[2]</sup> <u>Here4You.co.uk</u>





## **Curriculum in Action – Music**







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Saturday School - www.slmbermondsey.org/saturday-school





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Flu Vaccinations – February Catch Up Sessions

South London Children and Young People's Community Immunisation Service

# Missed your flu vaccine?

Live or attend school in the boroughs of Lambeth or Southwark? Aged 2-19? Come down to a flu catch-up clinic and protect yourself this winter!

> Monday 17 February, 10:00 - 14:00 Stockwell Children's Centre, SW9 9TG

> Wednesday 19 February, 10:00 - 14:00 Stockwell Children's Centre, SW9 9TG

Thursday 20 February, 10:00 - 14:00 Rye Oak Childrens Centre, SE15 3PD

Friday 21 February, 10:00 - 14:00 Rye Oak Childrens Centre, SE15 3PD

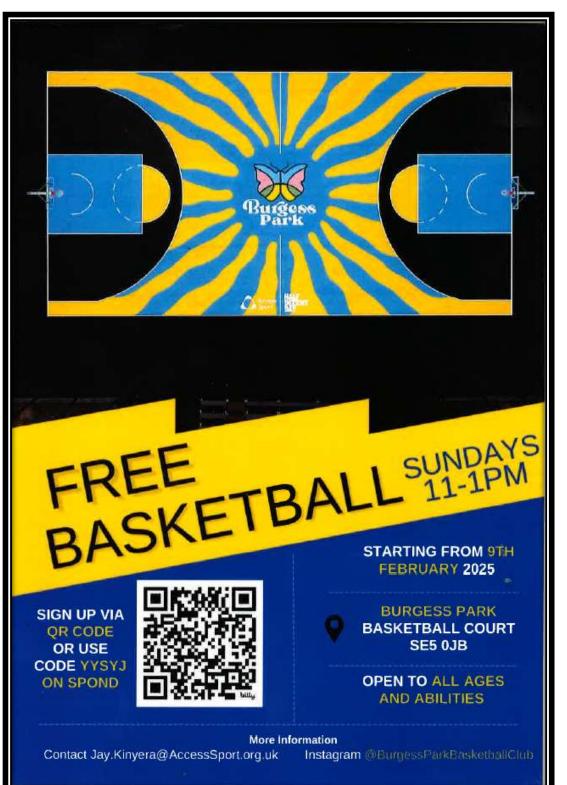
Our clinics are walk-in, so no need to book an appointment. Call 020 8614 5495 for more information



#### **Free Basketball**



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#### Sign of the Week



Signing 2024-25 - this week's sign is 'Talk'

## Key Events for Week Commencing 3 February 2025

Children's mental health week – theme 'Know Yourself, Grow Yourself' www.childrensmentalhealthweek.org.uk

Monday 2.00-2.30 Burgundy Class swimming Tuesday 10.00-10.30 Turquoise Class swimming Scarlet Class swimming Wednesday Thursday

Friday 2.00-2.30 Vermilion swimming

## **Forthcoming Dates**

Tuesday 11 February Safer Internet Day – theme: 'Too good to be true? Protecting yourself and others from scams online.' www.childnet.com/safer-internet-day

Friday 14 February Reward afternoon

Monday 17 February - Friday 21 February Half Term Holiday





Thursday 27 February Yr6 Homework Club (for 5/6 weeks)

Thursday 6 March World Book Day - Read Your Way www.worldbookday.com

Thursday 6 March – Wednesday 12<sup>th</sup> March Book Fair open

Monday 10 – Friday 14 March Science Week – theme Change and Adapt www.britishscienceweek.org

Friday 4 April Reward morning Last day of spring term - school finishes 2.00pm

Monday 7 April – Monday 21 March Easter Holiday

### **Useful Links**

School term dates 25-26 - <u>Term Dates 2025-26</u> Our website – <u>www.johnruskin.southwark.sch.uk</u> School caterer - <u>www.harrisoncatering.co.uk</u> Uniform supplier – <u>www.earthuniform.com/collections/john-ruskin-primary-school</u> Secondhand uniform supplier – <u>uniformerly.co.uk/search-listings/?q=&c=17273</u>

The Nest - <u>thenestsouthwark.org.uk</u> Chess in Schools - <u>www.chessinschools.co.uk</u> Southwark Council – <u>www.southwark.gov.uk</u> Camberwell Leisure Centre - <u>southwarkleisure.co.uk/centres/camberwell-leisure-centre</u> Parentkind - <u>www.parentkind.org.uk</u> Children's Commissioner - <u>www.childrenscommissioner.gov.uk</u> Department for Education - <u>www.gov.uk/government/organisations/department-for-education</u> Ofsted - <u>www.gov.uk/government/organisations/ofsted</u> NHS - <u>www.nhs.uk</u> TFL - travelforlife.tfl.gov.uk



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