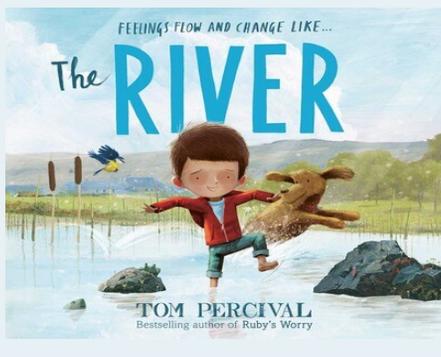


Recommended Reads

The River—Tom Percival

An exquisite, thought-provoking book to help children understand the idea of ever-changing emotions.

Rowan loves the river; it's just like he is. On some days, it's quiet and calm, on others it's light and playful, and then there are the days when it roars along, wild and angry. But when Rowan goes through a particularly difficult winter, the river freezes - just like Rowan. Can Rowan find a way to release his frozen feelings, and allow the river to flow freely once more?



Next Half Term...

News

Next half term we will be looking to recruit some parent representatives to join our wellbeing team. Watch this space....

Visitors

D:Side will be joining us to deliver an interactive workshop on 'Keeping Safe'

Class Assemblies

Jill Murphy—Thursday 17th March

Julia Donaldson—Thursday 7th April

Festivals and Events

World Book Day—Thursday 4th March

Reading Breakfasts - (see individual class details) W/C 28th February

Science Week - w/c 14th March

Holi - Friday 18th March

Parent Stay and Play Session - Friday 18th March

Ramadan - Saturday 2nd April—Sunday 1st May

Easter—Sunday 17th April

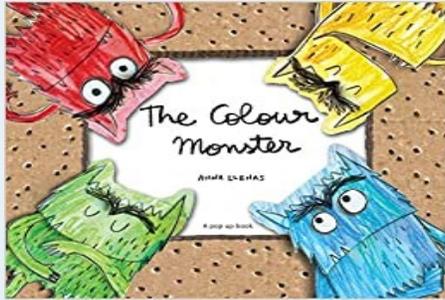
Feedback

Click here to let us know what you thought about this leaflet. [Click here](#)



Mental Health and Wellbeing @ GIA

*Headteacher—Mrs Anna Walker
PSHE/RSE Governor—Mrs Barbara Hughes
Family Learning Mentor—Mrs Hilary Lane
Senior Mental Health Lead—Mrs Kirsty Harley*



Welcome

It is our greatest pleasure to introduce our new half termly mental health and wellbeing newsletter.

We are going to use this first edition to let you know about all of the wonderful things we have in place to support and develop your child's emotional literacy.

At GIA we pride ourselves on helping all of the children to be the best that they can be.

“Everyone deserves the best, everyone deserves respect”

[Click to see our Wellbeing Offer](#)



What do we do?

At GIA we have worked very hard as a team to design and create an inclusive curriculum that provides opportunities for all children to grow and to learn across all areas of the curriculum.

You can access all of our curriculum documents [click here](#)

It is our ambition to create resilient, respectable and responsible young people through a range of experiences including; lessons, visits, discussions and workshops.

It is of paramount importance to us that we prepare all of our learners for lifelong learning both in the classroom and the wider world.

Assemblies

Marvellous Me Monday—Each Monday EVERY class in school starts their week with an assembly. This has a social and emotional focus where children's attitudes and behaviours are celebrated. We talk about attributes such as perseverance and resilience and manners.

Superstar Assembly - Every Friday we have an assembly which celebrates effort as well as achievement. We talk about steps to success.

How do we do it?

It is extremely important that all children know that there is an emotionally available adult around at all times. Communication is key to developing positive relationships!

Colour Monster—Each morning ALL children pop their name in a coloured jar to represent the way that they are feeling. An adult monitors the jars and speaks to the children about how they are feeling.

Daily Wellbeing Opportunities—Every day after lunch all children have the opportunity to reflect. This wellbeing session often includes opportunities for circle time, discussions and questions.

Motivational Monday [click here](#)

Time Out Tuesday [click here](#)

Wellbeing Wednesday [click here](#)

Thankful Thursday [click here](#)

Fitness Friday [click here](#)

Every day in a hundred small ways our children ask, 'Do you see me? Do you hear me? Do I matter?' Their behaviour often reflects our response.

L.R. Knost