

MANDEVILLE NEWS

**Friday 25th
January 2019**

SCHOOL DINNERS

Spring Term 2019
1st half of term
07/01/19 – 15/02/19 = £45
2nd half of term
25/02/19 – 05/04/19 = £45
Whole term = £90

GREEN POINTS

Class	Points
Class	Points
EFYS	Ofilli 31
Key Stage 1	Wiltshire 214
Lower KS2	Himid 230
Upper KS2	Khalo 26

SPANISH PHRASE of the week:

¿Dónde está ... Where is.....?

Twitter @MandevillePS Instagram @mandevillee5 www.mandeville.hackney.sch.uk

MENTAL HEALTH AND WELLBEING

Mental Health

We all have mental health.

Mental health is about our feelings, our thinking, our emotions and our moods.

Looking after our mental health is important just like looking after our physical health.



This week at Mandeville we have been talking about mental health. Good mental health is important for our learning and overall wellbeing so it's great to talk about it and share ways we can promote wellbeing in our school community and ensure that our pupils know what to do if they or someone they care about is struggling. What did we learn about mental health this week? We all have small

feelings every day: These sometimes feel strong and overwhelming, whether happy or sad, but they go away before too long. Sometimes we experience big feelings: These feel strong and overwhelming for a long time. They can stop us doing what we want to in our lives.

Some top tips for promoting wellbeing!

SMILERS 7 steps to wellbeing



Socialise: Spend time with friends and family

Move: Be active

Interests: Have a hobby, keep learning, do something creative

Look: Take notice of the world around you

Eat well: Eat a balanced diet

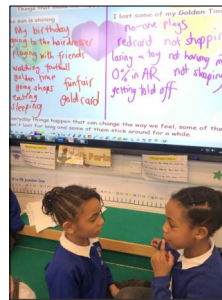
Rest: Relax, sleep well

Support: Give help to others

MENTAL HEALTH AND WELLBEING CONTINUED....

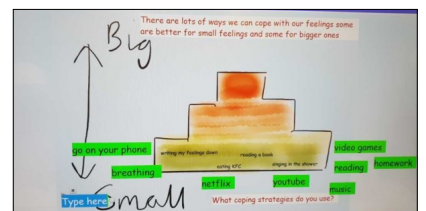
During Monday's assembly we watched a 'Talking Mental Health' video animation to help begin conversations about mental health in the classroom and beyond. The animation (and lots of other fantastic resources) is freely available at www.annafreud.org. For further information please pick up one of the parent/carer leaflets from the school office or speak to Ms Slot, our Mental Health Lead.

Take a look at some of the work we have done this week during PSHE.....



Year 1 and 2 have been thinking about the small feelings we all experience each day and the people who might be able to help us when we are finding things difficult or celebrate with us when things are going well!

Here are some of our year 6 pupils eagerly discussing how we can manage small feelings



Year 3 and 4 shared their ideas about how to look after our mental health during their circle time



**WEEKLY
CLASS AWARDS**

Ofili Knight Kelsey & Jennifer
Wiltshire Monet & Phoebe
Catlett Godwin & Amy
 Abigail & Esra

Himid Ramari & Hassan
Picasso Harama & Alonso
Matisse Jessica & Azim
Rivera Precious & Monique
Jackson Sheree & Skye
Kahlo Yuvraj & Zadok
Hockney Raj & Janai

KEY DATES THIS TERM

w/c 28th Jan Parent/Carer Come to School week
Wednesday 30th Jan Jackson class assembly
Wednesday 6th Feb Wiltshire class assembly
 w/c 18th Feb Half term break
Thursday 8th March World Book Day
Wednesday 13th March Matisse class assembly
Thursday 14th March Parent/carers consultations
 - **School closes early at 2pm**
Wednesday 20th March Catlett class assembly
Wednesday 27th March Ofili class assembly
Friday 5th April Last day of Spring term
 - **School closes early at 2pm**

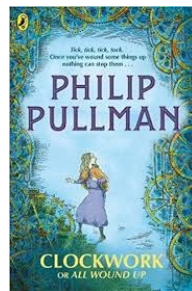
REMINDER!

Parent /Carer Come to School Week is next week
 Dear families, please be reminded that Parent / Carer come to school week is next week (you should have already received a letter with the full details). For this round, sessions are for families of children in years 1-6 only. Please book a slot at the office, there are 2 time slots per class. Please note that the first lesson of the day is Mathematics and the 2nd lesson is English. This will be a wonderful opportunity to experience your child's learning experience first-hand and facilitate the support you then provide at home. Please remember that you will be entering a working classroom so we cannot accommodate babies or younger siblings. We look forward to seeing you.

THIS WEEK'S BOOK REVIEW

Clockwork by Philip Pullman

Only once in a blue moon would you find a book this spectacular. Cleverly written by Philip Pullman, this book is a must read and will turn any reader into a couch-potato as you will not be able to put it down. For anyone who enjoys reading a book about deception and betrayal, then this book will give you more than you asked for.



Inextricably linked like the bond between life and death, this wonderful book, no, novel is classic Pullman style. Fame-driven and desperate, one of the main protagonists (Karl) is desperate as his time is due and must put a figure in the city clocktower. Then.....tragedy hits in the form of an idea. In conclusion, Clockwork is an amazing read for anybody who wants to be consumed by Philip Pullman's cleverly written words and expand their imagination.
 By **David Y6**

KNIGHT CLASS ASSEMBLY

This week in school the focus has been 'Mental Health'. Knight Class performed their assembly all about self-esteem and confidence and it was fantastic to see exactly how they build their confidence. Every morning, when children come to school, they say something positive about themselves in a mirror and they showed how to do this in their assembly. Children also stood up to say what they would like to be when they grow up- we have future bankers, fashion designers, footballers, doctors and lots of teachers! Their motto was: **You can be whatever you want to be-if you work hard at it!** They even had a performance from James Brown who sang his legendary song: 'I feel Good'. If you ever feel down, pop into Knight Class and you will be cheered up very quickly!

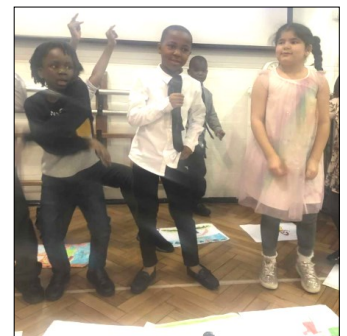


Above: Knight Class looking very smart!

"When I grow up I would like to be a policeman."- Elijah



"I can be whatever I want to be."- Jerome



"When I listen to music - I feel good!"- David

Please remember to inform the main office of **any changes to your contact details** i.e: home number, mobile phone number, address, or if your child has a medical condition.

If you would like the newsletter emailed to you please email: mdvoffice@mandeville.hackney.sch.uk