



Ranelagh Primary School Newsletter

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Spring Term

5th February 2021



Children's Mental Health Week

This week Ranelagh Primary School was awash with different shades of yellow to celebrate Children's Mental Health Week.

The theme this year was to learn about **expressing your thoughts** and feelings using a range of ways. This could be through art, music, drama and even role play! The pupils took this challenge up with extreme enthusiasm using lockdown learning and google classroom to share how they could show good mental health.

From singing songs in the Early years to passionate debates in Year 6 the children showed the many ways they could achieve a positive state of mind. Lots of children enjoyed sketching, playing marbles and one even practised beating their own record of solving a rubik cube puzzle as a way of calming down and relaxing.



Even the parents got in with the act and told staff, during our coffee mornings, how they were keeping good mental health. 'A daily walk in the park helps get rid of mine and the children's worries'. One parent was brave enough to 'switch off the television and just talk to each other'.

As we wish for the pandemic to be over, and with our children spending long periods indoors and unable to see friends and family, now more than ever it is important to raise awareness of good mental health and to encourage our children to talk about their feelings.

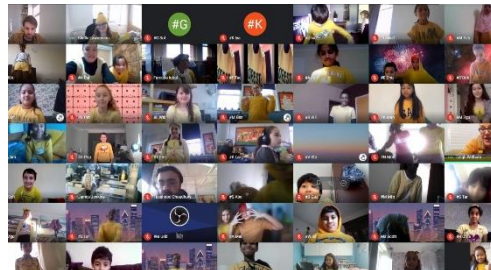
For more ideas and support on Mental Health for you and your family see <https://www.mind.org.uk/get-involved/mental-health-awareness-week/> or speak to a member of staff for more information.



Dancing away the blues!



Creating posters to raise awareness of Children's mental health



Assembly for Children Mental Health Week



Green fingered gardener!



Dates for Your Diary

Safer Internet Day/ Virtual Online Safety Workshops

Tuesday 9th February 2021

Nursery, Reception, Year 1 and Year 2 at 9.30am

Year 3, Year 4, Year 5 and Year 6 at 2pm

Joining codes for the meeting will be sent out via text message on the day.

Half Term Break

Friday 12th February to Monday 22nd February 2021

World Book Day

Friday 5th March 2021

Sports Relief/ Red Nose Day

Friday 19th March 2021

Word of the week

KS1

Thank you

KS2

Appreciate

Our Remarkable Certificate Winners

Class	Name	Name
NAM	Abirame	Aizah
NPM	Arvin	Shafayat
RG6	Abdullah	Yusuf
RG8	Ishaq	Ilinca
1G2	Percy	Lacan-Gen
1G3	Malak	Teddy
2M7	Yasin	Darline
2M6	Raheeb	Jade
3M2	Karen	Benjamin
3M4	Millie-Mae	Eddie
4T4	Shalinessa	Tina
4T3	Noelia	Aleksandar
5T9	Alia	Rhys
5T6	Tayjah	Diondre
6T5	Zain	Omar
6T8	Ruwayda	Zainab

What are your children doing online?

A pair of **virtual Online Safety Workshops** on **Tuesday 9th February 2021** to coincide with **Safer Internet Day 2021**. We understand that you may have slightly different concerns depending on the age of your child. Therefore, there will be one for **Nursery, Reception, Year 1 and Year 2 at 9.30am**. There will be a workshop for **Year 3, Year 4, Year 5 and Year 6 at 2pm**.

- DO YOU WORRY ABOUT WHAT YOUR CHILDREN ARE DOING ONLINE?
- DO YOUR CHILDREN KNOW HOW TO STAY SAFE ONLINE?
- DO YOU WORRY THEY ARE SPENDING TOO MUCH TIME ONLINE?
- DO YOU KNOW HOW TO KEEP YOUR CHILDREN SAFE ONLINE?
- DO YOU HAVE ONLINE SAFETY QUESTIONS THAT YOU WOULD LIKE ANSWERING?

If you answered 'yes' to any of the above, please do come to our Online Safety Workshop. Joining codes for the meeting will be sent out via text message on the day.



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1	Baked Sausages with Mashed Potatoes	Minced Lamb & Vegetable Pie with Chips	Roast Lamb & Yorkshire Pudding with New Potatoes	Chicken & Korma with Rice	Fish Burger with Jacket Wedges
Vegetarian	Vegetable & Lentil Curry with Rice	Tuscan Vegetable & Mixed Bean Pasta Bake	Cheese & Tomato Pizza	Macaroni Cheese with Focaccia	Veggie Keema with Naan Bread
Side Dishes	Mixed Vegetables Garden Peas	Sweetcorn Broccoli	Fresh Seasonal Vegetables	Green Beans Roast Peppers	Baked Beans Garden Peas
Dessert	Rice Pudding with Jam 	Raspberry & Coconut Slice with Custard 	Chocolate & Mandarin Mousse	Lemon & Banana Cake with Custard 	Waffles with Fruit & Ice Cream
Daily Options	Fresh Fruit Platter / Fresh Organic Yoghurt / Cheese & Biscuits / Homemade Bread				