



Wellington Primary School Newsletter 23rd February 2024

"Working together to succeed"

This half term's value: **Perseverance**

We hope that you all enjoyed a wonderful half term break.

It was so lovely to meet with so many of you on Wednesday at our Spring parents meetings. As always, if you do have any further questions, please do come and see us; further meetings can always be scheduled through class teachers.



We all had a great day in school celebrating Chinese New Year before half term. All of the children enjoyed learning about the year of the dragon, and embraced this tradition by wearing red as a sign of celebration. In Owls and Red Squirrels, the children made their own Chinese dragon crafts. Whilst in Rabbits and Hedgehogs, the children made Chinese lanterns, and even enjoyed trying a range of yummy Chinese foods!



Reminder:



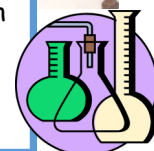
Please ensure that you have signed up using your Seesaw login that was sent home at half term.

Future homework, learning updates and notices will be shared via this app, so it is important to do so.

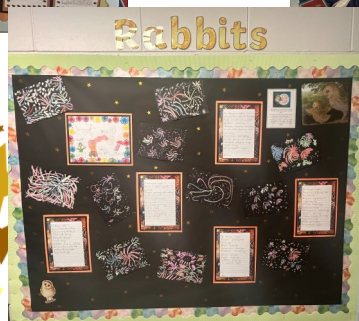
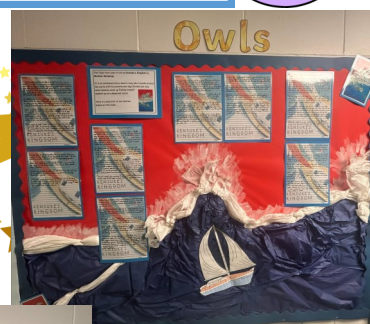
If you need a copy of your login, please do see a class teacher.



Red Squirrels have been thoroughly enjoying their science topic about rocks. This week, they conducted an exciting experiment, to test if rocks were chalk or limestone. To test this, they poured an acid onto the rock and observed whether it fizzed or frothed.



The children are really proud of our wonderful, new display boards in our school corridor. Each class has proudly displayed their own learning from the Spring Term in such creative ways. We hope that you enjoyed viewing them during our parents meetings too.



Small changes,
big differences.



FREE Fear-less Triple P group

Does your child or teenager have anxiety that is affecting their everyday life?

Is it stopping them, or your whole family doing certain activities?

Do you swing between reassuring them and telling them to face their fears?

If you would like to help your child worry less and be more confident, our Fear-Less

Triple P course could help.

Parents of 6-14 year olds

What can I expect from the course?

Get a better understanding of anxiety and fear and what can be done about it

Get a whole range of strategies and tools based on proven principles.

Please note: **Self Referrals Only**

Please email

parentinggroups@herefordshire.gov.uk - or call
Children's Help and Advice Team on 01432 260261

DATE: Starts on - Friday 1st March 2024 - 22nd March

DURATION - 3 weeks

DAYTIME: Virtual - 10:00 - 12:00

Must attend all sessions

www.triplep-parenting.net

In the UK 1 in 6 children suffer from anxiety or other mental health issues, any given week in England 6 in 100 people will be diagnosed with general anxiety disorder!!

If anxiety is affecting any member of your family and you would like some support, please speak with any member of the Student Support team here at Wellington.

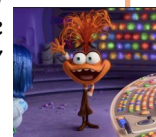
We have also added a helpful link to young minds, as well as information about a FREE course that is being run during March.

Anxiety is a feeling of worry, fear or unease. It is often experienced as a combination of thoughts, feelings and physical sensations in our body.

All children and young people feel worried sometimes. This is a normal, human reaction to things that feel stressful. For example, before an exam a young person may feel more worried than usual.

But they will soon feel calmer after the stressful event has passed. Anxiety becomes a problem when a child or young person feels stuck in it. When this happens, it can become an overwhelming experience. It can also affect their daily life and limit the things they feel able to do.

www.youngminds.org.uk



Thank you!

As always, thank you for your ongoing support.

From all the teachers and staff at Wellington Primary School, we look forward to working with you, and having another fantastic half term.

Miss Evans