

Codnor Community Primary School



Newsletter September 2024



Welcome to the new school year! Whether your child has moved classes, or Key Stages, or is a new starter, we hope that their first week back has gone smoothly—both for them and for you!

Key Dates

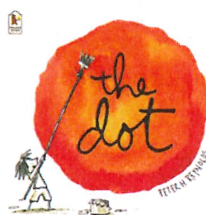
World Gratitude Day...21st September

World Mental Health Day...10th October

Anti-bullying Week...11th-15 November



Book Recommendation



A wonderful picture book about a little girl, Vashti, who is convinced she can't draw and sits with an empty piece of paper in front of her. 'Just make a mark and see where it takes you', suggests her teacher.

This is an inspiring story about encouraging children to try new or challenging things, to explore their creativity and to have confidence in their abilities.



YOUNGmINDS

Young Minds have an A-Z guide to support you in helping your child with their feelings and behaviour. It also gives great advice on mental health conditions and life events. Go to:

<https://youngminds.org.uk/parent/a-z-guide/>



Don't forget, World Mental Health Day is also #HelloYellow day. We're looking forward to brightening up the school with a sea of sunshine! Children can wear anything yellow in support of those dealing with mental health issues.

If you wish to make a donation to #HelloYellow please go to www.youngminds.org.uk

World Gratitude Day is celebrated on Saturday 21st September and provides an opportunity for people to celebrate and express gratitude.

It can be very easy for us to take things for granted and it's really important to pay attention to the people and things around us. When we appreciate the things that we have, it helps us to develop a positive mindset. Gratitude is one of the most positive emotions we can feel and it has the power to turn a negative view point into a positive one.

Feeling gratitude can also:

Improve your physical health by boosting your immune system, lowering stress levels and improving your sleep

Improve your mental health by increasing self esteem and decreasing symptoms of depression

Help you enjoy small moments in your life, leading to a happier sense of self

There are lots of different ways you can express gratitude and celebrate this day. Small things you may want to be thank for are:

People who care about you

The natural world

A safe place to live

Tasty food to eat

A great way to practice gratitude is to create a journal...encourage your family to record things that they are grateful for every day—this could be one thing or even a list!



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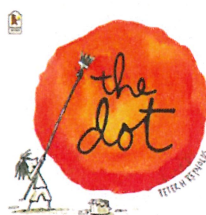
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