



Newsletter
Term 3
Friday 9th February 2024

Dear parents and carers,

We have reached the end of term 3! I am looking forward to seeing lots of our children at the PTFA school disco this evening. What a lovely way for everyone to end the term.

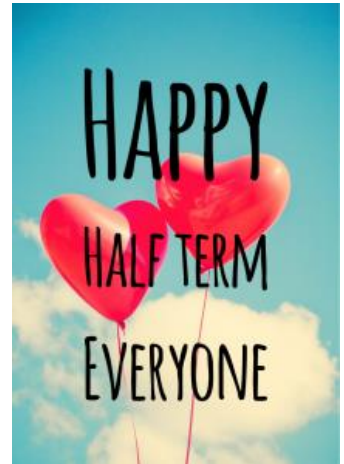
Have a lovely break next week and we look forward to seeing you all on Monday 19th February.

Have a lovely half term.

Emma Hardy-Smith

Mailbox@SACA.thepit.org.uk

Follow me on Twitter @StAnnes_EHS



INTERNET SAFETY

In support of Safer Internet Day on Tuesday, one of our parents, who works for a charity working closely with parents to help keep children safe online, would like to share their website with you. For more advice and knowledge about keeping children safe please follow the link below:

<https://www.parentsprotect.co.uk/internet-safety.htm>

CHILDREN'S MENTAL HEALTH WEEK

This week was children's mental health week. I am sure children have been sharing some of the activities they have been completing including writing proud diaries and creating resilience shields. As we are all seeing an increase in the number of children struggling with big emotions and anxiety, our learning mentors would like to share some useful ideas and resources to use to support your children's wellbeing at home. This is not an exhaustive list but there may be some activities that you could adapt and use with your children. Please have a read through. Please do speak to class teachers and our learning mentors to discuss any concerns you have about your children.

- Playing with playdough
- Running hands through sand, grass, or water.
- **Swaddling** to give the sensation of a hug.
- **Softly brushing** on skin or body parts – arms, back, legs and head.
- **Rocking** can be very soothing. Some children may rock from side to side on their own.
- **Apply pressure** to the child's hands or arms with a gentle massage.
- **Play soft, relaxing music** to help soothe the child.
- Provide chew toys to chew on.
- Offer **weighted blankets** or stuffed animals to provide deep pressure input.
- **Water play** can be very calming for children, so consider filling a small pool or bathtub with warm water and letting your child soak.
- **Crunchy foods** can be helpful for children who need input to calm down. Try offering celery, carrots, or crackers.
- **Sensory bottles** are a great way to provide calming input for children. You can make your own by filling a bottle with water and adding glitter, beads, or sequins.
- **Fidgets** can be helpful in staying calm. Try offering a stress ball, putty, or a small toy to fidget with.
- **Calming visual aids** can be helpful for children who are struggling to regulate their emotions. Try using a visual schedule or social story to help your child understand what to expect and how to stay calm.


- **Inverting your child** – When you flip a child upside down, they get an influx of blood to their head, which can help to clear their thoughts and calm them down.
- **Running cold or warm water** over hands can be a quick solution if you're at home, at a friend's house, or even in the restaurant bathroom!
- **Quiet/calm down corner** or room can be highly beneficial if your child often needs to regulate themselves.
- **Blowing bubbles** and their visual effects can help a child calm down and be more focused.
- **Water beads** have a soothing effect on most children. Always supervise when using beads.
- **Drawing or painting** can be a very relaxing activity for most people. Finger painting even more so.
- **Dim lighting or sensory lights** can create a calming environment for kids to cool off and find their inner zen.
- **Building blocks** or any focused-driven activity can help kids calm their energies and be more present.
- **Yoga poses** (think downward dog) helps kid calm down by being more focused on the action they do. Plus the inversion of the downward dog is very soothing.
- **Chew toys** are tools that can be beneficial for kids who enjoy chewing as it the action itself may help them soothe themselves.
- **Deep breathing exercises** are essential to all human beings! They help us to centre and be present which calms us down.
- **Hiding in a tent or under a blanket** is often recommended for children who become overstimulated by their environment.

Breathing Exercises For Kids




Smelling Flowers Breath

1. Close your eyes and hold a flower or imagine the flower you like.
2. Take a deep breath through your nose, then exhale and blow the flower petals.
3. Repeat the steps for a couple of minutes.



Hot Air Balloon Breath

1. Place your hands on your belly, with fingertips forming a circle.
2. Breathe in and make your belly bigger like a balloon blowing up.
3. Breathe out, and let your belly get smaller.




Blowing Candle Breath

1. Imagine a candle with light. Place one hand on your chest and take a deep breath in.
2. Breathe out through your mouth and imagine blowing the candle out.




Bunny Breath

1. Pretend to be a bunny and take three quick sniffs in your nose and one long exhale out of your nose.



Hot Chocolate Breath

1. Imagine holding a mug of hot chocolate in your hand.
2. Breathe in the chocolate scent, then breathe out blowing on the steam to cool it down. Repeat.



Snake Breath

1. Create the shape of a small "o" with your mouth and breathe in deeply through your mouth.
2. Breathe out and hiss like a snake. Repeat process.



Deep Belly Breath

1. Place one hand on your chest and the other on your belly with eyes closed.
2. Breathe in deeply through your nose for 4 counts then breathe out with your mouth slightly open.
3. Observe and feel the rise and fall of your belly as you breathe.




Bumble Bee Breath

1. Close your eyes or look down in front of you, and take deep breaths.
2. Breathe in through your nose and breathe out with your mouth closed while making a long "hmm" or "buzz" sound. Repeat steps.



Fish Breathing

1. Breathe in through your nose.
2. Fill your cheeks with air, and then blow out the air through your mouth. Repeat.



Dragon's Fire breath

1. Put your fingers under your chin and breathe in as you raise your elbows to brace your face.
2. Breathe out while lifting your head upward saying "hah" toward the sky like a dragon spouting fire.

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The Colour Monster

Colour your own Colour Monster.
Use different colours to show the feelings you are feeling.



KENYA HOPE CHARITY – SPONSORED WALK



Our friend Brian Humphries came into school this week to share more information about the Kenya Hope charity and the work the charity does in Kenya that has already been supported by our school fundraising. The children were very impressed to see the lovely Maize field that they had funded which means that every child in the school has a daily school meal. This year, we are looking to fund another field for the school to feed even more children. Our children should have already come home with their sponsor forms for the sponsored Walk for Life event which is being held on Wednesday March 20th. Please do sponsor your children. Last year, St Anne's raised over £2000 which is an incredible total.



BIKES AND SCOOTERS

We are delighted that so many children ride their bikes and scooters to school at our West Wick site, however, please can we remind everyone that bikes and scooters should not be ridden once inside the gates especially at busy transition times at the beginning and end of the day. Some of our Little learner children have been feeling a little bit scared of the bikes and scooters around them. Thank you for your support.



FOODBANK



If you are experiencing any hardship as the winter approaches Weston-super-Mare Foodbank are able to offer support. In order to access this help you need to be given vouchers. As a school, we are able to issue these vouchers so please speak to us or follow this link for more information: <https://westonsupermare.foodbank.org.uk/>

If you would like to make a donation to Foodbank we have collection points in both of our foyers. This link will have a list of current most wanted items: <https://westonsupermare.foodbank.org.uk/give-help/donate-food/>

NUT FREE SCHOOL

A polite reminder for January, St Anne's is a nut free school. Snacks and lunch boxes must not contain anything nutty, including chocolate hazelnut spreads like Nutella and peanut butter. This is to ensure the safety of our children who can have severe allergic reactions to all nuts and peanuts. Your consideration and co-operation is greatly appreciated.



SAFEGUARDING

The Designated Safeguarding lead at our school is our principal, **Emma Hardy Smith**. Deputy Safeguarding Leads are Diane Martin (SENCo), Ian Phillips (Vice Principal) and Rachel Few (Learning mentor)
Please share any concerns with any of the safeguarding team.

Our safeguarding governor is Kate Sargent Kate.sargent@saca.theplt.org.uk

Our school website has lots of safeguarding information and many links to other helpful sites. The North Somerset safeguarding partnership has lots of useful information for parents and carers available. Please click on the link below for additional support.
<https://www.nsscp.co.uk/resources-parents-carers>

DIARY DATES

Monday 19th February – First day of Term 4
Wednesday 20th March – Kenya Hope sponsored walk @ WW and Hewish
Thursday 28th March – Last day of Term 4
Monday 15th April – First day of Term 5
Tuesday 21st May – Sports Day @WW
Thursday 23rd May – Sports Day @H
Friday 24th May – Last day of Term 5
Monday 3rd June - First day of Term 6
Wednesday 24th July – Last day of Term 6

NEXT TERM'S VALUE

Next term, our value is forgiveness.

