



GODWIN NEWS

January 2025



Happy New Year 2025
&
Welcome back for the spring term

Dates for your diary

January 2024	
Tues 7 th	School reopens for the spring term
Fri 10 th	Swimming starts for Year 4
Tues 14 th	Year 6 trip to Duxford
Weds 15 th	Deadline for next year's Reception applications (Nursery parents)
Mon 20 th	Year 1 trip to London Anglican
Weds 22 nd	Year 6 trip - Young Voices at the O ₂
Tues 28 th	Year 3 trip – Cranbrook United Synagogue
February 2023	
3 rd to 7 th	Children's Mental Health Week
10 th to 13 th	Parent consultations
Tues 11 th	Safer Internet Day
Tues 11 th	Year 2 trip – Barking Gurdwara
Thurs 13 th	Last day of the half term - school closes at normal time for children in Nursery to Year 6
14 th to 23 rd	School closed for half term break
Mon 24 th	School reopens (8:40am)

Safer Internet Day

Safer Internet Day 2024 will take place on the 11th of February, with celebrations and learning based around the theme 'Too good to be true? Protecting yourself and others from scams online'.

Each year Safer Internet Day covers an online issue or theme that speaks about the things young people are seeing and experiencing online. Created in consultation with young people across the UK, this year Safer Internet Day will be focusing on the issue of scams online and for young people, how to protect themselves and others, as well as what support is available to them.

The UK Safer Internet Centre has produced some top tips for parents and carers – [Keeping you and your loved ones safe online](#)

Looking After Children's Mental Health

We all have mental health all the time in the same way that we all have physical health, because we all have a body and a brain! Our mental health is:

- How we feel about ourselves and those around us
- Our thought processes
- Our emotions
- Our ability to make and keep friendships and relationships
- Our ability to learn from others and to develop psychologically and emotionally.

Just like we need to look after our physical health, we need to look after our mental health too!

This year's *Children's Mental Health Week* starts on 3rd February. Over the week, we will be talking to children, focusing on the theme:



Place2Be – the charity which organises Children's Mental Health Week has joined forces, this year, with Here4You to explore the importance of self-awareness and expressing emotions - the more we understand about ourselves, the more we're prepared to tackle life's ups and downs.

Here4You is supported by The Walt Disney Company, and through the characters of Pixar's *Inside Out* and *Inside Out 2* - their resources encourage children to discover how getting to know who they are can help them build resilience, grow and develop.

See below for Place2Be's top tips for families, parents and carers to encourage children to express their emotions.

Staff Updates

Welcome to Miss Dance who has joined our teaching team, taking over Class 3N.

Congratulations to Mrs Khanom who had a baby boy just before Christmas.

PE

Please make sure that your child has their PE kit school and that this is suitable for the cold weather.

In addition to their black shorts, white t-shirt and plimsolls/trainers, children should have a pair of black joggers and a sweatshirt for colder weather, with a drawstring bag to store them all in.

Please check you have put your child's name in all clothing and shoes. For safety reasons, don't forget to remove earrings and tie back long hair on PE days.



Is your child due to start school in September 2025?

If your child was born between 1 September 2020 and 31 August 2021, they can start school full-time in September 2025. This is not an automatic process and you have to make an online application, even if your child is already in our Nursery. The closing date is 15th January 2025. Details can be found in this LBBB guide:

[Starting school full-time in 2025](#)

The online application form can be accessed here:

[eAdmissions \(LBBB\)](#)

Mobile Phones

If you got a new phone over Christmas and have changed your number, please remember to let the office know as soon as possible - just in case we need to contact you in an emergency.

Parking

Please, please, please be considerate and do not park over the dropped kerbs of our neighbours' houses. This is unfair on the people who live in the roads near school and unfair on the school when we receive complaints about inconsiderate and disrespectful behaviour.

Supporting your child

Here is the 2nd of The Family Hub's monthly strategies for supporting your child's speech and language development:

FOLLOW THE CHILD'S LEAD

Why?

This lets the child to learn at their own pace, strengthens their attention and turn-taking skills, and builds connection.

How?

Watch what the child is focused on and join in without taking control of their play. If they're stacking blocks, start stacking blocks with them. If they knock the blocks over, join in and talk about what's happening. Following their lead shows that you're interested in what they're doing and keeps them engaged.

When?

Whenever you are playing with or engaging with the child.



Barking & Dagenham



Barking & Dagenham
Family Hub

TIPS FOR FAMILIES

Place2Be's
**CHILDREN'S
MENTAL HEALTH
WEEK**

1 Encourage journalling

Just like Riley, encourage your older children and young people to express their emotions and thoughts through journalling. It can be less confronting than speaking out loud and is a helpful way to process what is going on.

2 Make space for reflection

When children and young people reflect on their different emotions, it can help them better understand themselves and what they need.

Go for a walk, drive, or try some mindful colouring or baking together.

3 Be visual

Use imagery, such as emojis or flashcards to help children and young people recognise and label their feelings.

4 Practice mindfulness

Try mindful activities, and quiet family time, to enjoy being in the present moment. This can help children and young people be aware of their thoughts and emotions and learn a useful new coping technique.

5 Communicate

Feedback is crucial for helping us see our blind spots and gain greater insight. Children and young people are no different. Creating safe and supportive ways to share your own experience with your child can help them understand themselves and their impact on the world around them.



If you're a parent or teacher, you'll find loads of useful advice to help you support the brilliant young people in your lives – from FAQs to downloadable packs. [Here4You.co.uk](https://www.here4you.co.uk)

