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# ST GEORGE'S SCHOOL MATTERS

St George's Primary School Newsletter

February 2019

Welcome to the February issue of St George's Newsletter!

## Learning to Look after Ourselves Mentally as well as Physically

Week commencing 4<sup>th</sup> February was Children's Mental Health Week (further details can be found [here](#).)



All of KS2 kicked off the week with a workshop led by Martin from [The Art of Brilliance](#). He shared the concept that being part of the 2% of the population that push themselves and go outside of their comfort zones and embrace challenge is extremely rewarding.



The children learnt a lot about staying positive when things get challenging and also some breathing and calming techniques to help them learn to deal with tricky situations. Miss Kersey has also been sharing mindfulness techniques with the children in Swans every afternoon.



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**WANTED** – donations of plastic flowerpots and acrylic paint for our green fence mural.



**Safer Internet Day Tuesday 5<sup>th</sup> February**, was ideally placed in Children's Mental Health Week this year considering the pressures that social media can put children under. The children learnt about ways to keep themselves safe online. If you would like further information and advice for parents on keeping your child safe online, click [here](#).

## Making New Friends...

Kingfisher Class have set up a link with the Village Coffee Morning Group and once a term, we go and chat and play games together over cups of tea and biscuits. It is great to make new friends with members



of our community and integrate the children with those that live in and around

the school. The range of conversations taking place has been incredible from talking about ancient pre-history in the deserts of Saudi Arabia, to working for the Army as well as what was on the television last night!



**Lost Property** – we are currently drowning under a sea of unclaimed and unnamed items of clothing. Please feel free to pop in and see if any of it belongs to your child/ren.



## World Book Day – 7<sup>th</sup> March

This year, we are inviting all children to come to school on World Book Day



dressed as their favourite book character. The day will be jam-packed with exciting reading activities to inspire the children and will culminate in a **Bedtime Stories** evening event where the children come back to school for stories, whilst parents pick up skills to inspire a love of reading at home. Further details to follow.

## Red Nose Day – 15<sup>th</sup> March



School Council have decided that we are going to be selling red noses and taking part in a

sponsored Danceathon at the end of the day. The theme is 'funny hair, funny face' and so school uniform will be worn but with a silly hairstyle and / or face paint with a £1 donation given for all those who decide to take part. Further details to follow.

**Smarties Challenge!** – if you want to take part in a fundraising event for school, FoSG will be handing out tubes of Smarties for the children to enjoy and then fill with coins for doing good deeds and chores for friends and family. The tubes then come back into school and we will use the



money to go towards our next phase of outdoor play equipment.