



PARENT TEACHER ASSOCIATION NEWSLETTER

1 February 2024

DATES TO REMEMBER



Upcoming PTA Meeting
Fri, 2 Feb, 9:15 a.m.

Wellbeing Day
Fri, 9 February, All day
children only

February Half-Term
Mon, 12 Feb - Fri, 16 Feb

Spring Fair
Thu, 28 Mar
details to be confirmed

FUNDS RAISED THIS SCHOOL YEAR



We have raised over £2,800 in the 2023 Festive Fair to invest and support the children and community of John Keats.

Thank you for all your involvement, help and contributions.

A LETTER FROM THE CHAIR

Hello everyone and a very **happy New Year** to you.

How is 2024 treating you so far? It is amazing to think that at the end of this week it is officially spring, well according to the meteorologists at least.

We have ideas blooming ready for our **Spring Fair** this year, but if there is anything you think we can add please do let us know.

We love to hear your ideas on how to improve the school. We will be meeting the Chair of Governors soon as well as the Student Council who I am sure will be overflowing with suggestions.

Have you seen the shiny **new trophy** in the foyer? Miss Barnes, who is teacher to Green Reception, worked valiantly to be awarded the honour of the Chase Rewarding Futures School Libraries Programme 2023.

Talking of honours, a huge shout out to **the school's Purple Voices Choir** who wowed with their performance at the **Young Voices concerts at the O2**. They did the school proud for sure. You can see a video of how amazing the event was on the school's Instagram.

There will be a **Wellbeing Day** on **the 9th of February**, so please look out for more information from the school about that.

Next week is **Children's Mental Health Week**; this is a huge and important topic I am sure you'll agree. It is amazing how something as simple as asking how your child feels and actually waiting for a reply can alleviate their stress levels. We all know that a hug can make all the difference to how we feel, so imagine how the kids feel if we hug them but don't let go first.

Aggie, our Treasurer, shared this **website** [Children's Mental Health Week](#), and I have found it useful for **simple ideas** to engage with my daughter (5) and it acted as a great reminder to actually pause for a minute. Her smile is well worth it.



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MEET THE PTA TEAM

PTA MEMBER

I'm Latoya and I am a mum of one (green reception). I was keen to be a part of the PTA as I wanted to participate in the growth and support of the school and the wider community. In addition, recognising the continual strain that schools are facing, so I'm hoping that as a PTA member, we can help in minimising the impact on the students and families.

I have a background of working in and externally with various schools including pastoral, safeguarding and social care roles.



PTA MEMBER

Hi I'm Kyle, I have a child in Year 1. Great to be in the PTA Team. Last year I was a volunteer working with the PTA Team helping them with their work. I think the ideas, changes, opportunities, plans we have, and much more to come for the children, should be given and would be a wonderful helping hand 24/7. That can be a big boost for them and the team.



COULD THIS
BE YOU?

COULD THIS
BE YOU?

CONTACT US

- You are welcome to talk to us in person at drop off and pick up.
- Currently, we can also be contacted by e-mail at **office@jkacademy.org.uk**. (insert: *For the attention of PTA* in the subject). Look out for our new PTA email address in the upcoming communications.

My VOICE MATTERS

TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe – “My Voice Matters”.

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.

Place2Be's
**CHILDREN'S
MENTAL HEALTH
WEEK**



LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour, and act on their views.

[PARENTINGSMART.ORG.UK](https://parentingsmart.org.uk)

Here's what children and young people told us they need from you:

- ① We don't need to have 'one-off conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
- ② I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- ③ Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- ④ Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- ⑤ Don't compare my experiences to your own when you were a child.
- ⑥ Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
- ⑦ Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- ⑧ If you are open with me about your feelings, this can help me to be more open about mine.
- ⑨ Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school - because they 'get it'.
- ⑩ Sometimes a hug is all it takes to make me feel supported.



WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES

These wellbeing activities can help children and young people think about and share what matters to them.

For primary children: bit.ly/3PzCGI8

For secondary children: bit.ly/3LBD2wK

CONVERSATION STARTERS

Some ways to start a conversation with your child about mental health could be...

TELL ME ABOUT
YOUR DAY

WHAT WAS THE BEST
THING ABOUT
TODAY?

WHAT IS THE BIGGEST
STRESS / WORRY IN YOUR
LIFE RIGHT NOW?

WHAT'S YOUR
ONLINE LIFE LIKE?

WHO WOULD YOU TALK
TO IF YOU WERE FEELING
WORRIED ABOUT YOUR
MENTAL HEALTH?

WHAT CAN I
DO TO HELP
YOU?