



Dear parents,

This week was national wellbeing week and all schools across the country have celebrated this in different ways. This year the focus was 'My Voice Matters.'

The campaign is all about empowering children and young people by providing them with the tools they need to express themselves. When we feel empowered there is a positive impact on our wellbeing. Children who feel that their voices are heard can make a difference, have a greater sense of community and self-esteem. We already do this so well at our school and we work hard to ensure every child is heard. However, this week has given us an even stronger focus on these important skills and developing attributes for our children.



We began this very important week with a special worship on Monday - Miss Millington led a session around the importance of positive thinking and ensuring we are kind to ourselves. We talked about how God made us all different and that we must value our uniqueness and individual talents. We finished with a focus on how we can help each other and ourselves to stay positive and confident in situations that challenge us. Each class then focussed on a session with their class teacher later in the week.

Class 1 focussed on relaxing techniques including peer massage, positive self-talk and relaxing stories. The children really enjoyed this session and are looking forward to doing it again soon - they were very good at self and peer massage and listened very carefully to techniques for relaxation.

Class 2 focussed on 'flip it' techniques. They looked at negative emotions and why these thoughts can appear. Then the class practiced flipping these negative emotions into positive emotions. The children were great at this and have developed key skills to ensure they can turn negatives into positives again.

Class 3 enjoyed a guided mediation session led by Mrs Fairhurst. The children focussed on what they have achieved this half term and what they are intending to focus on next. This was a really positive experience for all the children and enabled them to celebrate some great achievements and successes as a class and gave them the voice to express these achievements and the skills to celebrate each other.



# Pott Shrigley Church School

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Headteacher: Mrs Anne-Marie Willis



The children in class 1 enjoyed a trip to The Lowry Art Gallery in Salford this week. This was an enrichment opportunity linked to their art and history topics this half term. The children were exceptional on this trip, so well behaved and keen to learn, well done class 1!

On the trip the children took part in a scavenger hunt to find items commonly found in Lowry paintings. They had the opportunity to appreciate a vast number of his paintings and also

enjoyed free time in the children's art zone. The children have brought back lots of great ideas for their own Lowry inspired artwork.

Next week we continue to focus on safer internet fortnight. The children will enjoy dedicated lessons around this important topic. Thank you to all of the families that have now returned their online safety agreement forms.

Next week we will enjoy our last week in school on what has been a very busy and fun half term. We will finish on Friday 16<sup>th</sup> with a

disco that is open to all children – please pay your £4 to the office as soon as possible. These are such fun and exciting events and they give the children chance to enjoy some free time with their friends after a full half term at school. I am looking forward to sharing the dance floor with all the children at this event!



Finally, our merit winners this week.

Class 1	Class 2	Class 3
Hugo	Finn	Luke

Have a wonderful weekend with your children and families and thank you as always for your continuous and valued support.

Kind regards  
Mrs Willis



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## Diary Dates:

- |                                     |   |  |
|-------------------------------------|---|--|
| Monday 12 <sup>th</sup> February    | - | Class 2 to visit Ingersley Care Home<br>SATS CLUB – Y6   |
| Tuesday 13 <sup>th</sup> February   | - | ASC – Sports   |
| Wednesday 14 <sup>th</sup> February | - | ASC - Cheerleading   |
| Thursday 15 <sup>th</sup> February  | - | PE Lessons – PE Kits<br>Wellbeing Club<br>ASC – Lego   |
| Friday 16 <sup>th</sup> February    | - | Class 1 – Forest School<br>Class 2 & 3 – Gymnastics<br>School Disco 3.20-5pm. Tickets £4 from office<br>LAST DAY OF TERM |
| Monday 26 <sup>th</sup> February    | - | School Reopens for Spring Term 2   |