

## Headteacher Newsletter Friday 8<sup>th</sup> February 2019

Dear Parents and Carers,

Part of this year's **STEM Week** is focusing on careers in science and what future prospects there are in the STEM industry. We would love parents with STEM backgrounds to come into school to talk to the children about their job, how they came to do that and if possible a short activity linked to their job. The week is from 1st to 5th April. If you would like to be involved please email:

[hello@westjesmond.newcastle.sch.uk](mailto:hello@westjesmond.newcastle.sch.uk)

Thanks, Mr Jones, Mrs Oades and Mr Ginnever



Mental Health, emotional wellbeing and inclusivity are all firmly in the education spotlight. As a school, we are always looking for ways to further enhance the supportive and nurturing environment that we provide for our children and families.

As part of this, over the last year Mrs McVittie, Mrs Hogan, Mrs Groot and Jacqui have been undertaking the Thrive Licenced Practitioner training programme. We are currently embedding the learning from this course across school.

**The Thrive Approach** supports children's emotional and social development; helping them feel happy and secure, able to enjoy friendships, relate well to others and be ready and able to learn. The Thrive approach enables children to engage with life and learning as they become more self-assured, capable and adaptable. It can also address any troubling behaviours providing a firm foundation for academic attainment.

Positive relationships are at the heart of Thrive. We use these relationships, together with play and creative activities, to give children key experiences at each different stage of their development, helping them to:

- feel good about themselves and know that they matter
- increase their sense of security and trust
- increase their emotional well-being
- improve their capacity to be creative and curious



- increase their self-esteem and confidence to learn
- learn to recognise and regulate their feelings
- learn to think before behaving in a certain way
- ...and much more.

**Thrive helps us to better understand the children's needs being signalled by their behaviour.** Sometimes children may struggle as a result of temporary setbacks or other, longer term changes in their lives such as a separation, a bereavement, a family illness or accident, or even the arrival of a new baby. They may signal their distress by becoming more withdrawn, or distant, or perhaps more challenging or disruptive, or even by trying too hard to please. If this happens, we will use Thrive to look beyond the behaviour to give these children the support they need to get back on track. Sometimes they only need a little extra support in class and sometimes they may need additional one-to-one time to help them along.

We will be organising workshops to share more information about Thrive over the next term.

**Date for diaries – Our next Mental Health Group Meeting is on: 13<sup>th</sup> March at 2pm - Everyone welcome. Please email [hello@westjesmond](mailto:hello@westjesmond) if you would like to attend.**

 <b>Young Achievers</b> 	
Libby Y4S	Amazing Drawing
Amelie Y2H	Level 3 Swimming Award
Patrick Y4J	Achieved Pen Licence
Stella Y4J	Level 6 Swimming Award
Dylan R1	Fantastic writing about Chinese New Year
Amelia R2	Fantastic writing about Chinese New Year
Isaac R3	Level 2 Swimming Award
Ariel Y1B	Dance Award
Annabelle Y3F	Level 6 Swimming Award
Orla Y2H	Dance Award
Adam Y2H	Awarded a personalised ice hockey puck (and scored first goal in match)
Cydney Y1W	Award for Ballet Exam
Thomas Y5R	Fantastic public speaking
Sophia Y1W	10m Swimming Award

With best wishes for the week ahead,

**Dominic Martin Head of School**