

Friday, 3rd February 2023

Dear Parents/ Carers,

Dress to Express!

As next week, 6th- 12th February is Children's mental health and well-being week and this year's theme is 'Let's Connect'. People thrive in communities, and this connection is vital for our wellbeing. When we have healthy connections – to family, friends and others – this can support our mental health and our sense of wellbeing.

Each class will be learning about healthy connections and ways of connecting with others in healthy, rewarding and meaningful ways.

We at Holy Spirit have decided to take part in a '**Dress to Express**' day on Thursday 9th February. On this day, we encourage each child to wear their favourite clothing items from their wardrobe (matching or not) as a way of expressing who they are.

If you would like any more information about children's mental health week or would like to access wellbeing activities for you to use with your child at home, visit: <https://www.childrensmentalhealthweek.org.uk/families/>



Safer Internet Day Tuesday 7th February

This year's theme is *Want to talk about it? Making space for conversations about life online*. The children will be learning about this in school and there are extra resources here <https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2023/parents-and-carers> so that you can find out more yourself, and continue the conversation at home.

End of term Thursday, 9th February

Don't forget that we finish for half term on Thursday 9th February at the usual time. We have staff training on Friday to learn more about how trauma affects us and our children and how we can support them more in school.

Lent

After half term, we will be entering the season of Lent and will be thinking about how Jesus prepared for his death and resurrection in the desert. We will be attending mass at Our Lady of Walsingham Church on Ash Wednesday- 22nd February- to receive ashes and think about how we can use the time of Lent to prepare too. You are welcome to join us in church to take part in the service with your children.

Kind regards

Mrs Forrest and Star



Diary

Date	Event	Year groups
Mon 6th- Sun 12th Feb	Children's Mental Health Week	Whole school
Tuesday 7th Feb	Internet Safety Day	Whole school
Thurs 9th Feb	Dress to Express Day (wear your favourite clothes to express yourself!) Break up for half term 3.10pm	Whole school
Fri 10th Feb	INSET Day- staff trauma informed training	Whole school
Sun 12th Feb	First Holy Communion session OLOW Church Club 11.30am	Y4
Mon 20th Feb	Spring term 2 begins 8.45am	Whole school
Wed 22nd Feb	Ash Wednesday mass at Our Lady of Walsingham church 9.30am	Y1-Y6
Tues 28th Feb	NEU Strike day	Whole school closure
Thurs 2nd March	World Book Day	Whole School
Mon 13th March	Energy Assembly	Whole school
Weds 15th-Thurs 16th March	NEU Strike days	Whole school closure
Wed 5th April	Break up for Easter 1.30pm	Whole school
Thurs 6th April Fri 7th April Sun 9th April	Maundy Thursday Good Friday Easter Sunday	
Tues 18th April	Summer term begins 8.45am	Whole school