

NEWSLETTER – FRIDAY 2nd FEBRUARY

CHILDREN'S MENTAL HEALTH WEEK

Next week is Children's Mental Health Week. The theme for the week is to encourage children and young people to celebrate their uniqueness - it's all about **#BeingOurselves!** One of our past pupils, Mollie Watters, is raising money for mental health charities and will be coming into school to work with our children, as she explains below:

Hi, I'm Molly and I was a pupil at Mab's Cross between 1999 and 2006. I will be coming back to visit the school on **Friday 9th February** to host a fundraising day for Heads Together – a collection of eight mental health charities for whom I am running the London Marathon in April.

Mental wellbeing is so important for everyone, but the younger we can help children to be mindful of their wellbeing the better. Mab's Cross was an environment that certainly helped me build my resilience and self-esteem and I always felt safe and happy in school. I am really looking forward to returning to the school during 'Children's Mental Health Week' where I will host an assembly for Key Stage 2 around the theme of 'Being Yourself'. I will also do some creative workshops with Years 4 and 5 throughout the day.

In aid of mental wellbeing, on **Friday** we welcome **all children to wear something yellow** to school to represent traits such as happiness and positivity. This could be an article or clothing or an accessory. In return I would be so grateful if your child could **bring £1 into school** to go towards Heads Together. The specific charity that I'm running for is Young Minds who do some fantastic work. Whether that's helping people to express themselves, removing stigma surrounding mental health, changing government policies, protecting vulnerable people or supporting carers – and the list goes on!

I would be very grateful of your support and I'm looking forward to spreading the word of this fantastic cause in school.

MATHS PUZZLE DAY

In conjunction with Liverpool University Outreach we have organised maths problem solving days for our Key Stage 1 and Key Stage 2 children - **Thursday 8th February for Key Stage 2** and **Tuesday 13th February for Key Stage 1**. Each class will visit the school hall and will be presented with over fifty puzzles to solve with a partner. They will also take part in other problem solving activities throughout the day, which promote social, moral, spiritual and cultural development. The Reception children will also be involved in a full range of maths activities on **Tuesday 13th February**.

MORNINGS

We have noticed that there are a lot of children, particularly in Year 5 and 6 who are arriving unaccompanied at the school gates extremely early (this can be as early as 8.20 a.m.). Many of the children are arriving on bikes and congregating on the pavement, being silly and blocking the path for the general public. Some of the children have mentioned they are leaving the house considerably earlier than that and are riding around on their bikes, some without helmets, which is a safety concern, particularly at such a busy time of day on the roads. Please could we ask that children who are unaccompanied only arrive at school from 8.40 a.m. onwards. Thank you for your help with this issue.

“Bringing out the best in everyone”