

Child Mental Health Week

What is positive mental health?

Positive mental health is not about feeling happy all of the time and managing problems alone. Positive mental health is about understanding techniques that can be used to manage uncomfortable feelings, ways in which we can look after our bodies and minds through diet, exercise, sleep and spending time doing things we enjoy, and knowing that we can go to people we trust for help.

What is Children's Mental Health Week?

From 3-9 February 2020 schools, youth groups, organisations and individuals across the UK will take part in Children's Mental Health Week. This year's theme is Find your Brave.

Bravery comes in all shapes and sizes and is different for everyone. Bravery can be about sharing worries and asking for help, trying something new or pushing yourself outside your comfort zone. Finding your Brave can build your confidence, self-esteem and make you feel good about yourself. We will be centring our assemblies and PSHE lessons around this this week.

Attendance Challenge

Position	Class	Attendance
1 st	Mrs Wright	100
2 nd	Mrs Monks/Mrs Edlin and Miss Fawcett	99.3
3 rd	Mrs Jenkinson/Mrs O'Connor	98.3

Whole School Attendance
96.9

100% Attendance weekly award

(RC) Harry (RBE) Frankie (1M) Oliver (1/2F) Joseph (2T) Marley (3JO) Lilly May (3/4W) Carys (4A) Isabelle (5M) Connor (5/6C) Ruby (6J) Kandie



Curriculum Open Morning/Afternoon

Thank you to all of our Orchard families that were able to attend our Curriculum open morning/afternoon last Thursday. The children were so proud to talk about their learning and share their work. A reminder that Parent's Evenings will be held after half term on the 10th and 12th of March.

Parent Governor Elections

Please be reminded that the elections for parent governor are taking place. Each family has received two ballot forms. The ballot box is in the school reception entrance. Please ensure that forms are placed in the ballot box by Wednesday 5th February.

Pint Size Theatre

Year 5 and 6 welcomed back to Orchard Pintsized Theatre Company. Performing their internet safety play 'Abigail's Story.' Our children became detectives looking for the clues that Abigail herself missed as the story progressed and she put herself in increasing danger. The pupils helped Abigail at the end of the play by recommending Childline as a place where she could report her situation.

Thank you Pintsized for showing our children the pitfall of online friendships and how to keep safe.



Music Launch Assembly

Orchard welcomed Sound Advice back into school for the re-launch of the musical instrument tuition. Mr Stanton themed the assembly around James Browns 'I feel Good' and got all the children joining in with rhythms and singing. What a wonderful start to our Friday. If anyone is interested in any of the Musical instrument lessons please see Mrs Bailey who will be able to give you the necessary information.



Parking around school

Whenever possible we try to encourage our children and their families to walk to school. If you do need to drive please be respectful to the other members of our community. Try and park where you are blocking no other vehicles or drives and allow access for delivery vehicles. We pride ourselves on having good links with the community and would really appreciate your cooperation with this.

House Point Target

This Weeks House Point Target:



I can ask questions about what I am learning.



