

NEWSLETTER

Children's Mental Health Week
Next week (Monday 7th to Friday 11th February) is Children's Mental Health Week. The theme is "Growing Together".

Our pupil-team of Mental Health Champions have planned to give classes a range of resources and classroom activities - 1 of each day of the week (plus 2 for the weekend, too!). [Click here to try them at home!](#)

These activities are:

Monday: [Acrostic Name Poem](#)

Write fabulous things about yourself. Use pictures. Make it "you"!

Tuesday: [5 Ways to Wellbeing](#)

Create a simple picture of your hand, colour it, decorate it with photos and drawings...be as creative as you want!

Wednesday: [Growing Strong](#)

Create a (or use our) picture of a tree, showing all the important things that make your life strong

Thursday: [Things I can and can't control](#)

Create a table, with pictures again, of the things in life we can control, and those we cannot

Friday: [Future Challenge](#)

Set yourself a goal and work out the steps to achieving it. Start small to make achievement quicker (at first)!

Weekend: [Positive Self Hearts and Kindness Calendar](#)

Two great fun activities to do at the weekend.

Mental Health support

At Ledger Lane, we want to ensure that we support our community. As a part of Children's Mental Health Week, we acknowledge that the last two years have been very challenging for all of our families - youngsters, teenagers and adults alike. With that in mind, please take time to explore the two websites below, which provide a wealth of resources and support.

<https://wf-i-can.co.uk/> for all children and young people

<https://mentalwellbeing.outwood.com/> our own Outwood Website for people of all ages

February 2022

Year Three History Day

On 2nd February, our Year 3s were delighted to have a "Roman Day", where they tried lots of different activities. Here are some of their responses:

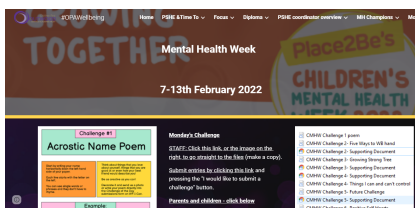
"A lady taught us about the Romans and we were Romans for the afternoon. We learnt a lot and played games. Did you know Romans didn't speak Italian they spoke Latin?"



"During our history Roman workshop, Carly told us that Romans had Gods for everything (even a God of Poo!)"



It's brilliant that we can now, cautiously, begin to have such great experiences for our children again!



Safeguarding Lead: Mrs R Skirrow