

Compass Primary Academy Welfare Team Newsletter – January 2019

Children's Mental Health Week 2019

4th- 10th February is Children's Mental Health Week 2019.

The children will take part in various activities throughout the week to highlight how important it is that we look after our minds – our mental wellbeing – as well as our physical health.

Find out more about Children's Mental Health Week:

<https://www.childrensmentalhealthweek.org.uk/>

Parent Workshop

The NSPCC will be delivering an esafety workshop to parents on Monday 11th February 2-3pm. More details to follow via parentmail

Time to Talk

Thursday 7th February is 'Time to Talk Day 2019' Parent drop in on this day will celebrate open conversation and challenge the stigma around Mental Illness. Everybody welcome at the usual time of 9-10am. For more information about 'Time to talk' visit

<https://www.time-to-change.org.uk/get-involved/timetotalkday2019>

Protective behaviours

Year 5 and 6 have now completed their protective behaviours sessions and this term Year 4 will be taking part in the workshops on a weekly basis.

The protective behaviour workshops explore the right to be safe, safe feelings, safe places, early warning signs, trusted adults, support networks, safe and unsafe secrets, consent and appropriate and inappropriate touch.

The topics are explored through fun activities and at an age appropriate level.

Thank you!

To those parents who have kindly donated outgrown uniform items and PE kit (including footwear) This is much appreciated and really does help.

Parent Drop-In

Parent Drop-In sessions take place in The Rainbow Room every **Thursday 9am-10am**, everybody welcome, refreshments provided. Meet Mrs Dunn at the bottom of the YR1/2 corridor

Mrs Greaves – kgreaves@compassprimary.org

Mrs Dunn – fdunn@compassprimary.org

Miss Duncan – rduncan@compassprimary.org