

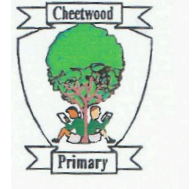
Cheetwood Newsletter

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@cheetwoodcommunityprimaryschool

Monday 3rd February 2025



learn together
grow together

Weekly Roundup

Please continue to check Marvellous Me.

Homework and messages are sent on there as well as Badges and Thumbs Up from staff.

Children are now also logged onto Times Tables Rockstars.

TTRockstars is an online learning platform that has gained widespread popularity among students and teachers. The game-based program aims to improve students' mental math skills by making multiplication tables fun and engaging.

If you have not logged on yet, please check your child's book bag for the login letters or speak to the office for a copy of the letter.

Parents and Carers your Cost of Living School Meal Vouchers will be available to collect at the pedestrian gate in the carpark, next Monday 10/02/24 at 8.50am until 9.20am.

CHILDREN'S MENTAL HEALTH WEEK

Children's Mental Health Week will take place from 3 to 9 February 2025, with the theme of [Know yourself, grow yourself](#). This annual event was set up by children's mental health charity Place2Be and shines a spotlight on the importance of children and young people's mental health.

For more information, see link below

<https://www.childrensmentalhealthweek.org.uk/>

Rights Respecting Schools - Cheetwood's Article of the Week!

Article of the week: Article 17: Access to information









Children should be able to access information they can understand on TV, radio, in books and newspapers and on the internet.

Governments should make sure children are protected from things that could harm them.

Attendance

Our school attendance target this year is **97%**

Class attendance for the this week:	
Nursery: 84.6%	Reception: 92.5%
Year 1: 97.1%	Year 2: 92%
Year 3: 96.6%	Year 4: 96.9%
Year 5: 87%	Year 6: 96%
<p>Overall Attendance is 92.9%</p> <p>Unfortunately we have not achieved our attendance target this week. Please remember there will be NO AUTHORISED LEAVE during term time</p>	

 <h3 style="display: inline;">Star of the week</h3> 	 <h3 style="display: inline;">Golden Ticket</h3> 
Nursery: Safa & Ilyas Reception: Ariya & Umer Year 1: Noah & Shams-Uddin Year 2: Muheet & Isabella Year 3: Fatima & Catherine Year 4: Alexandra & Mason Year 5: Abdimalik & Katia Year 6: Telmuun & Jazzny	Ahsan Fatima Catherine Tengis Arafa Rodiat Anas
<div style="display: flex; justify-content: space-around; align-items: center;">     </div> <h2 style="text-align: center;">Reading Stats</h2>	
Year 1: 68 %, Year 2: 62 % Year 3: 60%, Year 4:68 % Year 5: 70 %, Year 6:81 %	
<h2 style="color: green;">Presentation</h2>	
Year 1: Lenaya & Samrath Year 2: Manwi Year 3: Isaiah & Suleiman	Year 4: Tengis Year 5: Arafa Year 6: Eljit

Children's Mental Health Week

Know Yourself, Grow Yourself

Understanding Ourselves

The more we can understand about ourselves, the easier it will be to tackle the challenges that life throws at us. Understanding ourselves is called self-awareness. This includes knowing what we are good at, what we find challenging, what makes us happy or sad, what we are afraid of and what we are looking forward to. As we learn more about ourselves, it becomes easier to make connections with other people. This is essential for forming good relationships throughout our lives.



Recognising and Expressing Emotions

We feel a wide range of emotions in everyday life. It is helpful if we can recognise what emotions we are feeling in a situation, especially one that is challenging for us. We can try to consider why we might be feeling these emotions and how they may affect our behaviour. It is important that we can talk about how we feel with other people. This helps us to understand one another and to understand how emotions are affecting the situation. If we express and share how we feel, this can help us find healthy ways to respond to difficulties.



Setting Goals

One way we can understand ourselves and others better is to talk about what we think we can achieve and what we would like to do in our future. The future can mean something that will happen quite soon, so goals can be short-term, or something that may be a long way off, which would be a long-term goal. Talking about our hopes and dreams helps us to express what is important to us and what we care about.



Actively Listening

In order to understand each other, it is important that we actively listen to what others say. This means that we think carefully about what they are saying and show that we understand by responding in ways that are relevant and thoughtful. We can ask questions too, to show people we care about what they are saying and to find out more about how they feel. In order to understand and grow ourselves, we can make sure we take part in conversations like this with other people and try hard to clearly express how we feel.

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Disclaimer: This resource is provided for informational and educational purposes only. As far as possible, the contents of this resource are reflective of professional research as of December 2024. This resource is not intended to be used in an emergency and should not replace professional training. If you require mental health advice, you should contact a suitably qualified mental health professional.

