

**CHILDREN'S MENTAL  
HEALTH WEEK**

# **PUPIL POST**

**14<sup>th</sup> February 2021**

**EXPRESS YOURSELF**

# THE EMOTIONAL CUP

Some ways that children deal with having an empty cup:

- Steal from other people's cups
- Misbehave to get your attention and show that they need a refill
- Seem to have bottomless cups, or need constant 'topping off'
- Can't sit still for refills or actively refuse them
- Bounce off the walls when they approach 'empty'
- Think they have to fight or compete for every refill

What fills a child's cup:

- Play
- Friendship
- One-on-one time
- Love and affection
- Connection
- Succeeding
- Doing what they love



What empties a child's cup:

- Stress and strain
- Rejection by peers
- Loneliness and isolation
- Yelling and punishment
- Failing
- Fatigue
- Doing what they hate



Some emotions, ideas and tools we explored.

Thank you CAMHS for your support for mental health

# THE STRESS RELIEF GIRAFFE



OUT OF CONTROL

SCARED OF LOSING CONTROL

NERVOUS

UNSURE

CALM

## WHAT YOUR CHILD CAN DO:

- Calm breathing exercises
- Use visualisation meditation techniques
- Body tightening exercises (progressive muscle relaxation)
- Sigh to become fully present in the moment
- Practice music therapy
- Change location / surroundings
- Use a stress ball / fidget toy
- Give themselves a 10-second hug to boost their mood
- Colour, draw, write, craft, etc.
- Practice positive self-talk / words of affirmation
- Exercise
- Go outside
- Play
- Hydrate with water

Fantastic Monday morning news in Year 3. Orla received her very own [#bluepeter](#) badge. She wrote to Blue Peter before Christmas sharing all her wonderful competition wins. [@cbbc](#) We are super proud & thank you Mrs Bailey for helping & inspiring this.





It was so lovely to receive lots of pictures of our home learners making their gingerbread men! They look delicious and made Mrs Heath and Mrs Wallace feel very hungry ! Well done children.



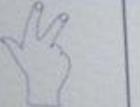
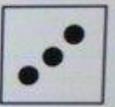
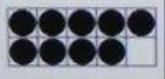
Year 3 doing what they do best by releasing some endorphins and warming up on a cold, wintry Monday morning.

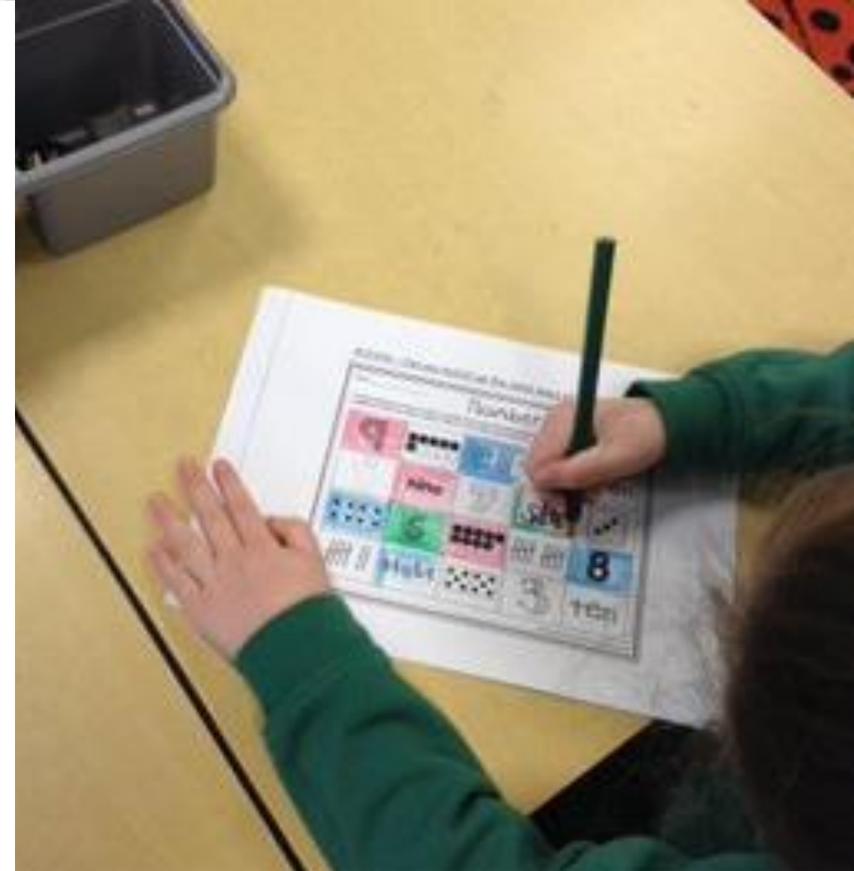
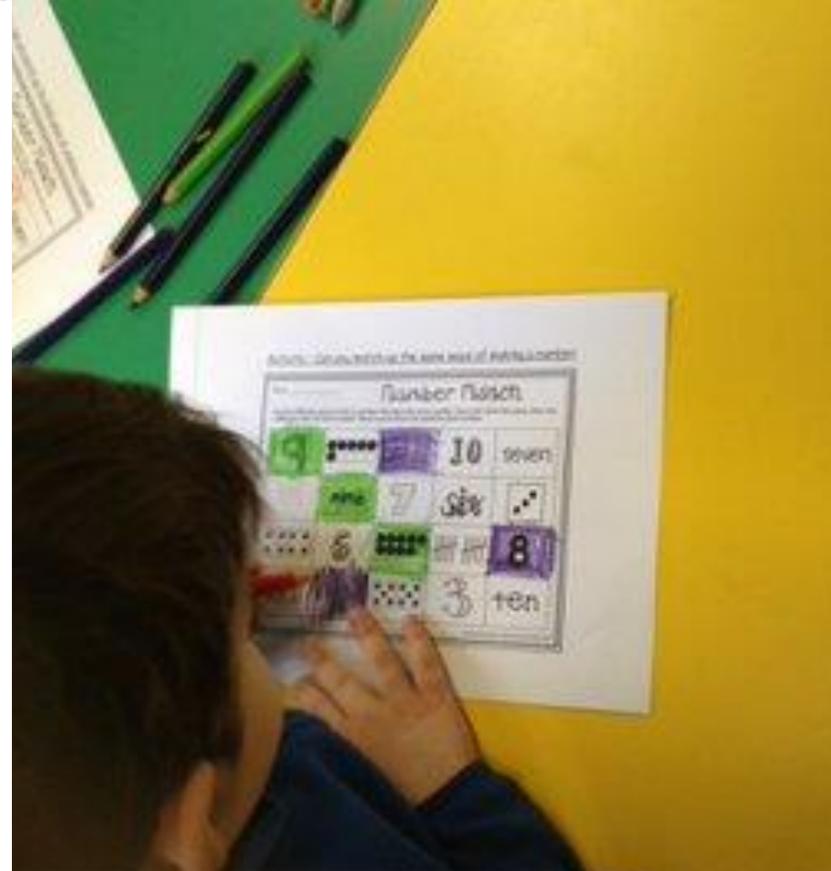


ity - Can you match up the same ways of making a number

## Number Match

the different ways to write a number that show the same number. Then color them the same color. Use  
different color for each number. There is more than one match for each number.

9		###	10	seven
	nine	7	six	
	6		### ###	8
###	eight		3	ten



Exploring different ways of representing the same number today!



Expressing ourselves through art this afternoon, creative colour portraits! [#childrensmhuk2021](https://twitter.com/childrensmhuk2021)



Year 5 found  
some paw prints,  
and think they  
could be  
fox tracks



Year Six Shakespeare have been thinking about mental health and have practised relaxation techniques through mindfulness and detailed colouring.



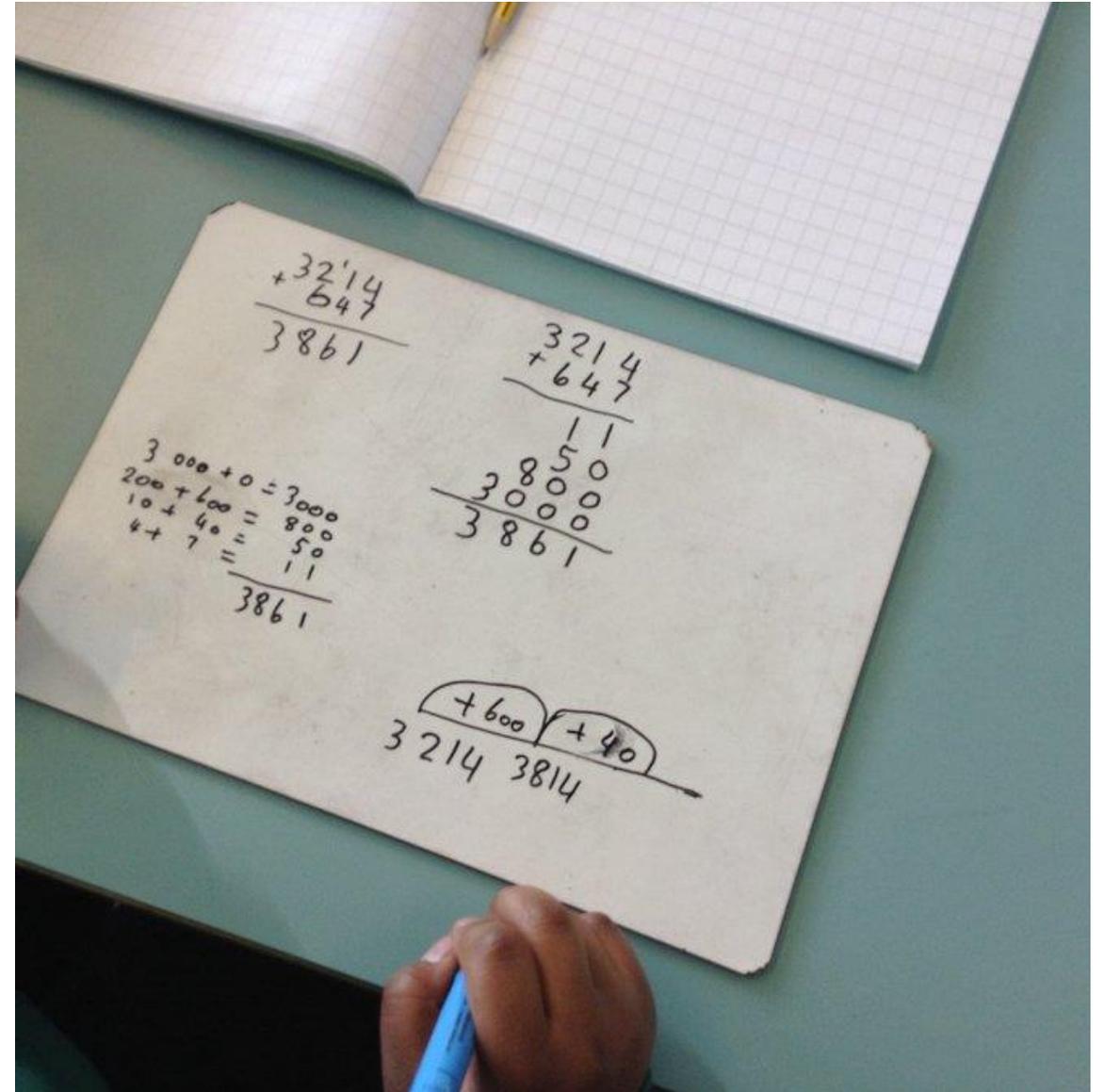
Perfect episode of  
[@frenchmrinnes](#)  
in Year 3 today.  
Quel temps fait-il  
aujourd'hui?  
Il neige et il gèle



Shape sorting today in Year 2. How many sides? Straight or curved? How many vertices?



Children in 4DA  
were practising  
different  
methods of  
adding today for  
early morning  
work.



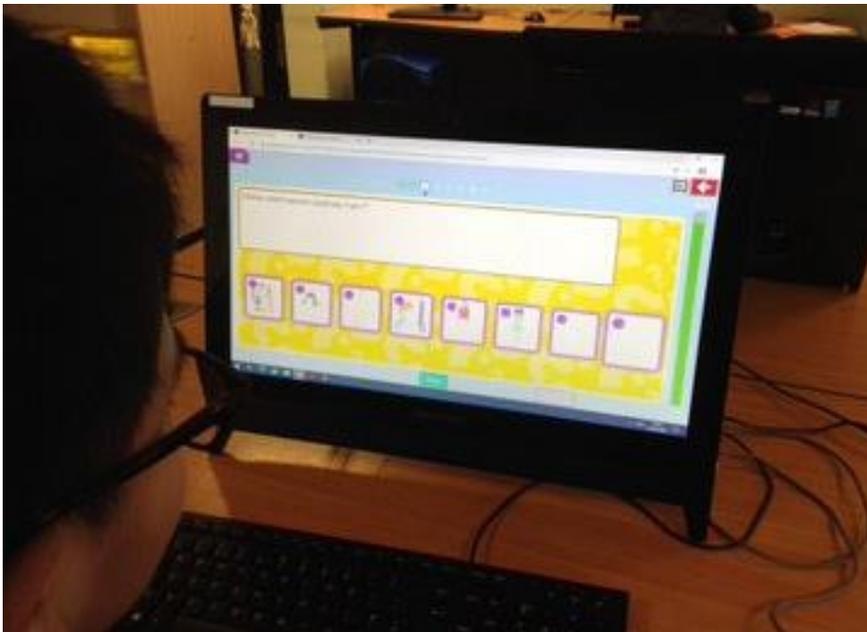
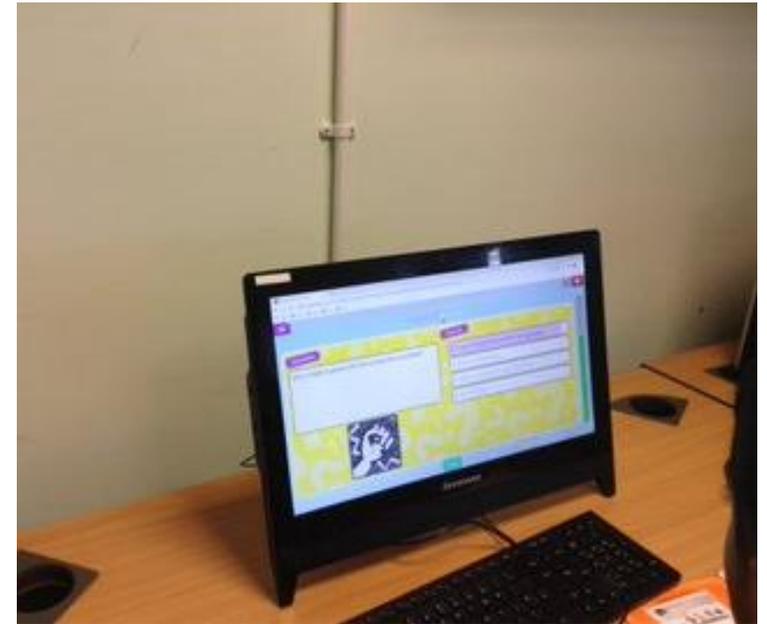


Peace Out after lunch.  
The Moon and Stars.  
We are listening and using our imagination.  
Calm together.

Year 3 have been looking at the work of Bridget Riley and having a go themselves.

[#expressyourself](#)  
[#ChildrensMentalHealthWeek](#)  
[#stvdepPSHE](#)





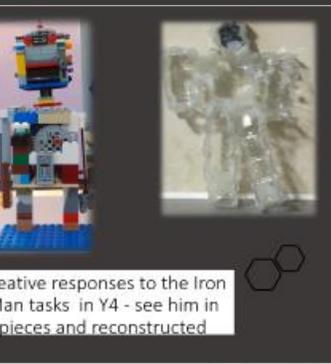
Talking about being safe online. [#SaferInternetDay](#)



After listening to 'My Many Coloured Days' by Dr Seuss, one class thought about which colours they were feeling. [#PSHE](#)

After learning about inspirational people and how they chose to live, we spent time doing what we want to make us feel great this afternoon





Creative responses to the Iron Man tasks in Y4 - see him in pieces and reconstructed



Creative responses to the Iron Man tasks in Y4 - see him in pieces and reconstructed



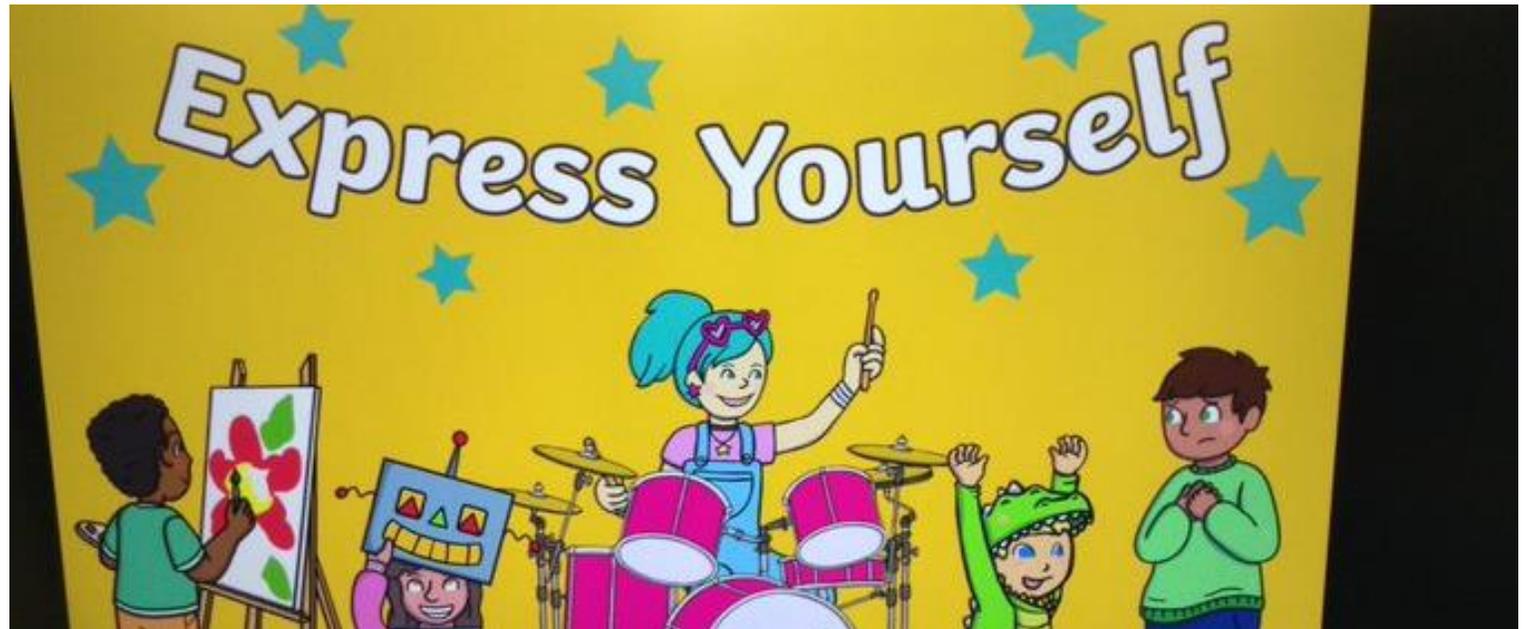
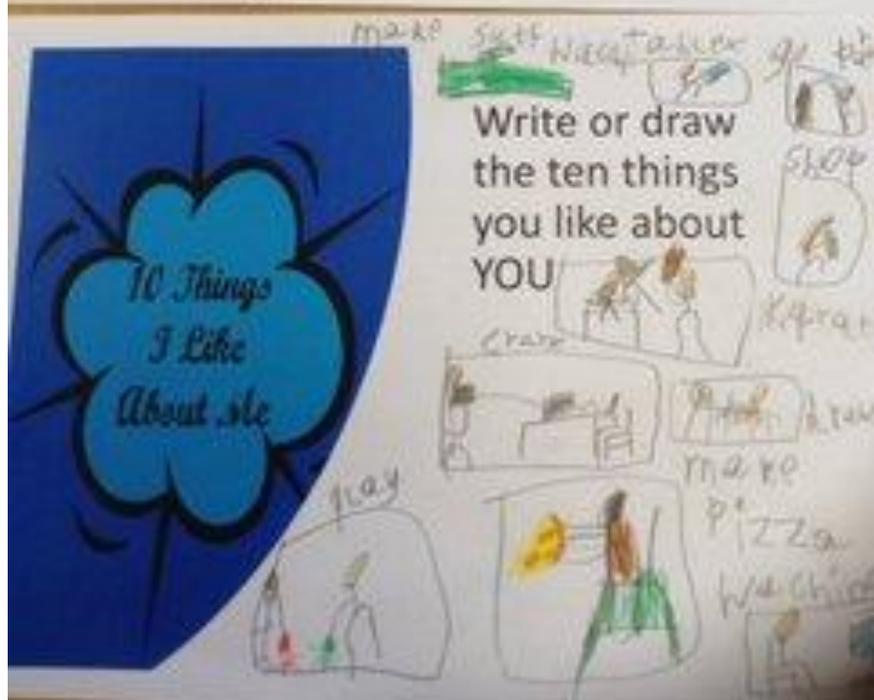
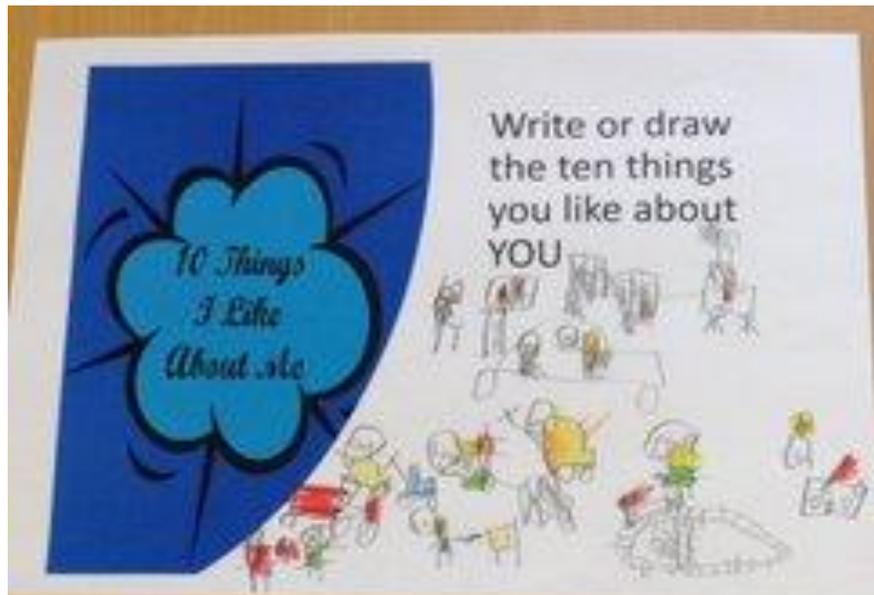


The children are able to keep their play going by responding to what their friends are saying.

*“Oh, I have an idea!” “Put it together.”*

All the children are displaying a high level of investment. EYFS: CL, PSED, PD, MATHS, EAD

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This afternoon we have been exploring how we can express ourselves. We talked lots about things that make us feel happy and special.

[#ChildrensMentalHealthAwarenessWeek](#)



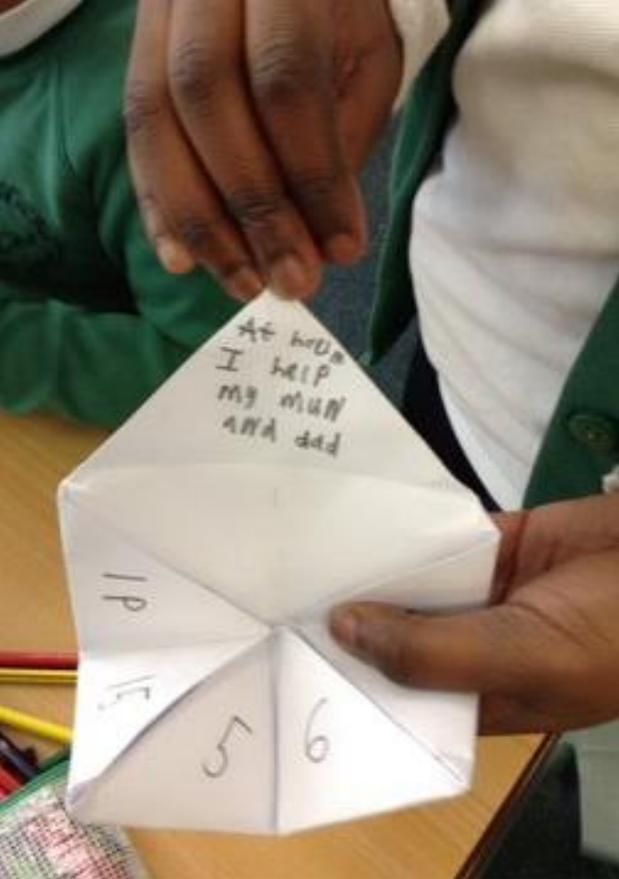
Our wonderful creative coloured portraits we have made to express ourselves and a fun drawing lesson

[#ChildrensMentalHealthAwarenessWeek](#)

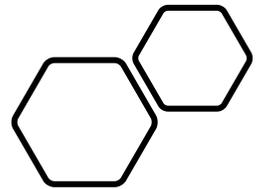


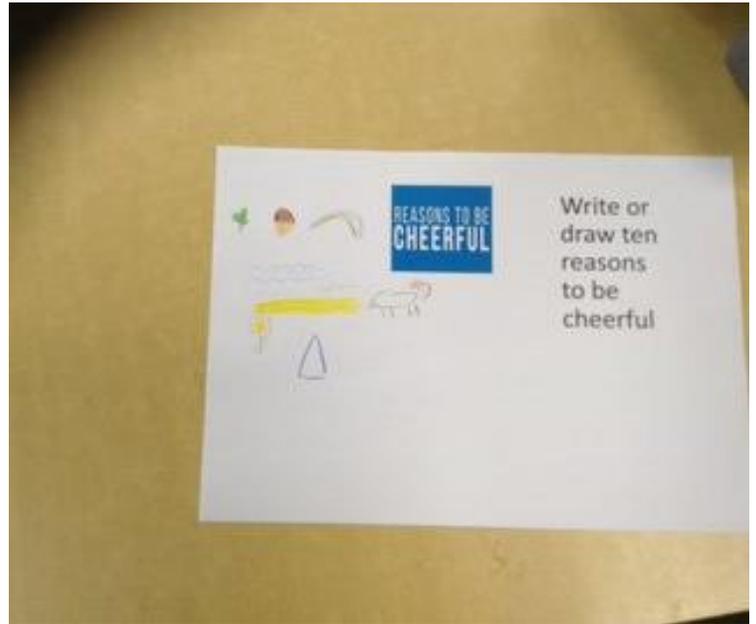
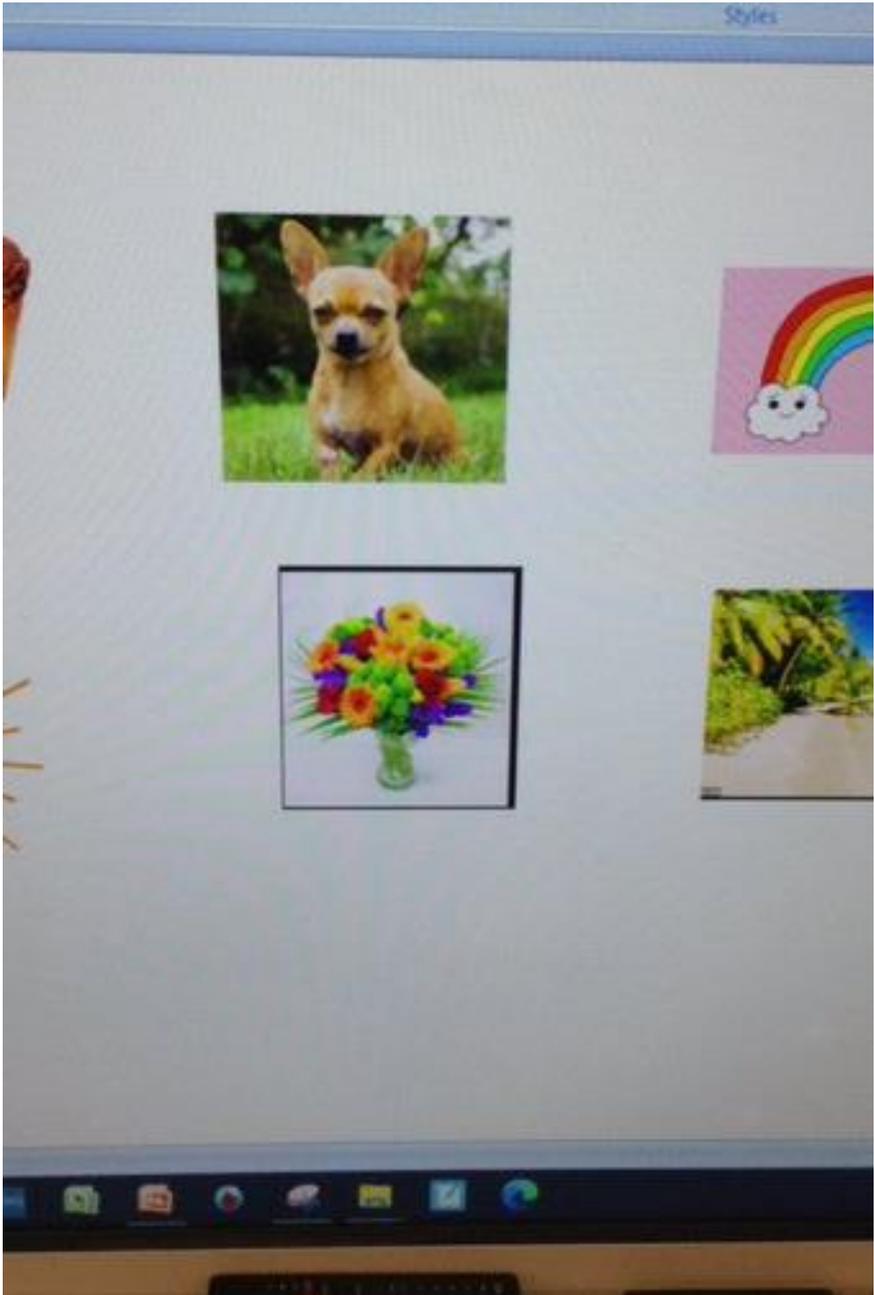
Fantastic resilience in year 3 during our science experiment. We mixed washing up liquid, sugar & warm water and tried to get a bubble inside a bubble. The excitement was astounding & the squeals when it was achieved was fabulous.

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In RE in Yr2 we are learning about sharing.  
If we all share, there will be enough for everyone.  
Our origami tells our friends how we share.





Thinking of things which make us cheerful

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Developing their motor skills whilst using play dough, and being creative!

*"Made pizza, got hundreds of sprinkles on."*

*"That's a cake and got topping!"*

*"I got eight, I make more!"*

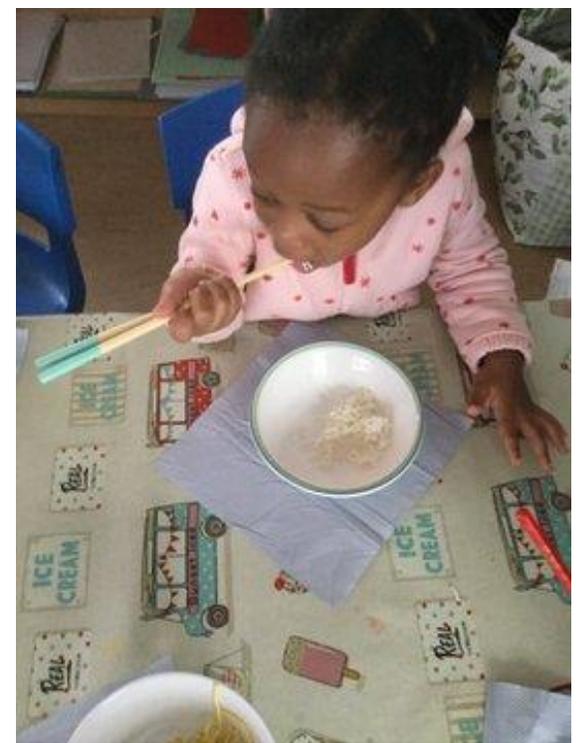


The children are making choices during CIL: *"It's flying in the sky!"* ; grouping to one criteria; building, balancing and modifying and having their own ideas; exploring and creating with 2D shapes. *"It's a rocket!"*

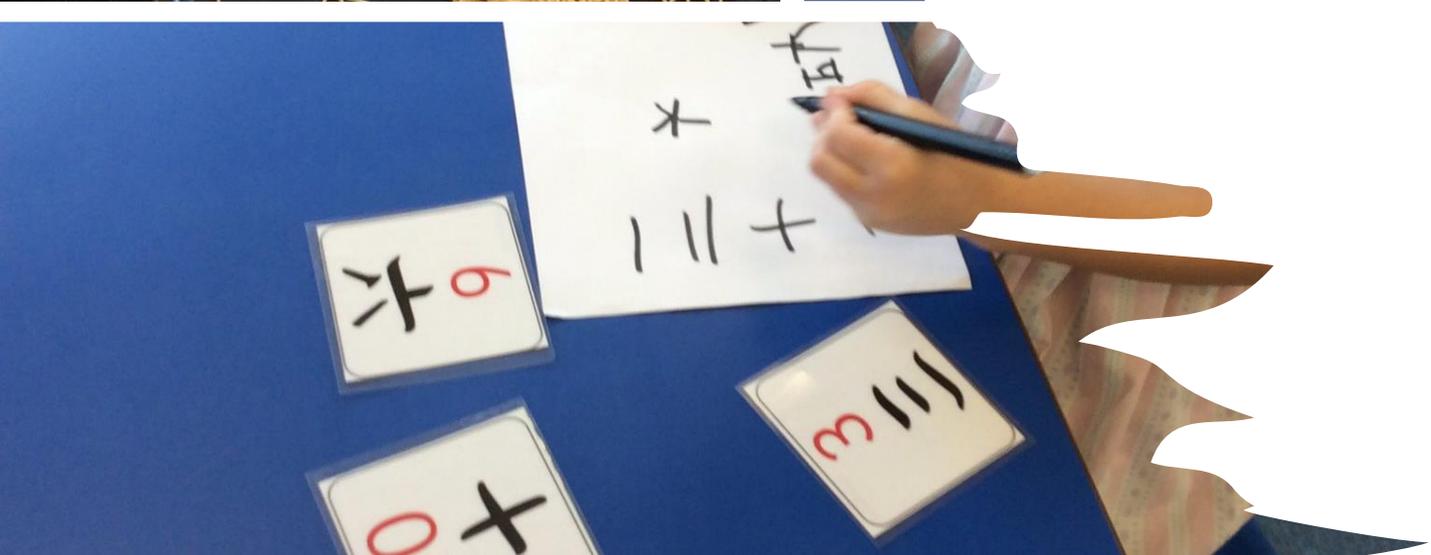
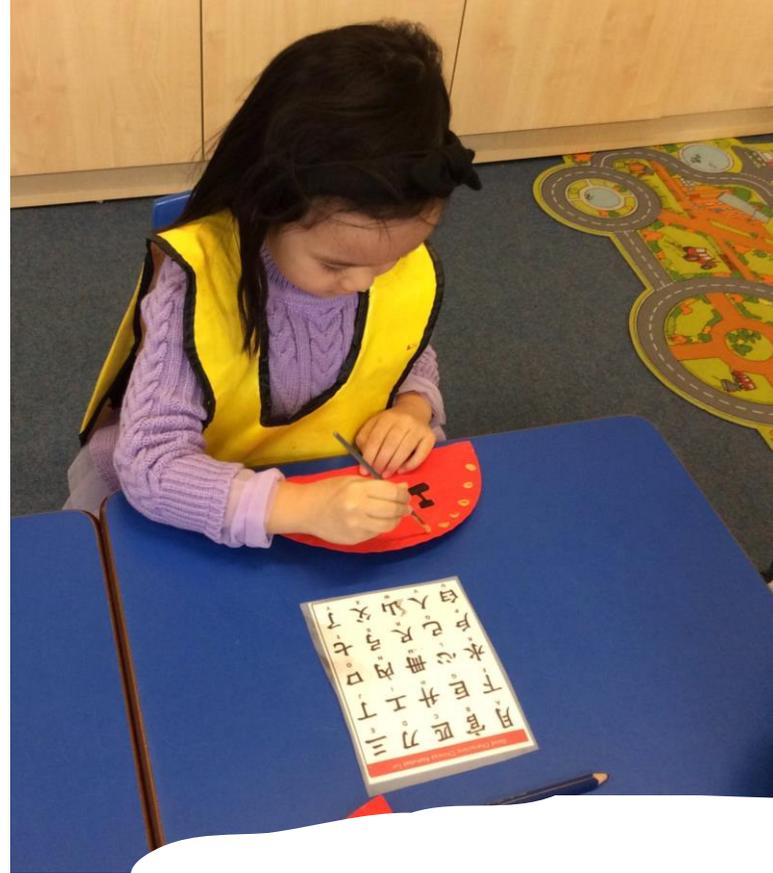
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The children in Year Six Shakespeare were the first pupils to visit our new building today.  
We are looking forward to using it when it is finished.





Kung Hei Fat Choi from all in the Nursery. EYFS: PD, CL, KUW, MATHS



And from Reception too!



Year 3 Expressing themselves through Science fun, testing air resistance and gravity as well as some "magic" making a temporary seal in a plastic bag.

In 4DA we are subtracting 4-digit numbers using the decomposition method.

$$\begin{array}{r} 7894 \\ - 3976 \\ \hline 3918 \end{array}$$
$$\begin{array}{r} 6000 \\ - 1000 \\ \hline 5000 \end{array}$$
$$\begin{array}{r} 1800 \\ - 900 \\ \hline 900 \end{array}$$
$$\begin{array}{r} 80 \\ - 10 \\ \hline 70 \end{array}$$
$$\begin{array}{r} 14 \\ - 8 \\ \hline 6 \end{array}$$

$$\begin{array}{r} 7425 \\ - 6773 \\ \hline 652 \end{array}$$
$$\begin{array}{r} 4000 \\ - 1300 \\ \hline 2700 \end{array}$$
$$\begin{array}{r} 120 \\ - 70 \\ \hline 50 \end{array}$$
$$\begin{array}{r} 5 \\ - 3 \\ \hline 2 \end{array}$$

$$\begin{array}{r} 9882 \\ - 6493 \\ \hline 3439 \end{array}$$
$$\begin{array}{r} 9000 \\ - 6000 \\ \hline 3000 \end{array}$$
$$\begin{array}{r} 800 \\ - 400 \\ \hline 400 \end{array}$$
$$\begin{array}{r} 80 \\ - 12 \\ \hline 68 \end{array}$$
$$\begin{array}{r} 12 \\ - 3 \\ \hline 9 \end{array}$$

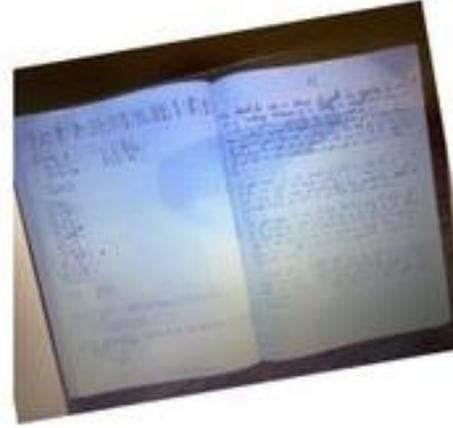
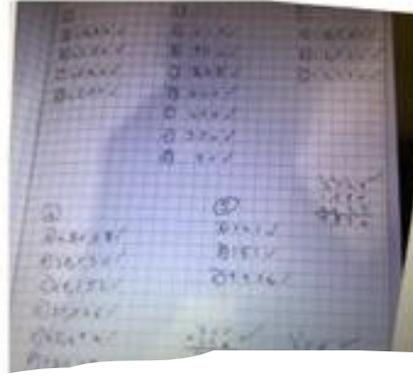
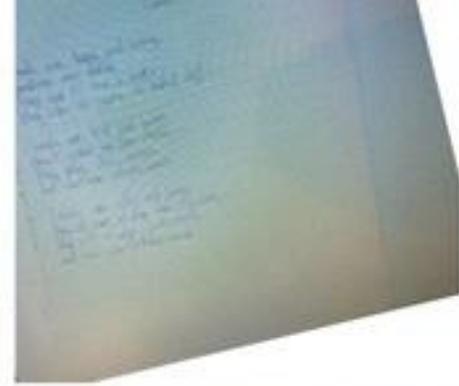
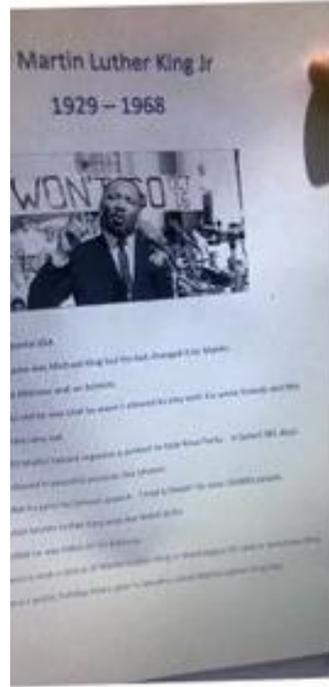
A place value chart with columns for Hundreds, Tens, and Units. The chart is partially filled with base ten blocks: 3 hundreds blocks (green), 2 tens blocks (yellow), and 7 units blocks (red). To the right of the chart, there are more base ten blocks including 1 hundred, 2 tens, 3 units, and 1 ten.



Busy working as a class to produce our beautiful rainbow to celebrate how amazing we all are!  
[#childrensmentalhealthweek2021](#)



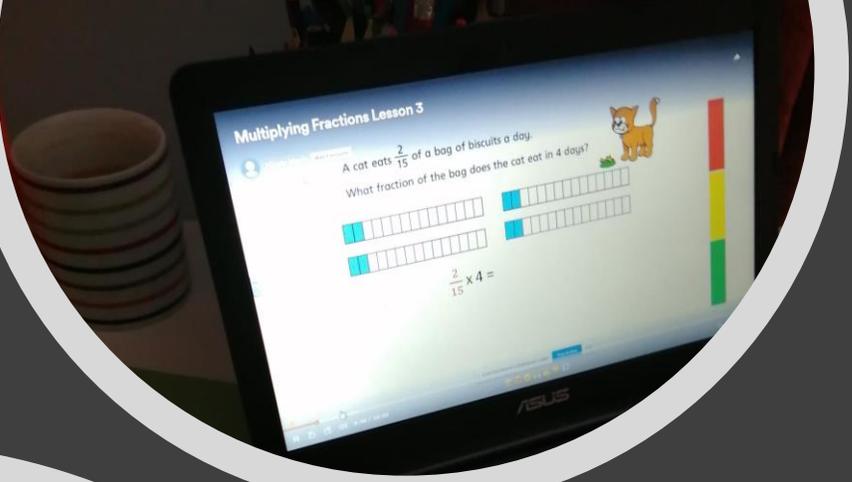
Expressing ourselves by our dress in Y4 – teacher and pupil had the same idea!



PIC•GO



Well done home learners, you are doing a fantastic job, we are very proud of you.



Learning at home  
together



What a lovely surprise in the post today from one of our remote learners - how very thoughtful [#thankyou](#)



## Some useful information

[#wellbeing  
https://t.co/cXTkiT9mNS](https://t.co/cXTkiT9mNS)

If you read just **one** book a day to your child, they will have been read **1825** books by their 5th birthday.

Every Day Counts.  
Every Book Counts.

[@ClareCampbell7](https://twitter.com/ClareCampbell7)



# FEBRUARY HALF TERM ACTIVITY PROGRAMME

Chinese New Year themed activity packs

	MONDAY 15 FEB	TUESDAY 16 FEB	WEDNESDAY 17 FEB
1pm -2.30pm	ST. NICHOLAS PLAYCENTRE	PIN GREEN PLAYCENTRE	SYMONDS GREEN COMMUNITY CENTRE (CAR PARK)
1pm -2.30pm	BANDLEY HILL PLAYCENTRE	BEDWELL COMMUNITY CENTRE (CAR PARK)	CHELLS MANOR COMMUNITY CENTRE (CAR PARK)



## February Half Term - keeping you safe

Activities packs are the same at each session so please only travel to your closest site.

- Our sessions will operate in a 'Covid Secure' way with greatly enhanced hygiene and cleaning routines.
- Hand sanitiser, wearing of masks and social distancing will be encouraged.
- The take away activity packs are only suitable for children aged between 5 -14 and children must reside in Stevenage.
- Following Government guidance – Families can collect the activity packs during their daily exercise.
- We will be collecting data for Contact Tracing purposes in line with UK Government Legislation and we will be asking you to follow all Government guidelines to ensure we are Covid Secure.

To keep up to date about our play sessions and possible changes please check out Stevenage Borough Councils Facebook and twitter pages or at [www.stevenage.gov.uk](http://www.stevenage.gov.uk) and poster updates outside your local Playcentre.



**Stevenage**  
BOROUGH COUNCIL

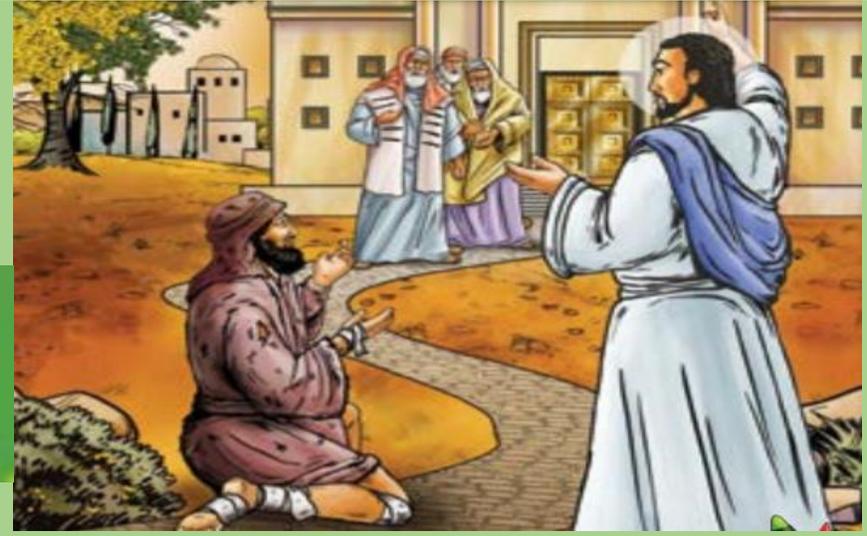
Please  
read,  
share  
and  
discuss  
today's  
gospel  
in your  
family

One day a man who had leprosy came to Jesus because he wanted to be healed. The man knelt in front of Jesus and said, "If you want to, you can heal my leprosy." Jesus was filled with compassion and said, "Of course I want to." Then Jesus reached out to touch him and said, "Be healed!" At once the man's leprosy disappeared and he was healed. Before sending the man on his way Jesus said firmly, "Don't tell anyone about this. Just go and show yourself to the priest, and take an offering to the Temple as commanded by Moses, and everyone will know that you have been healed." But, instead, the man went and told everyone what had happened. This meant that Jesus could no longer go openly into any town, but had to stay out in the country. Even so, people would still come to him from everywhere around.



Taken from the Gospel of Sunday 14<sup>th</sup> February 2021 Cf. Mark 1:40-45 (the 6<sup>th</sup> Sunday in Ordinary Time, Year B)

See the link for the Wednesday  
Word assembly on Parentmail



Dear Lord Jesus, please increase our faith in your love and **compassion**, and give us the **compassion** and strength to help us to care for all those who are left out. Amen.



# COMPASSION



## SCRIPTURE

The man knelt in front of Jesus and said,  
“If you want to, you can heal my leprosy.”

Jesus was filled with compassion and said, “Of course I want to.”

Then Jesus reached out to touch him and said, “Be healed!”

Mark 1:40-45



## TEACHING

Jesus was a living example of  
God’s compassion and mercy.

A God filled with unfailing  
**LOVE**



## WORSHIP

**Praying together**

Dear Lord Jesus,

please increase our faith in your love and compassion,  
and give us the compassion and strength to help us to  
care for all those who are left out.

Amen



## LIFE

Live by the example given to us by  
St. Vincent de Paul:

“We should strive to keep our hearts open  
to the sufferings of other people,  
and pray continually that God may grant us  
that spirit of compassion.”