



Monday 5th February 2024

Dear Parents and Guardians,

This week is **Children's Mental Health Week**. The theme this year is 'My Voice Matters'. Children will explore this in classes, including considering who we can speak with when we are feeling unhappy or worried. You can find out more about this national event here:

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



Online activity has an ever-growing impact upon our mental health. Children very easily find themselves in difficult, upsetting or dangerous online scenarios and this can be a hugely lonely experience. Whilst children are often the technology experts in the home, adults are the safety experts. Therefore, adult oversight of all online activity really is essential. Why not use tomorrow's **Safer Internet Day** to reopen safe lines of communication and oversight at home?

<https://www.saferinternetday.org/>

Do you have questions about keeping your children safe online? During our Parent/Carer Meetings in March, we will hold **Esafety Drop-In Sessions** at the main reception. Please do pop by!



One way we can all boost our mental health is to get **outside** and get **active**. Over the next two weeks, children will take part in a school-wide study tracking average levels of activity throughout the school day. Using the Moki trackers, children's anonymous data will help us to identify when in the day we are least active and how we can improve this further. Watch this space!



Huge congratulations to **The Penpol Panthers** – our cross-country running team. They all performed brilliantly at last Tuesday's St Ives meet, with Niyah, Fred and Atia each taking first place in their respective races. Great job, all!

Congratulations also to **weekly champions, Pendeen House**, who scored an incredible 370 team points across Key Stage 2 last week. What a fantastic effort all round.

This week's Makaton Sign Of The Week is 'lucky'. You can practise it at home here:

https://makaton.org/TMC/News_Stories/SOTW/SOTW_Lucky.aspx

Best wishes,

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We finish at normal time this Friday ahead of next week's **half term break**.