

# FRIDAY UPDATE

Friday 6th February 2026



Thank you to all of your who have donated non-perishable food/household items for the Sharing Shed. We would be very grateful for any further donations as it is running extremely low. Please remember the Sharing Shed is available to anyone in need of support in the school or wider community.

Have a lovely weekend everyone.

In celebration assembly today we said well done to the following children, who received **Special Awards** and special Headteacher's Award sticker:

- Vicky (Beech class)** - for always being a super role model and friend.
- Antony (Hazel class)** - for showing expert skipping skills in P.E.
- Musa (Maple class)** - for super confidence and sharing his ideas in class.
- Nikita (Cherry class)** - for excellent geography work, creating a map with symbols.
- Batchicacain (Willow class)** - for working hard on his counting in Maths.
- Teddy (Oak class)** - for increased confidence when sharing ideas.



### Regular Readers Raffle

Well done to this week's winner:

**Toby (Maple)**

Reading 4 or more times in a week gives your child an entry into the raffle.



### Class attendance for last week



- Maple class 98.3%
- Hazel class 95.7%
- Cherry class 94.8%
- Willow class 94.3%
- Beech class 87.6%
- Oak class 82.8%

BB Bear will spend next week in the class with the highest attendance.

### WHAT'S ON NEXT WEEK (Spring 1 Week 6):

- Monday 9th February - Rock Steady lessons
- Tuesday 10th - **Year 2 P.E. (note - different day)**
- Wednesday 11th - **Art Minds Club 3.15-4.30pm**
- Thursday 12th - Year 1 P.E.
- Friday 13th - Reception P.E.
- Family Reading- Reception 8.50-9.10am
- **Gymnastics Club 3.15-4.30pm - last one**
- **END OF TERM. School reopens Monday 23rd Feb**

### LETTERS / EMAILS HOME THIS WEEK:

- Year 2 Change of PE day
- Sharing Shed donations plea

**SUPPORTING CHILDREN'S MENTAL HEALTH**  
10 Conversation Starters for Parents

National Online Safety (NOS) #WakeUpWednesday

- LISTEN**: The words chosen to talk about mental health can be important. To the point that we can put off talking about mental health. It's important to have a conversation with your child about mental health. It's important to have a conversation with your child about mental health. It's important to have a conversation with your child about mental health.
- ASK TWICE**: The words chosen to talk about mental health can be important. To the point that we can put off talking about mental health. It's important to have a conversation with your child about mental health. It's important to have a conversation with your child about mental health. It's important to have a conversation with your child about mental health.
- THERE IS NO SUCH THING AS A STUPID QUESTION**: The words chosen to talk about mental health can be important. To the point that we can put off talking about mental health. It's important to have a conversation with your child about mental health. It's important to have a conversation with your child about mental health. It's important to have a conversation with your child about mental health.
- BE OPEN AND HONEST**: The words chosen to talk about mental health can be important. To the point that we can put off talking about mental health. It's important to have a conversation with your child about mental health. It's important to have a conversation with your child about mental health. It's important to have a conversation with your child about mental health.
- KNOW WHEN TO SEEK HELP**: The words chosen to talk about mental health can be important. To the point that we can put off talking about mental health. It's important to have a conversation with your child about mental health. It's important to have a conversation with your child about mental health. It's important to have a conversation with your child about mental health.
- TALK ABOUT MENTAL HEALTH NATURALLY**: The words chosen to talk about mental health can be important. To the point that we can put off talking about mental health. It's important to have a conversation with your child about mental health. It's important to have a conversation with your child about mental health. It's important to have a conversation with your child about mental health.
- EMPATHISE**: The words chosen to talk about mental health can be important. To the point that we can put off talking about mental health. It's important to have a conversation with your child about mental health. It's important to have a conversation with your child about mental health. It's important to have a conversation with your child about mental health.
- HELP YOUR CHILD FEEL SAFE**: The words chosen to talk about mental health can be important. To the point that we can put off talking about mental health. It's important to have a conversation with your child about mental health. It's important to have a conversation with your child about mental health. It's important to have a conversation with your child about mental health.
- MIND YOUR LANGUAGE**: The words chosen to talk about mental health can be important. To the point that we can put off talking about mental health. It's important to have a conversation with your child about mental health. It's important to have a conversation with your child about mental health. It's important to have a conversation with your child about mental health.
- IT IS OK TO SAY 'I DON'T KNOW WHAT TO DO NEXT'**: The words chosen to talk about mental health can be important. To the point that we can put off talking about mental health. It's important to have a conversation with your child about mental health. It's important to have a conversation with your child about mental health. It's important to have a conversation with your child about mental health.

Meet our expert: Dr. Sarah-Jane Gray, Clinical Psychologist, National Online Safety.

Sources of Information and Support: National Online Safety, NHS, Mind, Young Minds, Childline, Samaritans, Crisis, The Samaritans, The Samaritans, The Samaritans.

www.nationalsafety.com | Twitter: @nationalsafety | Facebook: /NationalOnlineSafety

As part of our commitment to safeguarding, it is important that we ensure that parents/carers are as informed as possible about online safety and well-being.

### Mental Health Conversation Starters

As next week is Children's Mental Health Week, in school the children will be thinking about how to keep their minds and emotions healthy and who their trusted adults are they can talk to if they are worried about anything. Talking to children about mental health is hard sometimes: even to the point that adults can put off raising the topic, not wanting to unearth problems or discuss overwhelming subjects that we perceive our child is too young or not ready for. Rather than keeping children in the dark, however, this guide is designed to help you confidently talk about mental health, so that youngsters feel comfortable talking about their own worries and end any stigma before it begins. In the guide, you'll find tips on talking about mental health naturally, being open and honest and asking twice.

The guide on this subject can be downloaded from our school Facebook page. <https://www.facebook.com/TheAvenueInfantSchool/> and from the school website.