

On Tuesday, it was World Mental Health Day. This is a time when we think of ourselves and others. World Mental Health Day aims to spread awareness about mental health and the importance of looking after it! The day is a chance for everybody to talk about mental health and emphasise how important it is to reach out if you're struggling.

This year in school we have started our 'MyHappymind' which is a well-being and mental health programme. In our first unit we are focusing on the brain and learning how it works and how we can manage our emotions. If you haven't already signed up to the parent App, please take a look.

WORLD MENTAL HEALTH DAY 2023

Support yourself with kind thoughts, loving words, and self-empowering acts.



Well done to our Year 5 footballers who took part in a Tranmere Schools Football Competition on Monday. They demonstrated great resilience and determination and we

were very proud of them all. Thanks to Mr Hayward and Miss McCallion their expert coaches too!



Tuesday 17th October – Parents Evening

Wednesday 18th October – Parents Evening

Wednesday 18th October – Year 1 – Hi Impact Workshop 'Stick Insects'

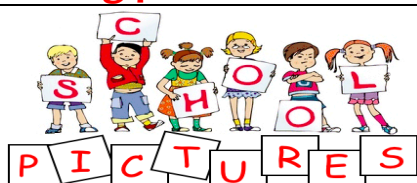
Thursday 19th October – 9:15am – Year 6 Class Mass

Friday 20th October – SCHOOL PHOTOGRAPHS

Friday 20th October – Year 5 Class Assembly at 2:50pm

Diary Dates

There will be no CLUBS on Tuesday or Wednesday evening due to all staff taking part in PARENTS EVENING.



The photographer will be in school on Friday to take individual and family photographs.

Please ensure all children are in full school uniform.

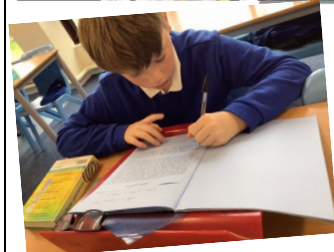


Shoe Box Appeal – Thank you to all the families who have sent in some lovely shoeboxes for our Harvest Appeal. We will continue to collect shoe boxes up until half term.

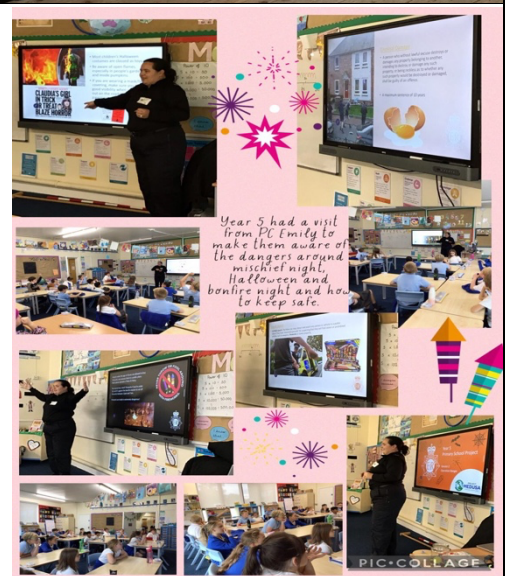


It has been another busy week in school.....

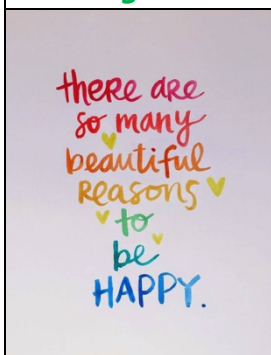
In Nursery class, they have been learning about harvest. They made a scarecrow, learnt about food that grows in the ground and read the story 'The enormous turnip.' They have used vegetables to create some lovely artwork after cutting them to see what they look like inside.



Year 5 are continuing to work with PC Emily regularly. This week they have been discussing the dangers around Mischief Night, Halloween and Bonfire Night and how to keep safe.



Year 6 have been listening to some spooky music to inspire their creative writing this week! They are working hard to make better word choices and use sophisticated punctuation.



Our school value for the month of October is HAPPINESS.

Thank you to Year 2 who have created our whole school 'Happiness' display. We have thought in assembly this week about what 'happiness' means and the different things that make each of us happy. These can be different for different people.



Happiness at St Michael and All Angels Primary means believing in yourself.

It is being positive and joyful even when facing challenges.

It is caring for others and being kind.

HAPPINESS IS



Our levels of happiness affect everything that we do. As a school we recognise that being happy is really important to be able to be your best and learn as well as you can. We don't have to be happy all the time but knowing different ways in which we can improve our happiness is important.

Happiness and positivity can make a huge difference to your child's wellbeing and achievement. A happy child is more likely to perform well at school. Research has shown that mental and emotional problems affect children's academic achievement. There's a lot we can do to help children be happier on a day-to-day basis.

These include:

Laughing. It sounds obvious, but it releases feel-good hormones and reduces stress hormones. Sit down together and watch a funny DVD or look up silly videos on YouTube.

HAPPINESS IS

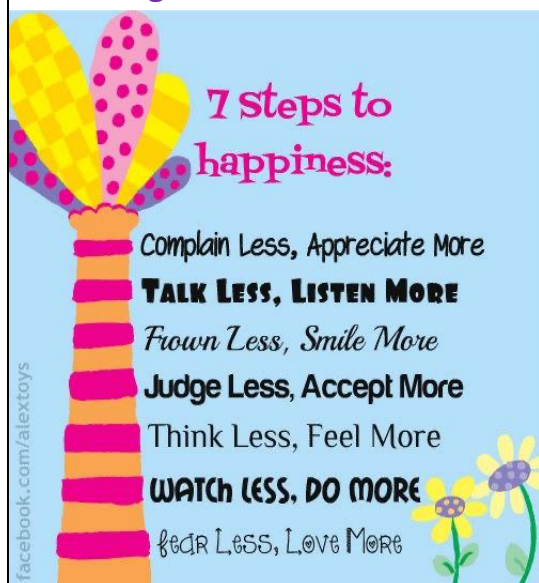


HAPPINESS IS



Performing random acts of kindness, **such as making someone a cup of tea (unprompted), helping with the washing-up or reading to their younger sibling a story.**

Encouraging a growth mindset. **Praise children for hard work and perseverance rather than results, rewarding the effort rather than the outcome.**



Exercising. There's a strong link between physical activity and mental wellbeing, so walking or cycling to school, playing football in the garden after school or taking up dance or gymnastics lessons could boost your child's emotional health.

Celebrating their strengths. Focus on praising the things they're good at and doing more of them.

Reading together. You can't underestimate the impact of reading your child a bedtime story – even if they're perfectly capable of reading by themselves.



Hugging. Most hugs only last 2.1 seconds, but to get the maximum love-surge, they need to last seven seconds or longer, so introducing the seven-second hug is a really easy way of making your child feel special.

Attendance – Well done to Year 3 for having the best attendance again this week. Well done also to Year 1 & Year 5 as their whole class attendance was above 96%. This is good to see!

Foundation 2 – 91.4%. Year 4 – 93.2%

Year 1 – 96.7% Year 5 – 96.7%

Year 2 – 88.7% Year 6 – 87.9%

Year 3 – 96.9%



A final reminder that if you provide a snack for your child at playtime this should be a healthy snack such as fruit, breadsticks or a cereal bar. Chocolate or biscuits are not allowed.

Enjoy the weekend, Mrs Ralph

**WEEK
3**

CHOICE 1

CHOICE 2

CHOICE 3

DESSERT

MONDAY

TUESDAY

WEDNESDAY



THURSDAY

FRIDAY



Sausages served with Mashed Potato, Seasonal Vegetables & Gravy



Spaghetti Bolognese served with Garlic & Herb Bread and Seasonal Vegetables



Roast Pork served with Roast/Mashed Potatoes, Seasonal Vegetables & Gravy



BBQ Chicken served with Savoury Rice and Seasonal Vegetables



Fish Star (MSC) served with Chips & Peas or Baked Beans

VEGETARIAN VERSIONS OF THE ABOVE MEAL AVAILABLE DAILY



Jacket Potato with a Selection of Fillings Served with a Side Salad



Jacket Potato with a Selection of Fillings Served with a Side Salad



Jacket Potato with a Selection of Fillings Served with a Side Salad



Jacket Potato with a Selection of Fillings Served with a Side Salad



Jacket Potato with a Selection of Fillings Served with a Side Salad



Deli Choice of Breads with a Selection of Fillings Served with a Side Salad



Deli Choice of Breads with a Selection of Fillings Served with a Side Salad



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Deli Choice of Breads with a Selection of Fillings Served with a Side Salad



Peach Crumble Slice & Custard



Chocolate Crispy Cake



Fresh Water Melon Wedge



Fruit Jelly



Nobbie Biscuit

AVAILABLE EVERY DAY – UNLIMITED SALAD, FRESHLY BAKED BREAD, FRUIT YOGHURT & FRESH FRUIT PLATTER. FOR ALLERGEN INFORMATION, PLEASE ASK ONE OF OUR CATERING TEAM. ALL THE ABOVE DISHES ARE SUBJECT TO AVAILABILITY.