



Castlefields Primary School, Castlefields, Bridgnorth, Shropshire WV16 5DQ

10th February 2023

Mental Health Week

This week was Children's Mental Health Week. In School, we discussed what mental health is and how it is so important to look after it. Please see the attached document which explains in more detail about what took place in School.



Safer Schools

Following a survey conducted by School Council with the children in school, we had a visit from Ian Bartlett this week to look around Castlefields. We are proud to announce that we have been given an updated Safer Schools certificate. We would be very interested to hear your views about the school and we will be sending out a survey soon.

Quiz Night

The Quiz Night, next Friday is now sold out. Please look out for other exciting events in the future.



Girls Football

Congratulations to the Girls Football team on their performance at the Bridgnorth area competition this week with the A team narrowly losing their semi-final place and finishing in 3rd place.



Parents' Evening Appointments

Don't forget that you can book a parents' evening appointment at the office from 8.30 am on Monday 13th February or after 9.00 am by telephoning 01746 764072.

Appointments will be on Tuesday 28th February and Thursday 2nd March.



Year 6's Visit to Wightwick Manor

Year 6 visited Wightwick Manor this week as part of their art project - looking at the works of William Morris. Excellent behaviour and enthusiasm during our tour made for a fantastic trip. A special thank you to Mrs D'Arcy for planning and organising this one!



People Who Help Us

Reception Class enjoyed a visit from Bridgnorth Fire Brigade Today as part of their topic about people who help us.



Castlefields Cares...

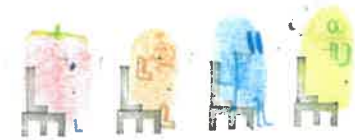


This week was Children's Mental Health Week. In school, we discussed what mental health is, how it is so important to look after it, and things we can do to help keep our minds happy and balanced.

MENTAL HEALTH



We discussed with the children that everyone can feel wobbly at times, but that it is important to talk to a trusted friend or adult if all feels too much.



We did some activities in class and talked in assembly. Here are some of the things that we shared in case you want to look with your child at home...

We read *The Invisible String*!



We also watched a video clip in assembly- all about the importance of asking for help and being there to support one another when things feel too much.

[Link for Anna Freud video on Mental Health](#)

Below is a BBC link to some activities we did to help us feel good- there are lots of fun things you can do together as a family- see *bbc Moodboosters!*

<https://www.bbc.co.uk/teach/moodboosters/family-moodboosters/z6cxnk7>

Nursery, children have watched some excellent video clips of how to understand and manage feelings and emotions.

<https://www.bbc.co.uk/teach/class-clips-video/pshe-early-years-foundation-stage-ks1-feeling-better/zm2st39>

Each pupil in Reception Class completed a part of a jigsaw puzzle to support being connected.



Thank you all and Happy Weekend!

