



PARENT TEACHER ASSOCIATION NEWSLETTER

06 January 2025



DATES TO REMEMBER

Y6 Drumming Exhibition
Monday, 10 February

**PTA Coffee Morning
(Y1 focus)**
Wednesday, 12 February

**Wellbeing Day
(Mental Health focus)**
Friday, 14 February

Half Term
17th - 24th February



HOW TO CONTACT US

You are more than welcome to talk to us at drop off and pick up.

You can e-mail us at
johnkeats.pta@icloud.com.

Leave us a message in the PTA post box by the Parent Information Board (school back entrance).

A LETTER FROM THE CHAIR

Hello everyone,

How are you? Is it me, or have the days got busier just with it being February?!

This week is the Place2Be Mental Health Awareness Week and that will be the theme of Wellbeing Day next Friday, 14 February. What better way to celebrate Love Day than learning how to take care of and support oneself and our mental wellbeing. Debbie from Place2Be has kindly shared some information on this, so please see below for more details.

We have a PTA-hosted coffee morning next Wednesday (12 February), that of course everyone is welcome too, but a special invitation goes to Year 1 parents and carers. Mr Nicholls and Mr Preston will be joining us for a brief chat about what Year 1 are up to, so please do come and join us.

We will be hosting these coffee mornings, focusing on each year group monthly from now on, so please join us for any and all of them as your experience may be valuable to other parents.

Did you know the February half-term marks the middle of the school year?



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We will be having a jumper sale on Wednesday, 26 February at Pick-Up, so if you have any outgrown jumpers you wish to donate, they would be gratefully received. Please drop them off to the office as soon as possible.

In other good news we now have our very own John Keats Pantry Cupboard!

Storage is always at a premium within the school and so to have a cupboard dedicated to the initiative shows the level of support and value the Leadership team and school community put in the idea of the school Pantry.

The whole reason for this starting was so we can help each other by working together to create something useful. The Pantry is for anyone who needs it.

The PTA collect and maintain the items but the School administers it, so if you wish to make use of it please contact the Office or the Pastoral Care team.

Finally as bustling half-term is drawing to a close, it marks the end of a chapter as we say goodbye to Mr Taylor. We wish him every success as Head Teacher at his new school, and I am sure, you will all join me in thanking him for everything he has done here at John Keats.

With all best wishes,
Bali

Place2be Children's Mental Health Week 2nd - 9th February 2025 'Know Yourself, Grow Yourself'



With support from The Walt Disney Company, this year, Place2be, will celebrate Children's Mental Health Week using the characters from the Inside Out films to help children and young people explore self-awareness and understand their emotions.

The aim is to encourage them to discover how getting to know who they are can help them build resilience, grow and develop.

Sometimes we can feel like we are in the middle of a tussle of emotions – feeling joy, then sad, angry and jealous all at the same time! When we take notice of ourselves and how we feel, we can make better choices and be more connected with our feelings and behaviours. It can help us to recognize when we need support. There are parts of ourselves that we may not always see as easily, which is when we need help from family, friends and teachers. Below are some ideas of how you can support your child 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.



If you're a parent or teacher, you'll find loads of useful advice to help you support the brilliant young people in your lives – from FAQs to downloadable [resources](https://www.place2be.co.uk) at [Place2Be.co.uk](https://www.place2be.co.uk)



TOP TIPS FOR CHILDREN AND YOUNG PEOPLE

Place
2Be



1 Be curious about your emotions

You're fascinating! Take notice of your emotions and thoughts, either as they come up or maybe later on that day. You can use techniques like meditation or journaling to help you make sense of what is going on inside of you.

2 What matters most

Our values are often what make us tick, so reflect on what really matters to you. Are you ambitious, funny, kind, creative? Similar to Riley, our beliefs can evolve as we grow older and have new life experiences. If you're feeling lost or confused, take a moment to think about what drives you. It may help you understand yourself better and make choices that feel right for you.

3 Feedback, feedback, feedback

Other people we know can often see things about us that we miss. Sometimes these can be areas for us to develop and sometimes they can be our strengths. Either way it's great to have a friend, family member or teacher that can help us with our blind spots

4 Get creative expressing yourself

Creativity can often help us express emotions and show parts of ourselves that are sometimes hidden. If you are feeling blue like Sadness, painting might help. If you are feeling bright and happy like Joy, song and dance could be the creative outlet for you. Whether it's painting, music, dance, drama or something else, find your creative outlet and share it with others.

If you're a young person struggling with any kind of mental health worries, reach out in a way that suits you. From speaking to someone or grabbing some info, to webchat or text, there's people ready and waiting to help 📞 [Here4You.co.uk](https://www.here4you.co.uk)





PTA is inviting you to a

COFFEE MORNING

9:15 AM

WEDNESDAY
12 FEBRUARY



SPECIAL
INVITATION
TO RECEPTION
FAMILIES

Everyone
Welcome!

Refreshments
Provided

