



St George's C of E Primary School

Learning for Life



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17th January 2025

Dear Parents and Carers,



My Happy Mind

On Monday we launched the next My Happy Mind module. This module is called 'Appreciate' and it is all about showing gratitude and the benefits of this for our mental health and wellbeing. The children began to think about the things and people they are grateful for.

If you have not already done so, please download the My Happy Mind app. It is full of information, resources and activities to consolidate the work done at school. I have attached the letter regarding the app to the email for your reference.

Communication: Parentmail and Seesaw



ParentMail

Most communication from myself and the School Office will come to you via Parentmail. It is therefore vital that you check your emails regularly and that we have the correct contact details for you. If you are not receiving Parentmails, please let us know so that we can investigate the problem. We are trying to make more use of online forms to reduce the amount of paper going home and to speed up our processes; please ensure you read your Parentmails and follow the links to complete the forms so that we can collate the information quickly and efficiently.

Seesaw is used by all classes and is the main channel of communication between teachers and parents of children in Years 1-6. We have noticed that several families have not set up their Seesaw account for this year and therefore are not receiving the updates sent by the teachers. Please ensure you have set up your Seesaw account with the code provided last term. If you require another copy of the code, please contact the School Office or speak to your child's teacher. Please note, because we are using the free version of Seesaw, we have to set up each class anew every academic year, so you must re-register for your child's current class.



Parent Workshops and Autism Reality Experience Bus

Thank you to those of you who have already signed up for these opportunities.

Details of the upcoming Parent Workshops can be found on the back page of this newsletter. Please contact the School Office to book your place.

If you would like to book a slot on the Autism Reality Experience Bus on Tuesday 4th March, please express your interest via [this link](#) by Monday 20th January. We will then draw up a schedule and let you know your time slot.

Wishing you a lovely weekend,
Mrs Keitch



Break the Rules!

Friday 14th February 2025

For one day only at St George's you can break the rules!

Please choose from the list below:

- **Crazy hair**
- **Tattoos**
- **Wear nail varnish**
- **Have squash in your water bottle**
- **Bring your choice of snack
(no nuts please!)**
- **Wear trainers**
- **Wear non-uniform**
- **Bring a teddy**
- **Wear a hat**
- **Crazy socks**

Bring cash on the day and give it to your Teacher

£1
per rule

Dates for your Diary

Please make a note of the dates below.

Wednesday 22nd January 9.30am	Smart Thinking coffee morning for Reception parents
Tuesday 11th February	Safer Internet Day
Friday 14th February	Break the Rules Day fundraiser
w/b 17th February	Half term break
Monday 24th February	Non-Pupil Day
Wednesday 26th February 3.30-5.00pm	Parent/Staff Workshop: Emotional Regulation
Tuesday 4th March	Autism Reality Experience Bus
Thursday 6th March	World Book Day
Wednesday 19th March 3.30-5.00pm	Parent/Staff Workshop: Neurodevelopmental Neurodiversity
Tuesday 25th and Thursday 27th March	Parent Consultations—we will let you know when booking opens
Wednesday 2nd April 9.30am	Easter Service at St George's Church
Friday 4th April	Last day of Spring Term

Parent Workshops

Workshop 1 - Emotional regulation: This workshop will explore why neurodiverse children may develop difficulties with their emotions, including anxiety and low mood, and how schools and parents/carers can support neurodiverse children and young people with managing their big feelings. **Wednesday 26th February 2025 - 3.30 - 5pm**

Workshop 2 - Neurodevelopment diversity: What is neurodiversity? What is autism, ADHD and learning disability? Does a child need a diagnosis to get support? This introductory workshop will answer these questions and introduce where schools and parents/carers can find advice and guidance for supporting their neurodiverse children and young people. **Wednesday 19th March 3.30 - 5pm.**

The school will be running a creche for school aged children to enable parents to attend. Please contact the school office to book your place at one or both workshops and inform us if you will require any creche places.