

Codnor Community Primary School



Newsletter

September 2022



Welcome back everyone! We hope you've had a relaxing summer break.

The start of a new school year is always exciting but may also come with a degree of anxiety. Please do not hesitate to contact your child's class teacher with any concerns you or your child may be having.

Key Dates

World Mental Health Day...10th October

World Kindness Day...13th November

Anti-Bullying Week...14th-18th November



Focus on...Low Self-Esteem

Self-esteem is the opinion your child has of themselves.



A child with healthy self-esteem will tend to be more positive about themselves and life in general. They are likely to be more resilient and able to deal with things that happen in life. Resilience is the ability to cope with life's challenges. It means to recover from difficulties.

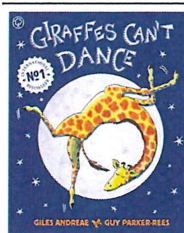
Low self-esteem is just the opposite. Children struggle to take on challenges and are less resilient. They might be more negative about life.

There are lots of ways to build self-esteem in your child;

- * Help your child to recognise their strengths and talents. Each make a list and compare them.
- * Be specific with praise. ie. You were really organised today when you got all your things ready for school.
- * Make a 'Can do CAN' using a can or a jar. Your child can write on slips of paper the things they can do. Go through the 'can' after a week or so to remind your child of the things they 'Can Do'.
- * Help your child to set small, achievable goals.



Book Recommendation



Gerald the Giraffe would love to dance. But with his crooked knees and thin legs, it's harder than he thinks. However, some encouraging words from an unlikely friend help him to

achieve his dream. A funny and touching story that teaches children about accepting that everyone is different and to embrace their own differences, building confidence and self esteem.

YOUNGmINDS
fighting for young people's mental health

Young Minds is the UK's leading charity fighting for children's and young people's mental health. They offer services to parents and carers who are concerned about their child. They are available for advice through Email and Webchat as well as providing a helpline telephone service.

The helpline number is 0808 802 5544.

It is free to call and is available Mon-Fri from 9.30am-4.00pm

www.youngminds.org.uk

TAKE FIVE

