



Weekly Family Newsletter

Monday 10th May 2021

www.halfwaynurseryinfantschool.org

Caring, Sharing, Learning for Life.

	Monday	Tuesday	Wednesday	Thursday	Friday
What's Happening this Week?	Mental Health Awareness Week F2 Big PE day		Y1 Big PE day F2 Vision Screening	Y2 Big PE day	
And Next Week ?	F2 Big PE day		Y1 Big PE day	Y2 Big PE day	



Attendance for the week ending 7th May 2021

Class	Attendance (%)
Enormous Crocodiles	98.0
Crafty Chameleons	96.4
Rainbow Fish	96.4
Hungry Caterpillars	88.8
Gruffalos	93.4
Elmers	96.2

Overall attendance for the week was 94.8%

Some Key Dates

Monday 10th May to Friday 14th May	Mental Health Awareness Week
Wednesday 12th May	Y1 Big PE Day
Wednesday 12th May	F2 (Reception) Vision Screening taking place in school
Thursday 13th May	Y2 Big PE Day

Ordering School Uniform



If you need to order items of school uniform for your child, we recommend that you do so now, in order to ensure that you receive these in good time.

You can find information on suppliers of our school uniform at <https://www.halfwaynurseryinfantschool.org/useful-information>

Mental Health Awareness Week - 10-16th May



This week is Mental Health Awareness Week - so today's newsletter is all about the importance of health and wellbeing.

What is Mental Health Awareness Week?

Mental Health Awareness Week is the UK's national week to raise awareness of mental health and mental health problems. It seeks to inspire action to promote the message of good mental health for everyone. Mental Health Awareness Week takes place from 10-16 May 2021 and is an event hosted by the Mental Health Foundation. The event is an opportunity for people to talk about all aspects of mental health, with a focus on providing help and advice.

What is the theme of Mental Health Awareness Week in 2021?

The theme of Mental Health Awareness Week this year is 'Nature'. Having access to nature, and being able to benefit from its many advantages, is a key part of maintaining good mental health. Nature has been so important to so many people during the last year especially - for example, being able to go for a walk, listening to the birds and spending time out in the garden etc. has supported so many people during times of stress and anxiety and during lockdown. One of the aims of the week is to inspire more people to connect with nature in new ways, noting the impact that this connection can have for their mental health.

During Mental Health Awareness Week, Mental Health Foundation suggest that we do three things:

- Experience nature: take time to recognise and grow your connection with nature during the week. Take a moment to notice and celebrate nature in your daily life. You might be surprised by what you notice!
- Share nature: share the connections you've made during the week to inspire others.
- Talk about nature: use the tips and information on [mentalhealth.org.uk](https://www.mentalhealth.org.uk) to discuss mental health and consider how you can encourage people to find new ways to connect with nature in your local environment.
- For more information about this year's Mental Health Awareness Week visit [mentalhealth.org.uk/mhaw](https://www.mentalhealth.org.uk/mhaw) or join the conversation on social media using #ConnectWithNature and #MentalHealthAwarenessWeek.

Fancy getting out and about this week and connecting with nature as a family?

Please see a couple of activity ideas below from the Healthy Minds guidance for schools

GARDENING

Watering plants, removing weeds and planting seeds are all great activities enabling us to remain in the present moment, work collaboratively and develop positive peer relationships and experience the joy of being outside.

Children and young people will develop the ability to carry out tasks as they learn and become flexible with their thinking; they'll solve problems by adapting to new challenges presented by nature.

It also provides the benefit of delayed gratification, as children and young people can reap the rewards of their efforts at a later date as they see their plants grow and blossom.



NATURE COLLAGE

Bring the outdoors, indoors!

Collect flowers, leaves, and other bits of nature and use them to make a collage. Making a collage acts as a fun way to encourage greater awareness of nature and its properties, including colour and texture.

Art can help children and young people to focus their mind and feel calm and grounded in the present moment. Engaging in art activities has also been shown to reduce anxiety, low mood and stress.



As part of Mental Health Awareness week, the Government has today (Monday 10th May) also announced more than £17 million to build on the mental health support already available in education settings, as it continues to prioritise wellbeing alongside academic recovery during the pandemic.

To find out more about how to support your child's mental health and wellbeing you may also want to visit -

<https://www.nhs.uk/every-mind-matters/supporting-others/childrens-mental-health/>

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/>

If you have any concerns your GP can help you, and we can also help in school too if additional support is needed for your child. For example, we can refer you for an advice session with our MAST key worker.

Our local MAST team (Multi Agency Support Team) is a great source of support, and works with local schools to offer additional help, advice and solutions to families on a range of areas, for example:

- Talking about difficult issues at home
- Managing children's challenging behaviour
- Improving routines, boundaries and sleep
- Supporting your child's emotional or mental health
- Making home a more positive place to be for the whole family

If you would like help, or would like to find out what services are out there to support your family, please contact us and we can arrange for our link school MAST worker and a familiar member of our team to chat with you.

Covid safety

Please can we also take this opportunity to remind you that, in order to keep everyone as safe as we can in school, anyone who is unwell and has a symptom of Covid-19 cannot enter the school grounds.

Children should not attend school if they or anyone in their household has a persistent cough, a high temperature or a change in/loss of taste/smell (unless a negative PCR Covid-19 result has been confirmed at a NHS testing centre).

If your child receives a positive test result and they have been in school within 48 hours of the positive result (or onset of symptoms), please contact school immediately. If you receive a positive result out of office hours (for example in the evening, over a weekend or during the first few days of a holiday period) please inform us by emailing enquiries@halfway-inf.sheffield.sch.uk.

Covid test site in Halfway

Two mobile testing units have opened in Sheffield - one at Parsons Cross and the other at Halfway Park and Ride. If you have any symptoms of Coronavirus, however mild, you must self-isolate immediately and book a test by calling 119 or at www.nhs.uk/coronavirus.

Our local unit is open 7 days a week 11am-3pm (drive through and pedestrian appointments can be booked).

Be kind to your mind.

Please take care of yourselves and one another, and remember to speak to a member of staff if we can help with anything as we are here to support you.

Kindest regards,

Paula Bestall