



Headteacher writes:

**'Oh, we're half way there...' Bon Jovi**

Today, we are at the half way point in relation to attendance for the school year. Children could have completed 95 out of their 190 days. Attendance nationally is a priority to improve and at Chester Park this is no different. Current attendance for the Infant school is 91.4% and the Junior school is 93.6%.

Let's try, in the second half the year, to make those numbers rise. Everyone can do their bit to add to attendance. We all know there are times when your child really is too unwell to come to school however, there may be occasions where they could come in when they are a little under the weather. This helps with continuity of learning, friendships and building resilience.

Next week, is Children's Mental Health Week. This is highlighted elsewhere within this newsletter. During the week, children will explore themes linked to supporting their own mental health through lessons and assembly. The theme of the week is 'Know Yourself, Grow Yourself' and while this focuses on mental health for children, I think us adults can learn from this too. As adults, we are at times very much like children... We are just a little bigger. We are all humans after all! So, exploring this theme alongside your child can be very powerful and can help you get to know yourself better too.

One of the aims of the week is to 'help grow and develop resilience to cope with what life throws at us.' This links really well to the Chester Park vision, Positive, Resilient and Meaningful.

Yours in partnership,  
Mike, Headteacher

**Children's Mental Health Week**

Next week, Chester Park will be participating in Children's Mental Health Week. This year's theme is **Know Yourself, Grow Yourself**.

The aim of the week is to encourage children to embrace self-awareness and support them in expressing their emotions. The more we can understand about ourselves, the more prepared we are to express our emotions and to take on life's ups and downs.

Being self-aware means getting to know and understand what we are good at, what we find difficult, our likes and dislikes, what makes us feel joy and what may cause us sadness. It is also about understanding what makes us unique and our fears, hopes and dreams. As we build a sense of self, we grow in our ability to connect with others, and as develop our skills and talents. It is with this basis that we can form strong and healthy relationships, from early childhood right through to adulthood and are equipped to cope with the challenges that life brings our way. Please take a look at the last page of this newsletter for tips for families.



## Friends of Chester Park Schools Meeting

Please come along and share ideas. We will be planning events to help raise funds for the schools.

# Monday 3rd February 2025

## 9am

### Held at the Junior School

## All parents/carers are welcome from the Infant and Junior schools

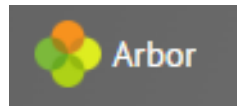


## Share Our Learning Evenings

We will be holding our Share Our Learning evenings on **Wednesday 5th March and Thursday 6th March from 3.30pm at the Infant school and 3.40pm at the Junior school**. This is a 10 minute appointment for you to speak with your child's class teacher and to look at the work they have completed so far this year.

This is an important meeting to help your child with their learning.

Booking will be made through the Arbor app, if you have not set this up already, please do so to be able to make a booking. The booking system will open at 8.30am on 22nd January and close at 3.30pm on 12th February. If you need help setting up the app, please contact the school offices. Thank you.



### Infant School

**Monday 3rd February**—Friends Meeting—9am at Junior School

**Friday 14th February**—Last day of Term 3

**Wednesday 5th March**—Share our Learning Evening 3.30-6pm

**Thursday 6th March**— Share our Learning Evening 3.30-6pm

**Monday 10th March**—The Book Starts at the Infant School

**Friday 28th March**—Inset Day

**Monday 31st March**—Inset Day

**Friday 23rd May**—Inset Day

## **Dates for your Diary**

### Junior School

**Monday 3rd February**—Friends Meeting—9am at Junior School

**Friday 14th February**—Last day of Term 3

**Wednesday 5th March**—Share our Learning Evening 3.30-6pm

**Thursday 6th March**— Share our Learning Evening 3.30-6pm

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# Weekly Celebrations

WEEKLY CELEBRATIONS

		Dojo Hero	Pot of Gold		
					
					
Class	Infant School		Class	Junior School	
Badger	Kalen		Apple	Arthur	Josh, Leon
Rabbit	Isaac	Tilly	Pear	Moez	Gracie, Elijah
Squirrel	Oba		Cherry	Luna	Fred, Lyra, Angelo
Bumblebee	Amira	Nelly, Izzy, Hattie	Acer	Kamir	Luisa, Milo
Hedgehog	Memphis		Rowan	Nadrin	Hareem, Zayan
Otter	Jermiah		Cypress	Ted	Ellie, Amelia
Owl	Mustafa	Mina, Kensa	Hawthorn	Oscar	Kate, Harry
Fox	Elsie	Wali	Sycamore	Phoebe	Hiba, Ethan
Ducklings			Maple	Zaynab	Zoya, Ezra
Woodlands			Ash	Leona	Sasha, Lenny
			Whitebeam	Xavier	Aysha, Nila
<b>Congratulations to this weeks winners!</b>			Oak	Daniel	Dilawar, Sara

Class	Weekly Attendance	Class	Weekly Attendance
Badger	94.3%	Apple	96.9%
Rabbit	90.0%	Pear	89.6%
Squirrel	93.0%	Cherry	95.2%
Bumblebee	90.3%	Acer	90.8%
Hedgehog	92.2%	Rowan	89.2%
Otter	92.2%	Cypress	93.6%
Owl	91.0%	Sycamore	96.3%
Fox	93.1%	Hawthorn	90.4%
		Maple	93.5%
		Whitebeam	94.1%
		Ash	83.3%

Place2Be's

CHILDREN'S  
MENTAL HEALTH  
WEEK

3-9  
FEB  
2025

KNOW YOURSELF,  
GROW YOURSELF



Place2Be's  
CHILDREN'S  
MENTAL HEALTH  
WEEK

# TIPS FOR FAMILIES

## 1 Encourage journalling

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.

## 2 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.

## 3 Be visual

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.

## 5 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.

