

Codnor Community Primary School



Newsletter September 2023



Welcome back everyone! We hope you all had a lovely summer break and enjoyed some quality time with the people you care about. We're just pleased the sunshine has finally made an appearance!

Key Dates

World Mental Health Day...10th October

World Kindness Day...13th November

Anti-Bullying Week...13th-17th November



Focus on...Back to school

Returning to school after the long summer break is always a shock to the system—for adults and children alike! However, the routine of the school day can provide comfort and security for any children. Support from parents and carers is vital in establishing a routine in the days following the return to school. It may help to focus on the following areas:



- Sleep...A good night's sleep is really important for positive mental health. Creating a calm, relaxed environment at bedtime is crucial. A warm bath, story or listening to calming music are some ideas for this.
- Screen time...Try to limit this, especially before bedtime. Older children can often be bombarded with information through social media, messaging apps and the internet and this can feel overwhelming.
- Involve your self in their education...Ask them about their day. Did they find anything difficult? Help them to figure out a way they could make it easier next time. Share your own experience of when you have found something challenging and how you overcame it.
- Listen to your child...Take their worries or concerns seriously. Often anxieties can be eased simply by sharing them and offering reassurance. At this time of year, emotions can run high as children adapt to change. While it's important to allow time for your child to settle, please do not hesitate to contact their class teacher if you do have



Book Recommendation

The Invisible String by
Patrice Karst



This beautiful book is one of our personal favourites.

Ideal for children who suffer with separation anxiety, it tells the story of a brother and sister who are worried about being separated from their mum during a stormy night. The story explores the way we are connected to the people in our lives by an invisible string of love for each other...whether those people are near or far or even in Heaven. The story also provides a gentle way to support any child who may be experiencing bereavement or family problems.

#HelloYellow
YOUNGmINDS

#HelloYellow was launched in 2016 and we are inviting children to wear something yellow on World Mental Health Day (10th October). Our aim is to **encourage togetherness** by showing young people that they are not alone with their mental health struggles. We hope to **create conversations** by being open about mental health. Whether they are between staff, pupils or parents, these conversations are vital to creating change and showing up for young people's mental health. Taking part in #HelloYellow will also **increase awareness** and help show the members of our school community that whatever they are going through, they are not alone.

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