

# Denham Green Academy News

## Dates For Your Diary

- 18th February Y5 & Y6 Swimming
- 18th February Break up for half term
- 1st March Return to school
- 28th Feb-4th March Book Week
- 7th-11th March Careers Week

## Extra Curricular Clubs

All places allocated prior to Christmas holidays will remain the same unless parents have requested a cancellation. If your child no longer wishes to have their place please let the office know.

**Monday 3:30pm-4:15pm: Construction club (Years 1, 2, 3 & 4)**

**Monday: 3:15pm-4:15pm: Year 1 & 2 Popstars Academy (Paid directly with external company)**

**Tuesday 7:45am-8:30am: Year 1 & 2 Multi-skills**

**Tuesday 3:30pm-4:15pm: Year 1 & 2 Gym**

**Wednesday 7:45am-8:30am: Year 3 & 4 Multi-skills**

**Wednesday 8:00am-8:30am: Year 3 Wellbeing with Mrs MacLeod**

**Wednesday 3:30pm-4:15pm: Year 3 & 4 Football**

**Wednesday 3:30pm-4:15pm: Year 2 Cooking**

**Thursday 3:30pm-4:15pm: Reading Club (Years 1, 2, 3, 4, 5 & 6)**

**Friday 7:45am-8:30am: Year 5 & 6 Multi-skills**

**Friday 3:30pm-4:15pm: Year 5 & 6 Football**

## Twilight Owls

If you wish to make a booking for Twilight Owls week commencing 14th February please ensure you have sent an email to [twilightowls@e-act.org.uk](mailto:twilightowls@e-act.org.uk) by 5pm today.

## Attendance

High attendance is extremely important to ensure your child/ren achieve their full potential. Attendance is monitored over 4 weeks and if your child/ren attendance drops below 96% you will be contacted to discuss this.

Whole school attendance this week: **91.4%**

## Lunches

Unfortunately we have been having ongoing issues with our lunch suppliers. Yesterday they delivered the wrong lunch and today they failed to deliver fish fingers for lunch, however they delivered chicken nuggets which were brought to the classrooms for children who wanted them.

We sincerely apologise for the inconvenience this has caused, it is unacceptable and we have raised a number of complaints with the suppliers. Should you wish to discuss this further, please email the office and we will forward your comments to the suppliers.

Please see a letter from our lunch supplier attached to the email along with this newsletter.

## Parking

We have received several complaints from our local residents about parking around school times. Please ensure you park considerately at all times and reduce your speed outside school.

## Careers Week

On the week 7th March 2022 we are having our Denham Green Careers Week. We want to inspire the children and encourage them to be aspirational. The more information they can glean about different careers the better. So, if you are willing to give a talk about your career, please can you contact Mrs Hale via the school office. You just need to do a short talk about what you do and what you enjoy about your job and be ready to answer any questions. Thank you.

## Absences

If your child is absent from school please ensure you contact the school office in the morning. Please leave a message on the absence line even if you have sent the Teacher a message on Dojo. If your child is absent for more than one day you must call each school day.

If you're awaiting PCR results and get them back over the weekend please send a Dojo message to Mr Nocera and email the school office.

## 5p For A Tree

The Denham Green Eco Warrior team, of which every child and adult in school is automatically a member, are launching a project to plant trees on the school site. We are asking for a voluntary contribution from each child of five pence a week or a penny a day!

We aspire to have each year group plant a tree by the end of the summer, and we hope to invite families to join in with an exciting tree planting celebration.

# Childrens Mental Health Week

## What is Children's Mental Health Week?

Children's mental health charity Place2Be has set up Children's Mental Health Week 2022 to highlight the importance of mental health for children and young people.

We all have mental health. Some people may have mental health problems. In fact, up to 1 in 4 of us will experience mental health problems at some time in our lives.

During Children's Mental Health Week 2022, we can take some time to focus on mental health. Encourage children to think of how they can best look after their own mental health and how they can support family or friends with their mental health too.

## What is the theme for Children's Mental Health Week 2022?

Each year there is a different theme for Children's Mental Health Week. This year, the theme for Children's Mental Health Week 2022 is 'Growing Together'.

We can ask children how they feel they've grown so far and how else they'd like to grow in the future. This is an opportunity for children to reflect on their growth and be proud of themselves for it. It's also great for us to praise children on how they've grown too!

Set some time aside for children to think about what skills they'd develop, what personal qualities they'd like to cultivate and what goals they'd like to achieve in the coming year. This will help them become even more inspired and motivated to grow!

We can also focus on ways that we can all grow together, through taking time to reflect on how we can all support others with their growth. Children can think of ideas and ways to encourage their friends and family to grow along with them, and how they can all support each other with their goals.

## Some activity ideas for 'Growing Together':

- Encourage children to write down their goals for the next year. They could write these on different coloured papers and put them in a jar that they can look at to keep motivated. Alternatively, children could write these on a colourful image like a shield with a different goal in a different quarter, which you can turn into a lovely classroom display or bedroom decoration.
- Children can draw a picture of how they've grown emotionally and personally over the last year.
- Have a class discussion about mental health and ideas for looking after our wellbeing.
- Get children to write down ideas about how to support each other on pieces of paper and put these in a suggestion box, which you can read out to the class.



**Children's Mental Health Matters!**



# How to nurture a child's mental health



Actively listen before offering your advice



Be patient



Share your feelings and validate theirs



Tell the truth



Model healthy behavior



Surround them with healthy adults



Be consistent and follow through with what you promise



Teach them how to be safe



Believe them and in them



Use open ended questions



Have scheduled family time



Limit electronic time for everyone



Reach out and hug them



Practice relaxation exercises together



Model forgiveness



Respond calmly when their emotions are elevated



View their behavior as a window to their needs and feelings



Make play and exercise a requirement



Recognize positive choices



Be present



Set and respect boundaries



# Friendly February 2022

MONDAY



TUESDAY



1 Send a message to let someone know you're thinking of them

WEDNESDAY

2 Ask a friend how they have been feeling recently

THURSDAY

3 Do an act of kindness to make life easier for someone

FRIDAY

4 Organise a virtual 'tea break' with a colleague or friend

SATURDAY

5 Make time to have a friendly chat with a neighbour

SUNDAY



6 Get back in touch with an old friend you've not seen for a while

7 Show an active interest by asking questions when talking to others

8 Share what you're feeling with someone you really trust

9 Thank someone and tell them how they made a difference for you

10 Look for good in others, particularly when you feel frustrated with them

11 Send an encouraging note to someone who needs a boost

12 Focus on being kind rather than being right

13 Smile at the people you see and brighten their day

14 Tell a loved one or friend why they are special to you

15 Support a local business with a positive online review or friendly message

16 Check in on someone who may be struggling and offer to help

17 Appreciate the good qualities of someone in your life

18 Respond kindly to everyone you talk to today, including yourself

19 Share something you find inspiring, helpful or amusing

20 Make a plan to connect with others and do something fun

21 Really listen to what people say, without judging them

22 Give sincere compliments to people you talk to today

23 Be gentle with someone who you feel inclined to criticise

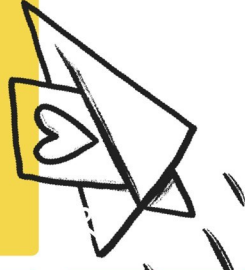
24 Tell a loved one about the strengths that you see in them

25 Thank three people you feel grateful to and tell them why

26 Make uninterrupted time for your loved ones

27 Call a friend to catch up and really listen to them

28 Give positive comments to as many people as possible today



# FOOD FESTIVAL

By Aspens

# WEEK ONE

**MONDAY**  
Family Faves

**Beef Burger in a Bun**  
Oven Baked Wedges  
Coleslaw

**Veggie Burger in a Bun**  
Oven Baked Wedges  
Coleslaw

**TUESDAY**  
Authentic Italian

**Ham & Pineapple Pizza**  
Baked Beans

**Veggie Delight Pizza**  
Baked Beans

**WEDNESDAY**  
Baking British

**Roast Chicken & Stuffing**  
Roasties and Fresh Vegetables  
Gravy

**Quorn Roast**  
Roasties and Fresh Vegetables  
Gravy

**THURSDAY**  
Food Festival

**Chicken Tikka Masala**  
Wholegrain Rice  
Spiced Roast  
Cauliflower

**Sweet Potato & Chickpea Balfi**  
Wholegrain Rice  
Spiced Roast  
Cauliflower

**FRIDAY**  
Fun Day

**Fish Fingers**  
Salmon or Pollock  
Chips and Peas

**Cheesy Bean Wrap**  
Chips and Peas

**Packed Lunch**

**Jacket Potatoes**

**The Finale**

**Pick and Mix Packed Lunch**

Freshly filled sandwich or roll, healthy snack, home bake and piece of fruit

**Crispy Skin Jacket Potato with Tasty Toppings**

**Peach Cobbler & Custard**      **Lemon Drizzle Cake**      **Chocolate Brownie**      **Apple & Cinnamon Strudel with Custard**      **Oat Cookie**

**Homemade Bread, Fresh Fruit, Yoghurt and Salad available every day**

Autumn / Winter 2021

w/c 30/08, 20/09, 11/10, 01/11, 22/11, 13/12, 03/01, 24/01, 14/02

▲ Meat    ▼ Veggie    ◆ Jacket Potato    ■ Packed Lunch