



# Edisford Newsflash – Week 21

Hello everyone! Welcome to another weekly Newsflash which aims to keep you well-informed about weekly events at school. We will still be sending out a more detailed newsletter which celebrates children's achievements, but this newsflash will ensure that you are kept up to speed with things from week to week.

## Marvellous Manners

Our Marvellous Manners celebrate British values and our Edisford Characteristics for Success – Confidence, Resilience, Getting Along, Organisation and Persistence. Each week, our Ambassadors give us a new Marvellous Manner to work on, and on Fridays, the teachers give out house points to those who have particularly stood out. It is a lovely end to the week and we enjoy seeing our children being rewarded for all the great things they do and their strong personal characteristics.

## This Week's Marvellous Manners: **Having a positive attitude**

Mrs Darnell, Mrs Smithson and Mrs Blackmore nominated: Nancy S & Lucy W, for always coming to school with a smile on their faces!

Miss Blockeel, Miss Knight and Mrs Halstead nominated: Harry B & Fletcher D, for having amazing attitudes!

Mrs Calton and Mrs Allen nominated: Heidi D, for trying really hard in Maths.

Luke L, for having a great attitude towards his learning.

Scarlett W, for being so positive about others.

Mrs Colvin nominated: Ruben F, for approaching everything with positivity.

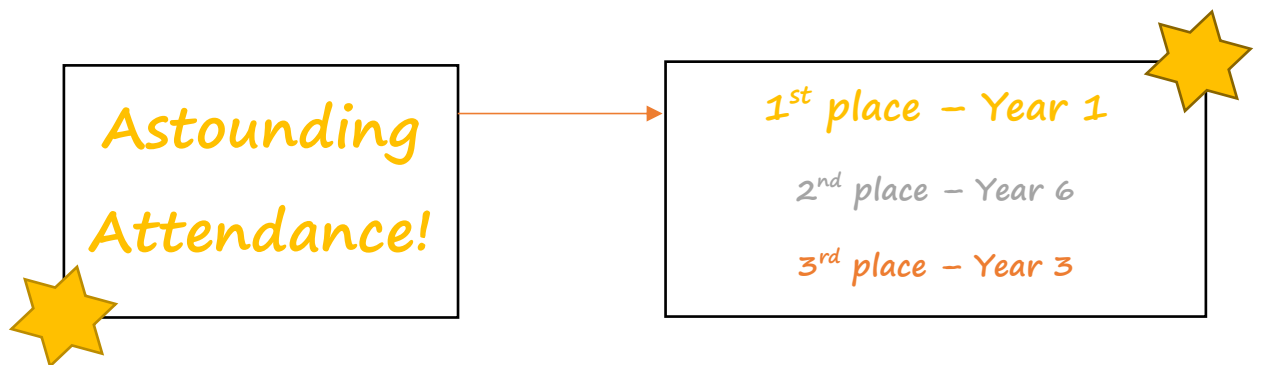
Zac W, for fabulous improvement in behaviour.

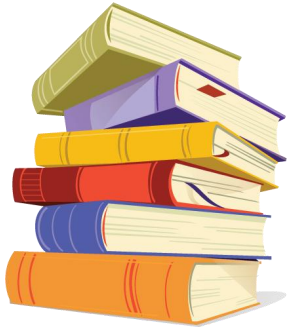
Mrs Agius nominated: The whole of Y5, for having a positive attitude, believing in themselves and just having a go throughout our assessment week.

Sophia C, for helping set up the classroom.

Mrs Chadwick & Mrs Dryden nominated: Zac P, for coming into his own in Science!

James C, Teddy H, Belinda F, Jesse H, Mary-Ann F, Esmee T, Zainab A, Karolina Z, Thea S, Fynn R, Ivy C, Niamh W, Olivia G, Scarlett W, Eva H-S, for their AMAZING achievement in Maths.





### Reading Awards

Rec – Ben & Harry

Year 1 – Penelope & Jackson

Year 2 – Arya & Imogen



### News, Notices and Events

#### School Tuck Shop

The **junior** school tuck shop will be back next week, selling snacks such as croissants, brioche and popcorn at first break. Your child can bring money to school on the following days:

Wednesday 12<sup>th</sup> Feb: Y2 – Y6

#### Non Uniform Day – Rescheduled!

Due to the dance-a-thon, the Valentine's Day themed non uniform day will now take place on Thursday 13<sup>th</sup> February. £1 cash donation on the day please. All children to wear red or pink!

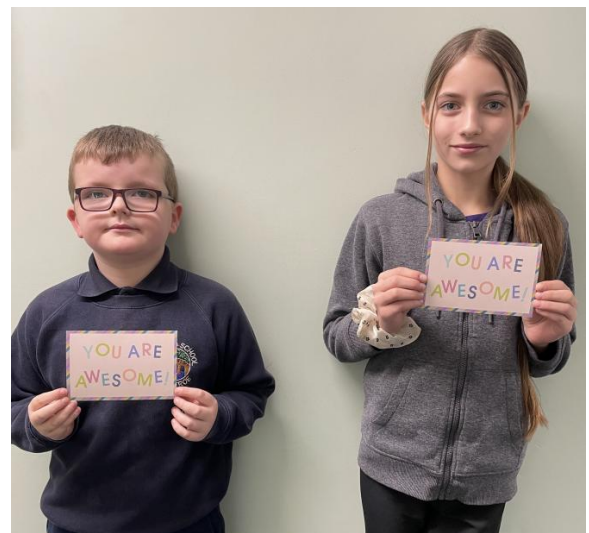
#### World Book Day 2025

We have some new ideas for World Book Day this year! More information will follow soon, but we are asking parents **not** to purchase a costume this year.

### Awesome Postcards!

**Leo** received a postcard in the mail from Miss Blockeel, for His fabulous work in Phonics! Leo has been listening to so well and it shows in the your Phonics Assessments! You are awesome, Leo!

**Anastazja** received a postcard in the mail from Mrs Hamilton-Thorpe last week, for producing some wonderful English work... whilst off school unwell! Well done Anastazja, you are awesome!



## Well Being

### A Big Thank You!

We would like to say a huge thank you to Low Moor Club, for their Children's Mental Health Week Usborne book bundle donation! This year's book bundle theme is 'Know Yourself, Grow Yourself'. Thank you to Low Moor Club, for your kindness and generosity.

Friendly February 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1 Send a message to let someone know you're thinking of them	2 Ask a friend how they have been feeling recently
	3 Do an act of kindness to make life easier for someone	4 Invite a friend over for a 'tea break' (in person or virtual)	5 Make time to have a friendly chat with a neighbour	6 Get back in touch with an old friend you've not seen for a while	7 Show an active interest by asking questions when talking to others	8 Share what you're feeling with someone you really trust	9 Thank someone and tell them how they made a difference for you
	10 Look for good in others, particularly when you feel frustrated with them	11 Send an encouraging note to someone who needs a boost	12 Focus on being kind rather than being right	13 Smile at the people you see and brighten their day	14 Tell a loved one or friend why they are special to you	15 Support a local business with a positive online review or friendly message	16 Check in on someone who may be struggling and offer to help
	17 Appreciate the good qualities of someone in your life	18 Respond kindly to everyone you talk to today, including yourself	19 Share something you find inspiring, helpful or amusing	20 Make a plan to connect with others and do something fun	21 Really listen to what people say, without judging them	22 Give sincere compliments to people you talk to today	23 Be gentle with someone who you feel inclined to criticise
	24 Tell a loved one about the strengths that you see in them	25 Thank three people you feel grateful to and tell them why	26 Make uninterrupted time for your loved ones	27 Call a friend to catch up and really listen to them	28 Give positive comments to as many people as possible today		

ACTION FOR HAPPINESS

Happier · Kinder · Together

Friendly February - can you complete each of the daily tasks?

Children's Mental Health Week is supported by Disney's Inside Out 2!

Place2Be's  
**CHILDREN'S MENTAL HEALTH WEEK**  
3-9 FEB 2025

# KNOW YOURSELF, GROW YOURSELF



Disney Pixar  
**INSIDE OUT 2**

## TIPS FOR FAMILIES

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

- 1 Encourage journaling**  
Just like Riley, encourage your older children and young people to express their emotions and thoughts through journaling. 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.
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# 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.



Spring Term: Dates for Your Diary

When	Event/Notice	Action
Monday 6 <sup>th</sup> January	School reopens	We hope you've all had a wonderful Christmas break!
Thursday 9 <sup>th</sup> January	Reception Heights & Weights Check	Letter emailed to parents on 11/11/24
Thursday 14 <sup>th</sup> January	Y6 STEM Catalyst Challenge	Johnson Matthey workshop
Tuesday 21 <sup>st</sup> January	Reception Visual Screening	<b>*NEW DATE*</b> Letter emailed to parents 12/12/24
Tuesday 11 <sup>th</sup> February	Safer Internet Day	Safer Internet Day
Wednesday 12 <sup>th</sup> February	Parent's Afternoon	1pm-5pm, booking via online system, available soon
Thursday 14 <sup>th</sup> February	Valentine's Themed Non Uniform	<b>*NEW DATE*</b> Children to wear red or pink!
Friday 14 <sup>th</sup> February	Rock the Danceathon	Danceathon to raise money for school funds! Info to follow
Friday 14 <sup>th</sup> February	Break up for half term	School closes at 3:20pm and re-opens on Monday 24 <sup>th</sup> Feb
Monday 3 <sup>rd</sup> March	Y3 World War II Workshop	In school
Tuesday 4 <sup>th</sup> March	Y2 Great Fire of London Workshop	In school
Thursday 6 <sup>th</sup> March	World Book Day 2025	Info to follow
Friday 21 <sup>st</sup> March	Red Nose Day 2025	Non uniform day for Comic Relief
Monday 24 <sup>th</sup> March	Ribble Valley Swimming Gala	At Ribblesdale Pool
Wednesday 26 <sup>th</sup> March	Scholastic Book Fair	More details soon
Friday 4 <sup>th</sup> April	Break up for the Easter Hols	School closes at 2pm today and re-opens Tues 22 <sup>nd</sup> Apr