

# THE FRIDAY LETTER



Happy Friday to you all, and happy half term!

## This Week at The Wyche

This week has been one of charitable fundraising, personal and social well being and internet safety. On Monday we celebrated the beginning of Children's Mental Health week and learned that being listened to and having our voices heard is great for our self esteem. Find out more here: [Children's Mental Health Week](#). Activities about coping with anxiety or stress and managing online pressure continued all through the week. We also celebrated Safer Internet Day with a series of assemblies and lessons about staying safe online and the pros and cons of various features of apps and how positive or negative common internet experiences may be. Check it out here: [Safer Internet Day 2024](#). Last but not least today (Friday) was a fundraising day for our brave lifesaving pals at the Worcestershire Air Ambulance. Thanks for wearing red to support the guys and gals who respond to emergencies by taking to the skies!

## Collective Worship Assemblies

Assemblies this week have centred around mental health and online safety but always with our school's motto in mind "Together We Soar", drawn from Isaiah's comforting words: "But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint". After half term we will look at **Inspiration**, thinking about Jesus' invocation to all to "let your light shine before others".

## Online Safety

Check out our informative guide on page 4 on how to balance safe internet use with good mental health. Couldn't be more timely could it?

**It's been Children's Mental Health week this week but don't forget your own mental, emotional and spiritual well being. Breathe, talk about it and seek help if you need it. If you are struggling with your thoughts or feelings you can talk to us about it and don't forget the help on our webpage <https://www.wyche.worcs.sch.uk/mental-health-and-well-being>. It's okay not to be okay and talking helps.**

*in partnership  
Mr Murphy.*

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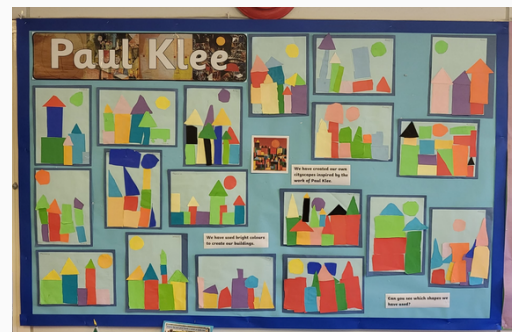
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## In school this week:



In Art this week, Red Class have been producing pictures in the style of artist Paul Klee.

I think you'll agree they have done a fabulous job - Well done Red Class!

“They will soar on wings like eagles.” Isaiah 40:31

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# Together We Soar



## Attendance

There are still many children regularly coming late to school. School starts at 8.55am and we ring the bell a few minutes before. Arriving after this time means your child is late for school and much more than a few minutes after this means missing part or all of a lesson which, if it happens often, could mean children falling behind in their learning. Please ensure children are on time every morning and let us know if we can help in any way.

## Red and Yellow Class Gate

Once Red and Yellow Class have gone up the stairs in the morning, the gate will close for safety reasons (there are very young children in Red Class. If you arrive after the bell please ensure you accompany your child up the steps as there may not be an adult at the top to receive them.

## Parents Evening

A reminder that our whole school parents evening is on Wednesday 21st and Thursday 22nd February. Our parents evening system is live for bookings! You can access this via the school website. Under - Parents Tab - Parents Evening Bookings. If you have any difficulties please contact the school office.

## The UV Snow Ball

The children should have bought home an invitation inviting them to the Snow Ball on Friday 1st March. KS1 are invited to attend 4.30pm - 5.30pm, KS2 5.45pm - 7.00pm. Tickets are £2.50 per child. There will be a tuck shop and UV face painting on offer, 50p per treat. The event will use UV lighting so children are encouraged to wear white or neon clothing however this is not essential. If you have missed the invitation please pop into the office for another. Please advise if you can 'help out' at the event, the PTA are looking for some parent volunteers

## World Book Day - Bedtime Stories

We are looking forward to World Book Day which is happening this year on Thursday 7th March. We love reading, stories and books and know that one of the best time to read is at bedtime. So we are asking children this year to bring in their favourite bed time story and to wear their pyjamas (onesies, dressing-gowns and nighties are all good!). We will be listening to staff's favourite bedtime stories and there may even be some hot chocolate on offer! Please see Mrs Charles if you have any questions.

## Music Lessons and After School Clubs

All music lessons and after school clubs resume straight after half term - 1st Monday back (19th). The exception to this is Multi Games which is cancelled on Thursday 22nd February due to parents evening.

## Music Lesson Invoices

Just a reminder that Monies are due in for music lessons taken in the Autumn Term (September to December). All payments can be made direct to the office by cash or cheque - cheques made payable to Worcester County Council. Sadly we are unable to accept bank transfer. Many Thanks

By living and learning together through our Christian values of *Safety, Trust, Respect, Inspiration, Value, & Engagement*, with God's help, we will support each other to "soar", lifting hearts and broadening horizons, so that by giving our best today, the world may be better tomorrow.

## Stars of the Week

It is always a delight to award a Star of the Week award to a child who has demonstrated the STRIVE values in classwork. This week's award-winners were:



**Red class**

**Ned Hollingworth**

**Tilly Tyler**

**Yellow Class**

**William Richardson**

**Scarlett Williams**

**Blue Class**

**Faith Horne**

**Jocelyn Hart**

**Orange Class**

**George Price**

**Oliver Ledington**

**Green Class**

**Tom Cardiff**

**Theo Sheppard**

## HOUSEPOINTS

Beacon took the cake this week with an astonishing 132 housepoints. Everyone's a winner when we award points for **Safety, Trust, Respect, Inspiration, Value & Engagement.**

## Together We Soar!

Strive the Eagle:  
Legend, pure and simple.



# WHAT'S ON ?

**Mon 19th February:** Brass Lessons  
 Guitar/Ukelele Lesson  
 Netball Club afterschool until 4.15pm  
 Dance Club afterschool until 4.15pm

**Tues 20th February:** Choir Club afterschool until 4.15pm

**Weds 21st February:**Woodwind Lessons  
 Drum Lessons  
 FAME for Blue Class  
 Colouring Club (Lunchtimes)  
 Parents Evening (By appointment)

**Thurs 24th February:**Piano Lessons  
 No Multi Games Session  
 Parents Evening (By Appointment)

**Fri 25th February:** Orange Class 6th Swim  
 Film Society afterschool until 4.15pm  
 Dance Festival at The Chase for Dance Club

## Dates for your Diary

- Half Term Monday 12th February - Friday 16th February (1st Day back Monday 19th February)
- Parents Evening - Wednesday 21st and Thursday 22nd February (Appointment by arrangement)
- Tuesday 5th March History Man Visit KS1
- World Book Day Thursday 7th March (Pyjama Day!)



### Half Term House Challenge



#### Poetry Slam – Poetry Competition

Your half term holiday challenge is to learn a short poem off by heart and be ready to recite it during the first week back. We will have small group recitals in class and will choose class winners through voting. Winners will get the chance to perform in front of the whole school in assembly.

**Everyone who enters gets 2 house-points.**

**Each class will have 2 winners.**

**Each winner will get 10 house-points each!**

**GOOD LUCK!**

We can't wait to enjoy your "slam". Mrs Charles

## Half Term House Challenge

Please see details of this half terms house challenge. Children are invited to learn a poem ready to recite on their return to school. Anyone who attempts this will be rewarded with 2house points - Winners will be given the opportunity to perform in assembly.

**Have a Happy  
and Safe  
Half Term!**



Messy Church Logo Copyright Bible Reading Fellowship© 1998 - 2011

All Saints Church - Messy Church 2024  
 February Messy Church will take place  
 at All Saints Church on Thursday 15th February  
 3.30 pm for 4.00 pm start  
 We will be serving hot dogs!  
 Looking forward to seeing you.

# SUPPORTING CHILDREN'S MENTAL HEALTH

## 10 Conversation Starters for Parents

Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects that we perceive our child is too young or not ready for. But rather than keeping children in the dark, this guide is designed to help you confidently talk about mental health, so they feel comfortable talking about their own worries and end any stigma before it begins.



#WakeUpWednesday

### 1 LISTEN

This sounds obvious, but it is not something we are always great at. Active listening is where we listen without interrupting or making judgements and shows interest in what is being said. If your child feels listened to in the 'smallest of problems' they will become confident that you will listen when the 'biggest of problems' arise.

### 2 ASK TWICE

The campaign from time to change is great. <https://www.time-to-change.org.uk/support-ask-twice-campaign>. Be tenacious about your child's wellbeing. Children instinctively know when your questions and support come from a place of wanting to help and care.



Are you sure?

### 3 THERE IS NO SUCH THING AS A STUPID QUESTION

This advice also relates to the first point. If your child can ask you any questions about the smallest of things and you listen and answer without shaming or belittling, then they will have more confidence to ask the biggest of questions.



### 4 BE OPEN AND HONEST

Children appreciate honesty, particularly if you are having to share information or talk about a difficult subject. For example, you may be talking about death or loss; 'It's very sad that Nana has died' or 'I feel sad that Nana has died'. How you talk about a subject will differ depending on their age and developmental maturity. Talking about death to a younger child for example will be different to that of an older teen, as their experience and understanding of death is different.

### 5 KNOW WHEN TO SEEK HELP

Assess the severity of the mental health difficulty you are noticing. Is the difficulty making it hard for your child to function regularly throughout everyday life? How frequently is your child affected, how long does it last and how persistent is it? Are they having problems controlling the difficulty? Talk to your child about your concerns and that it is likely they will need further support beyond family and friends.



### 6 TALK ABOUT MENTAL HEALTH NATURALLY

Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised. If the usual 'are you ok?' is not creating an opportunity for dialogue then say something like 'I know when something like that has happened to me I felt like this... is that how you are feeling or are you feeling something else?'

### 7 EMPATHISE

'It makes sense that you would feel this way, it is understandable'. Children often worry about things that we, as adults, might see as trivial or silly. However, for them at their age and stage it is a big concern and they need our kindness and care when they show their vulnerability and share their worries.



### 8 HELP YOUR CHILD FEEL SAFE

Teens particularly feel that by talking about their worries or concerns that this will make things worse. Reassure your child that you will discuss a plan of action together and what may or may not need to happen next. If they are a younger child, it is likely you will need to lead the conversation and explain next steps.



### 9 MIND YOUR LANGUAGE

Be mindful of the language you use at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language which is harmful. Using the word 'mental', 'man-up' or other such words in a derogatory way won't encourage your child to talk about their mental health for fear of being belittled.



### 10 IT IS OK TO SAY 'I DON'T KNOW WHAT TO DO NEXT'

Adults do not have all the answers but often children think they do. It is ok to acknowledge that what your child is experiencing is not something you have come across before or know anything about, but that you will work it out together and seek help together.



## Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



## Sources of Information and Support

- Your GP
- Young Minds <https://youngminds.org.uk/v>
- <https://www.nhs.uk/conditions/stress-anxiety-depression/>
- <https://www.actionforchildren.org.uk/news-and-blogs/parenting-tips/2016/november/a-simple-guide-to-active-listening-for-parents/>
- <https://www.themix.org.uk/mental-health>