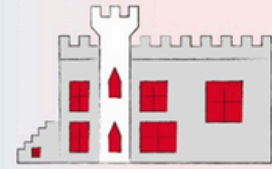




The Federation of North and South Cowton Community and Melsonby Methodist Primary Schools



Melsonby Methodist Primary School  
Live Life in all its Fullness



North and South Cowton Community Primary School  
Aspire, Inspire, Enquire

**Date: Friday 31st January 2025**

Dear all,

This week has been another busy week which started with lots of Maths at Melsonby on Monday, when Class 2 were visited by a teacher research group, who enjoyed observing some of the great maths learning that was going on! Thank you Class 2 and Mrs Bamma for letting so many other teachers in to see the fantastic work that is going on!

As you may already be aware, next week is Children's Mental Health week. The theme this year is Know Yourself, Grow Yourself. During our PSHE lessons and Assemblies, we will be exploring this further. Please see pages below for some top tips for families!

We look forward to sharing more about this next week via Facebook.

Have a lovely weekend!

### Numbers Day - Friday 7th February

We would love for your child/ren to get creative at home with an old t-shirt and design a top that showcases their favourite numbers to wear on Numbers Day. Or they can wear a top with numbers already on.



Parents are welcome to join us from 1:30pm at Melsonby primary school to showcase our number work.

## Reminders



- Maths homework will be sent home on a Thursday and homework will be due in on a Tuesday.
- Class 1 P.E days are Tuesday and Friday.
- Class 2 P.E days are Monday and Friday.
- Please ensure that all home reading is recorded in the children's reading records.

### SENDCO Information

Please see below dates for when Mrs Whitby, our Federation SENDCO will be in our schools this half term. If you would like to speak to her about anything, please let your child's class teacher know.

**Melsonby- Thursday 13th March**

## Reminders



- Maths homework will be sent home on a Thursday and homework will be due in on a Tuesday.
- P.E days are a **Wednesday and a Friday**
- Please ensure that all home reading is recorded in the children's reading records.

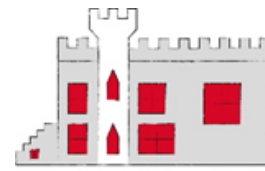
### SENDCO Information

Please see below dates for when Mrs Whitby, our Federation SENDCO will be in our schools this half term. If you would like to speak to her about anything, please let your child's class teacher know.

**North and South Cowton - Thursday 6th February**



**Melsonby Methodist**  
Primary School  
Live Life in all its Fullness



**North and South Cowton**  
Community Primary School  
Aspire, Inspire, Enquire

## Dates for diary

Monday 3rd February	All	Forest School at Le Cateau
3rd February - 9th February	All	Children's Mental Health Week
Tuesday 4th February	KS2	Bewerley Park: Virtual Meeting for all KS2 Parents at 4:30pm
Friday 7th February	All	NSPCC Numbers Day - Parents invited PM.
Wednesday 12th February	All	Sport for Champions Workshop at NSC PM
17th - 23rd of February	All	Half Term
Monday 24th February	All	School reopens after Half Term
Monday 17th March	All	Visit to the Centre for Life, Newcastle
Tuesday 25th March		Parents' Evening Class 1 and Class 2
Wednesday 26th March		Parents' Evening Class 1

## Dates for diary

Year 6		SATS Club - 3:15pm - 4pm Every Monday until May
Monday 3rd February	All	Forest School at Le Cateau
3rd February - 9th February	All	Children's Mental Health Week
Tuesday 4th February	KS2	Bewerley Park: Virtual Meeting for all KS2 Parents at 4:30pm
Friday 7th February	All	NSPCC Numbers Day - Parents invited to MELS PM.
Wednesday 12th February	All	Sport for Champions Workshop
17th - 23rd of February	All	Half Term
Monday 24th February	All	School reopens after Half Term
Monday 17th March	All	Visit to the Centre for Life, Newcastle
Tuesday 25th March		Parents' Evening



Melsonby Methodist  
Primary School



North and South Cowton  
Community Primary School

# CHILDREN'S MENTAL HEALTH WEEK 2025


Place  
2Be

We are so pleased you are taking part in Place2Be's Children's Mental Health Week 2025 in association with Here4You supported by Disney.

We launched our very first week in 2015 to empower and equip children across the UK to share their voice. This year's theme is Know Yourself, Grow Yourself. (Read more on page 4). It is so important we understand what makes us tick, our likes and dislikes, strengths, fears, hopes and dreams. Our emotions play a key role in telling us just that, and being aware of how to listen to and express ourselves is a major part of building self-awareness.

It is through knowing ourselves and speaking with others, that we can build resilience, grow and develop.

**1 in 5 children and young people** now have a probable mental health condition. By taking part in Place2Be's Children's Mental Health Week 2025, you can help us to ensure that children and young people across the UK feel listened to, and know that they're not alone. This pack contains everything you need to take part in the week – from group activities, top tips and an assembly guide. However you take part, we're so grateful for your support.



This year for Place2Be's Children's Mental Health Week, we are excited to team up with the characters from Inside Out 2 to explore the importance of expressing our emotions. Together, we will discover how getting to know who we are and what makes us tick can help us build resilience, grow and develop.



# TIPS FOR FAMILIES

Place2Be's

**CHILDREN'S  
MENTAL HEALTH  
WEEK**

## 1 Encourage journalling

Just like Riley, encourage your older children and young people to express their emotions and thoughts through journalling. It can be less confronting than speaking out loud and is a helpful way to process what is going on.

## 2 Make space for reflection

When children and young people reflect on their different emotions, it can help them better understand themselves and what they need.

Go for a walk, drive, or try some mindful colouring or baking together.

## 3 Be visual

Use imagery, such as emojis or flashcards to help children and young people recognise and label their feelings.

## 4 Practice mindfulness

Try mindful activities, and quiet family time, to enjoy being in the present moment. This can help children and young people be aware of their thoughts and emotions and learn a useful new coping technique.

## 5 Communicate

Feedback is crucial for helping us see our blind spots and gain greater insight. Children and young people are no different. Creating safe and supportive ways to share your own experience with your child can help them understand themselves and their impact on the world around them.



If you're a parent or teacher, you'll find loads of useful advice to help you support the brilliant young people in your lives – from FAQs to downloadable packs. [Here4You.co.uk](https://www.here4you.co.uk)



# TOP TIPS FOR CHILDREN AND YOUNG PEOPLE

Place  
2Be



## 1 Be curious about your emotions

You're fascinating! Take notice of your emotions and thoughts, either as they come up or maybe later on that day. You can use techniques like meditation or journaling to help you make sense of what is going on inside of you.

## 2 What matters most

Our values are often what make us tick, so reflect on what really matters to you. Are you ambitious, funny, kind, creative? Similar to Riley, our beliefs can evolve as we grow older and have new life experiences. If you're feeling lost or confused, take a moment to think about what drives you. It may help you understand yourself better and make choices that feel right for you.

## 3 Feedback, feedback, feedback

Other people we know can often see things about us that we miss. Sometimes these can be areas for us to develop and sometimes they can be our strengths. Either way it's great to have a friend, family member or teacher that can help us with our blind spots

## 4 Get creative expressing yourself

Creativity can often help us express emotions and show parts of ourselves that are sometimes hidden. If you are feeling blue like Sadness, painting might help. If you are feeling bright and happy like Joy, song and dance could be the creative outlet for you. Whether it's painting, music, dance, drama or something else, find your creative outlet and share it with others.

If you're a young person struggling with any kind of mental health worries, reach out in a way that suits you. From speaking to someone or grabbing some info, to webchat or text, there's people ready and waiting to help [Here4You.co.uk](https://www.here4you.co.uk)

