



# Telford Junior School

Telford Avenue Leamington Spa Warwickshire CV32 7HP

Tel: 01926 424664 Email: [admin@telfordjunior.co.uk](mailto:admin@telfordjunior.co.uk)

Website: [www.telfordjunior.co.uk](http://www.telfordjunior.co.uk)

Head Teacher: Richard Siviter BSc (Hons)



## SCHOOL NEWSLETTER

7<sup>th</sup> February 2025

### Children's Mental Health Week

Our Year 3 children have enjoyed taking part in different activities this week to boost their mental health.



## Mental Health Awareness Week 2025

We have been taking part in **Mental Health Awareness Week**, focusing on the Place2Be's theme: "**Know Yourself, Grow Yourself.**" This theme encourages children to explore the importance of self-awareness, expressing emotions and discovering how getting to know who they are can help them build resilience, grow and develop.



We encourage children to continue these conversations at home, reflecting on what helps them feel positive and grow. Thank you for supporting this important initiative!

Miss Herbert PSHE Lead

### TIPS FOR FAMILIES

Place2Be's  
**CHILDREN'S MENTAL HEALTH WEEK**

- 1 Encourage journaling**  
Just like Riley, encourage your older children and young people to express their emotions and thoughts through journaling. It can be less confronting than speaking out loud and is a helpful way to process what is going on.
- 2 Make space for reflection**  
When children and young people reflect on their different emotions, it can help them better understand themselves and what they need. Go for a walk, drive, or try some mindful colouring or baking together.
- 3 Be visual**  
Use imagery, such as emojis or flashcards to help children and young people recognise and label their feelings.
- 4 Practice mindfulness**  
Try mindful activities, and quiet family time, to enjoy being in the present moment. This can help children and young people be aware of their thoughts and emotions and learn a useful new coping technique.
- 5 Communicate**  
Feedback is crucial for helping us see our blind spots and gain greater insight. Children and young people are no different. Creating safe and supportive ways to share your own experience with your child can help them understand themselves and their impact on the world around them.

If you're a parent or teacher, you'll find loads of useful advice to help you support the brilliant young people in your lives – from FAQs to downloadable packs. [Here4You.co.uk](https://www.here4you.co.uk)



## Year Group Padlets

Year 3: [Year 3 Home School Partnership Padlet](#)

Year 4: [Year 4 Home School Partnership Padlet](#)

Year 5: [Year 5 Home School Partnership Padlet](#)

Year 6: [Y6 Home School Partnership Padlet](#)

## Term Dates

Y6 Information Evening (residential visit and SATS preparation)	Thursday 13 February (4.30 pm)
Half-Term Holiday	Monday 17 February – Friday 21 February
Sleep Workshop (for parents/carers)	Tuesday 11 March (10.00am – 12.00pm)
Year 6 Residential Visit	Sunday 16 March – Wednesday 19 March
Y6 Weight & Height Measures (COMPASS – School Nursing Service)	Thursday 27 <sup>th</sup> March (10.00 am)
Spring Term Learning Reviews	Wednesday 26 March (4.00 – 6.30 pm) Thursday 27 March (4.00 – 6.30 pm)
Year 4 Residential Visit	Wednesday 2 April – Friday 4 April
End of the Spring Term	Friday 11 April (3.20 pm)

## Information for Families on the School Website

Please visit the [Information for Families](#) page of our school website for information about:

- Half-term holiday activities, including a half-term holiday camp being run by Go Go Makers, our breakfast club and after school care provider.
- Parenting courses, including a course on supporting children who are struggling with sleep, which is being hosted at Telford Junior School (flier below).
- Support available for families with children who have specific needs, including Autism.
- Support available for families struggling with children's mental health.



# Sleep Workshop at Telford Junior School

A FREE face to face workshop for parents and carers of Telford Infant/ Junior School and North Leamington School.

Issues with sleep are common for children and can have a huge impact on the quality of family life.

This two-hour interactive workshop for parents and carers looks at the importance of sleep, the science of sleep, possible causes of sleep issues and offers strategies to help.

**Tuesday 11<sup>th</sup> March 2025 10.00am-12.00**  
**at Telford Junior School, Telford Avenue,**  
**Leamington Spa, CV32 7HP**

To check availability and book your FREE place, please follow the link below  
<https://www.eventbrite.co.uk/d/online/warwickshire-children-and-families/>



Any queries please contact  
[ehparenttrainers@warwickshire.gov.uk](mailto:ehparenttrainers@warwickshire.gov.uk)

As we move towards the last week of this half-term, we look forward to some of our Year 6 pupils taking part in the Sportshall Athletics event at Ryton on Wednesday, some of our Year 3 pupils having enjoyed competing in the gymnastics competition earlier this week.

I think a special mention should go to our Year 6 children, who have shown determination and commitment in completing practice test papers this week and who have also enthusiastically taken up the challenge to write book reviews for the Blue Peter challenge.

With best wishes for the weekend,

Richard Siviter

