



Cuddington Primary School

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Headteacher: Mrs S Mills

Friday 9th February 2024

Dear Cuddington Families,

Children's Mental Health Week 2024

What is important in school to support our children's positive mental health?

What is important at home to support our children's positive mental health?

Is our children's mental health important to us?

In answer to the final question – of course it is! Our school's curriculum is rooted in the hidden depths of independence, resilience, social strength and personal strength. All of these characteristics are essential for positive mental health in children (and in adults too). If our children are 'happy' and 'feel safe emotionally,' then they will thrive in our care – but we can only do this together.

Sleep, healthy foods, exercise and 'calm' times with gratitude and kindness are all ways in which families can support their children's mental health. School can do exactly the same (except for the sleep) in addition to good quality teaching, raising our children's self-esteem and also supporting gratitude and kindness.

Attendance

This week, we have seen a huge dip in our children's attendance due to ill health – so many children (and staff) have developed high temperatures, sore throats and coughs ☹️ I really hope all of those children who have been absent this week are well enough to be in school next week. REMINDER If your child is absent from school for any reason, then please call our absence line to inform us. My admin staff have had to spend time chasing up the whereabouts of some of our children this week – time that could have been spent on other things – thank you in anticipation of your support with this.

Secret Art Competition

Mrs Austin and our Art monitors have launched a whole school (children and staff) 'Secret Art' competition. You may have heard your children talking about this at home – your child can create any piece of art that they would like to using any medium (eg, paint, pencil, clay, cardboard, knitting, sewing) and bring it into school no later than Friday 16th February. We can then display it so we can all see each other's work whilst not knowing who has done what! We ask that your child brings it into school secretly in an envelope or bag (ie no name on it – they will remember who has done what in order to get it back) and takes it to our Art Studio. Here, Mrs Austin and the Art Monitors will prepare to display it.

Parents' Evening

Mrs Clarke has emailed you to let you know that you can sign up for your child's parents' evening from 6.30pm today (Friday 9th February). At this meeting we will be able to share with you the outcome of your child's English and Maths assessments from December and how they have made progress from



them. We will share your child's attendance and you will have the opportunity to look at some wonderful work!

Parent Questionnaire about Social Media Platforms

Thank you to parents who have completed the Social Media Questionnaire – so far, we have had 50 responses with the majority preferring to use Facebook and or Instagram. It's interesting that we currently use 'X' but less of our parents actually use this platform. We will close the questionnaire next Friday, then make changes to suit more of our parent community – whilst marketing our school too!

Have a wonderful weekend when it arrives,

Kind regards,

Sue Mills (Head Teacher)