



Bewsey Lodge Primary School Weekly Newsletter

Friday 5th February 2021

Supporting Good Mental Well-being

As you know, mental well-being is always at the top of our list of priorities in school.

The children have lots of opportunities, throughout our curriculum, to engage in all of the 5 ways to wellbeing. One of the most important parts of our well-being education is ensuring that we give children the opportunity to share their feelings. Children know they can talk to any adult in school but additional opportunities such as Talk Time and the Worry Monster also help to engage them. The Worry Monster is a bear which has a zip for a mouth and pocket inside its tummy. Children can write down their thoughts – happy or sad or just share their news and pop it inside the Worry Monster. Each class has a Worry Monster and they are monitored by our Safeguarding Team. Should they feel that something needs further discussion or a child has asked for a response or to talk, then further action is taken but sometimes, children just like to share what's in their head with no further discussion needed. As it is Child Mental Health Week, we have decided to launch a competition. We are asking for children and parents to design a Worry Monster for school. There will be one winning child and one winning parent whose designs will be turned into a logo for our stationery and also into a real life Worry Monster bear for each class.

Trying something new and talking are both one of the 5 ways to well-being so doing an activity like this at home with your child will be lots of fun and will be supporting their happy feelings along the way! Make your designs as bright and as colourful as possible, and don't forget to put a zip somewhere (it doesn't need to be the mouth!) the pictures on the left are some examples of Worry Monsters.

The information sheet and entry sheet are attached to this newsletter, this can also be found on the website and Facebook.

The entries have to be in by next Friday 12th February.

Have a good weekend everyone, Mrs E Wright



Perseverance Respect Individuality Diversity Equality !



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www.bewseylodge.co.uk



Reminder:

**School finishes for half-term
next Friday 12th February at
3.15pm**



Thank you for the chocolate donations today!

Don't forget, next week you can buy raffle tickets for the Love Bug raffle and also for yummy chocolate prizes - raffle tickets are 50p a strip, with proceeds going to our families affected by the recent floods.

Our award winners for this week are:

Nursery - Holly

Reception (school) - Scarlett B

Year 1 (school) - Jamie

Y1 (remote PM) - Hannah

Y2 Blue (school) - Alex

Y2 Purple (school) - Zuzanna

Y3 (school) - Sean

Y4 (school) - Chloe

Y5 (school) - Logan

Y6 (school) - Olivia-Jo

Gold - Jude

P.E award - Oliver Y1

Reception (remote) - Lincoln

Y1 (remote AM) - Ali Mohammad

Silver - Mason

Y2 Blue (remote) - Nevaeh

Y2 Purple (remote) - Ryan

Y3 (remote) - Adem

Y4 (remote) - Katie

Y5 (remote) - Faye

Y6 (remote) - Mitchell

P.E award - Lacie Y6

Well done everybody!!

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