



# Hindhayes Infant school

## Hindhayes Infant School

### **Diary Dates:**

16/10 - Individual Photos  
23/10 & 24/10 - Hazel class parents evening  
24/10 & 25/10 - Parents evening  
26/10 - Last day of term  
05/11 - Inset day  
06/11 - Back to school  
6/11 - Start of new menu  
9/11 - Flu vaccinations for all years

## At School This Week

### World Mental Health Day

October the 10th marked world mental health day this week.

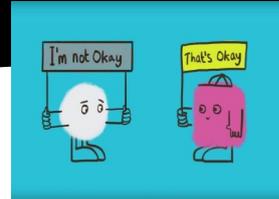
Once again we are reminded this week that it is OK to not feel OK. Mental illness and suicidal thoughts can affect anyone, of any age, of any background, at any time. Like with physical illnesses, people don't choose to have a mental health problem and they need the appropriate care to get better.

Mental illness and suicidal thoughts are common issues for young people. It can be difficult to know if a child is suffering as they often keep it to themselves. But we're here to help you spot the signs and know how to support them. Half of all mental illness begins by the age of 14, but most cases go undetected and untreated. In terms of the burden of the disease among adolescents, depression is the third leading cause. Suicide is the second leading cause of death among 15-29-year-olds.

Fortunately, there is a growing recognition of the importance of helping young people build mental resilience, from the earliest ages, in order to cope with the challenges of today's world. Much can be done to help build mental resilience from an early age to help prevent mental distress and illness among adolescents and young adults, and to manage and recover from mental illness. Prevention begins with being aware of and understanding the early warning signs and symptoms of mental illness. Parents and teachers can help build life skills of children and adolescents to help them cope with everyday challenges at home and at school.

All children are different but some of the common signs of mental health problems in children include:

- becoming withdrawn from friends and family
- persistent low mood and unhappiness
- tearfulness and irritability
- worries that stop them from carrying out day to day tasks
- sudden outbursts of anger directed at themselves or others
- loss of interest in activities that they used to enjoy
- problems eating or sleeping.



## At School Next Week

### School Photos- Tuesday 16th of October

Please remember that it is school photo day next week. Photos are being taken this year by Fran Buxton who is a local photographer in Street that some of you may know. Fran has some really exciting ideas for the day and we hope that you will be happy with the product and the package that she is able to offer you this year. If you would like to have a sibling photo with brothers and sisters together please let the office know. She will be available to take these from 8.30 a.m.



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# Lets Celebrate



Congratulations once again to all those pupils who have achieved so well in their learning this week and have been chosen to receive certificates in next Friday's assembly at 2.30pm. We look forward to seeing the parents of the following pupils:

**Work of the week:** Gracie Fox/Poppy Stone & Findley Lamb/Ruby Marks & Jacob Melia/Nuala Thompson & John Hampton/Rufus Moorshead & Estrid Duston/Gracie Mathias-Lukins & Logan Mander/Jacob Hunter & Ellie-Mae Sen/Freya Levitt & Findley Brook/William Rowen & Oskar King/Leo Carombayenin

**Better Learning Powers:** Lily Foster/Emily Bryant & Lily Holloway/ Barnaby Richards & James Tarr/Faith Markey & Blake Pople/Dominik Ksiadzyna & Roman Markey/Oliver Newick & Lola Kwan/Marlon Perez & Phobebe Harrison/Kyle Lenton & Stacey Chick/Eliza Priddice & Marni Poyntz-Wright/Harry Greedy



**Value:** Simplicity and Freedom

**Learning Behaviour:** Loving learning and using your imagination



## Messages from the Office

### Emotional Coaching—October 18th 2018

Andy Leafe will be running a very successful emotional coaching session for parents again. As requested by some families in the summer term we have organised Andy to run a 6.00-7.30p.m. session. We hope that this will enable working families to come as it is outside of the working day. We will also be happy to run a movies and munchies crèche for families who are unable to arrange a babysitter. The crèche will be for children of school age only. We use emotional coaching in school and this will be a great opportunity to hear the same strategies that we use with the children to tune into emotions and support positive behaviours in school.



### Christmas Card

Christmas Cards should be in your child's book bag today, please ensure all orders are in by Monday 15th October to ensure this is ordered.

### Shoes

We are looking for a boys shoe from Clarks in size 9.5H, it is named please could you check your child's shoes as we have an odd pair.

## Messages from the Teachers



### Changeable Weather

Please ensure that the children have suitable footwear and waterproof coats as we move into more changeable weather. A number of children do not have waterproof, hooded coats. If it is possible we would also like you to provide a pair of wellingtons for your child so that they are able to use the field even in the rain! We have a motto of 'no inappropriate weather only inappropriate clothing' at Hindhayes.



## Future Events

### Carnival Toys 9th to 16th of November

The parent fund raising group will be selling carnival toys every day after school to raise money for our school. These will include light up toys and are just what you need to take with you to the upcoming carnivals in November. Please buy your toys at school rather than at the carnival and help us to supplement school funds.

