



Armley Park Primary School

3 February 2025

Dear parents and carers,

After what seemed to be the longest January ever, we have finally made it to February! We are hoping the weather this month will be much calmer and all the snow and the strong winds are in the past.

Children's Mental Health Week – 03.02.2025 to 09.02.2025

This week is Children's Mental Health Week. This is a national campaign to help children to understand how they are feeling and what they can do if they are not feeling happy. This morning, Mrs Wallace introduced the theme of "Know yourself, Grow yourself" and the characters from the Disney Pixar film Inside Out are used to help the children to understand different emotions. These are some ideas for activities you can do at home...



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.

Owlcotes Literature Focus Week:

Next Monday, we start our annual Literature Week and the theme this year is Traditional Tales. All the classes will be looking at different versions of the famous stories and writing their own adaptations. There will be a chance for you to come and see the children's work towards the end of the week, we will share more information closer to the time.

Armley Park Primary
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Online Safety:

Over the past few months, we have been sharing Online Safety Newsletters with you and the February edition has been sent to you along with this email. The world of technology is continually changing and it is sometimes difficult to keep up. Previous copies of the newsletters are available on the school website:

<https://www.armley-pri.leeds.sch.uk/page/?title=Newsletters&pid=22>

There is also an opportunity to watch a recording of the Online Safety Parent Session which took place last week if you would like to know more about keeping your children safe online:

<https://www.knowsleyclcs.org.uk/online-safety-parent-session-jan-2025/>

Arbor

Thank you for your patience while we have moved over to using Arbor for more things. If you have not already done so, please set up your account so you can access your children's records. We will also be using Arbor for all payments. If you need to pay any money for lunches, breakfast or after school club or trips, please do not use School Money as this is no longer used. If you need any help with Arbor, please contact the school office.

School Uniform

Children are expected to come to school in the correct uniform each day. If they are not wearing the correct uniform, we will contact parents and ask them to bring clothing to school for your child to change into. This includes the days when your child has PE. There are posters on classroom doors/windows to let you know which day your child has PE but if you are unsure, please contact the school office.

Information about the expected school uniform is on our website:

<https://www.armley-pri.leeds.sch.uk/page/?title=Uniform+Information&pid=77>

Hot Dinner Menus

This week, the menu options are changing. The lunch options are on a three-week cycle and these change in February and September. If you would like to help your child to choose their lunch, you can do this through Arbor. Copies of the new lunch menus are available on our website:

<https://www.armley-pri.leeds.sch.uk/page/?title=Lunch+Menus&pid=71>

Social Media

If you would like to follow the school on social media, we have X and Instagram accounts.

Instagram: @armleyparkprimary

X (formally Twitter): @armley_park

If you have not already done so, please can you let us know if you would like your child to be on either of these platforms - <https://forms.gle/UjtqBYi5QaXVnQ3D6>

Half-Term

We have two weeks left of this half-term and break up on Friday 14th February at 3.15pm. All children return on Monday 24th February at 8.40am. Term dates and future school holidays are on our website:

<https://www.armley-pri.leeds.sch.uk/page/?title=Term+Dates&pid=20>

Thank you.



Emily Caine
Headteacher