

Friday, 2nd February 2024

VJS NEWS

Proud To Be Me, Proud To Belong

Mr. D. Lee - Headteacher



This year, we will be celebrating World Book Day on
Thursday, 7th March 2024.

It is a chance for us to take part in an annual celebration of authors, illustrators, books and the joy of reading!

As part of our celebration of reading for pleasure, the children will take part in lots of exciting activities on the day that will be linked to a popular book series.

To celebrate this year, we would like all of the children to come in dressed as their favourite book character (no football kits, please). We cannot wait to see all of the fantastic costumes the children will be wearing!

In the mean time, visit the World Book Day website to get a sneak peek of this year's selection of £1 books.



Dates for the diary....

Coffee Morning dates

Tuesday 6th February - SEND Session

Tuesday 20th February - Healthy Hounslow
Workshop to focus on Healthy Lifestyles

Tuesday 27th February - Reading with your
child at home

It's Pizza Time - Timetable!

Class and Week Beginning

Year 3 Ash: 25/1

Year 3 Elm: 1/2

Year 3 Oak: 8/2

Year 4 Beech: 22/2

Year 4 Ebony: 29/2

Year 4 Rowan: 7/3

Year 5 Holly: 14/3

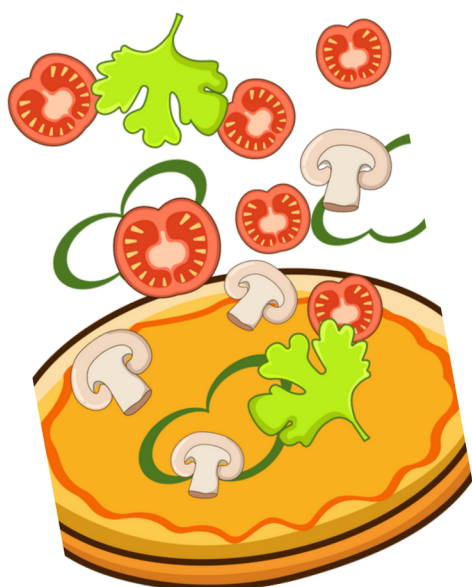
Year 5 Magnolia: 21/3

Year 5 Willow: 28/3

Year 6 Cherry: 18/4

Year 6 Chestnut: 25/4

Year 6 Laurel: 2/6



Children's Mental Health Week

February 5th – 11th 2024



This year's theme is 'My Voice Matters' and aims to empower young people to use their voice, share what matters to them, and encourage those around them to hear them.

Evidence shows that empowering children and young people can have a positive impact on their health and wellbeing. For example, children and young people who feel that their voices are heard - and that what they say makes a difference - have higher levels of self-efficacy and self-esteem.

DO YOU SOMETIMES WORRY ABOUT HOW YOU ARE FEELING?

If so, read on!



Here are some brilliant tips from children just like you*. These children have also had ups and downs with their mental health and want to pass on some ideas that have helped them:

- Ask for help – from a teacher, parent, brother, sister, or other family member. Keep telling until someone listens to you.
- Remember you are not alone – everyone goes through tough times. Be kind to yourself – everyone is perfect in their own way.
- Stay calm – take some breaths or find somewhere to sit quietly for 2 minutes.
- Go outside and get some exercise to make yourself feel stronger.
- Spend time with your family and friends (or pets).
- It's okay to not always be okay.
- Think of your favourite thing and write it down.
- Keep a diary to track all your emotions.
- Stay positive and focus on things that make you happy. If you can't think of anything, maybe a friend can help you.
- Remember you are enough, and you are the only you.
- If you are being bullied, maybe the bully is being bullied or has something going on at home and they're taking it out on someone else. Tell an adult or trusted friend. |



www.childrensmentalhealthweek.org.uk

www.youngminds.org.uk

www.nhs.uk/mental-health/children-and-young-adults/mental-health-support/

www.healthforteens.co.uk

www.healthforkids.co.uk