



**SUTTON ROAD PRIMARY
SCHOOL AND NURSERY**

Nicola Davies – Executive Headteacher

Emma Severn – Head of School

t: (01623) 455920

e: office@suttonroad.org

w: www.suttonroad.org

**Sutton Road Primary
School and Nursery**

Moor Lane

Mansfield

Nottinghamshire

NG18 5SF

Newsletter

Monday 7th December 2020



Friday 11th December is Christmas Jumper Day and Sutton Road Primary are getting involved!

We would like to invite all of our children and staff to come to school wearing their Christmas jumpers or their Festive outfits/accessories (Santa Hats, Headbands or Tinsel) or simply wearing the traditional Christmas colours of red or green.

We are asking you to make a donation and all donations will be split between the charity 'Save the Children' and school. The charity's aim is to provide lifesaving supplies and emotional support for children caught up in disasters like floods, famine and wars and campaigning for long-term change to improve children's lives. Please make your donation via Parent mail.

5LB News

5LB have earned their first reading jar reward! The children have asked for a 'dress up as your favourite character' day. This could be a character from a book, movie, game, TV programme etc. This will take place on **Thursday 10th December** so children in 5LB may come to school in their chosen character outfit.



Download the App!

We have noticed that only 62% of parents/carers are using the Parentmail app.

Did you know that if you use the app you can get messages, forms, accounts for Meals and the shop all in one place? It is so simple and easy to use.

You can download it from the Android app store or the Apple app store. It is free and doesn't take up much memory but it helps us to communicate with you more effectively.

[Google Play \(Android\) Store](#)

[Apple \(iOS\) Store](#)

When we get the app usage to over 90% the office team will draw a name out from all of the registered users and their child will receive a prize!!



Meet our Mental Health First Aiders

I am Mrs Darwood-Brown and I'm a Teaching Assistant in Year 3. I lead the year 3 Learning Group and I complete lots of different interventions with a variety of children who need my support. Along with Mrs Fearn, I am the schools Mental Health First Aider.

To me, well-being is all about being happy and healthy and not letting my surroundings and the people around me have a negative effect on that. A person's well-being, whether that is their emotional or physical well-being is extremely important and should be considered without question. It is about wanting to thrive and to not just exist. If a person is aware of what effects their well-being, they can put strategies in place to ensure they can deal with life's challenges and so have a happier, healthier, more fulfilled life.

Hello, my name is Mrs Fearn and I am the Deputy Inclusion Leader at Sutton Road. As part of this role, I support lots of children with interventions around their emotional wellbeing and I am one of the school's Mental Health First Aiders.

When I think about wellbeing, I think about an analogy I heard once: You are holding a cup of coffee when someone comes along and bumps into you or shakes your arm, making you spill your coffee everywhere. Why did you spill the coffee? "Well because someone bumped into me, of course!" Wrong answer. You spilled the coffee because there was coffee in your cup. Had there been tea in the cup, you would have spilled tea. *Whatever is inside the cup, is what will spill out.* Therefore, when life comes along and shakes you (which WILL happen), whatever is inside you will come out. It's easy to fake it, until you get rattled. *So we have to ask ourselves... "what's in my cup?" When life gets tough, what spills over? Joy, gratefulness, peace and humility? Or anger, bitterness, harsh words and reactions?

For me looking after my wellbeing is being aware of what helps me when my cup is filling up with negativity. It's also about choosing what has an impact on you and seeing the positivity where possible (which isn't always easy).

When looking after others, I think it's the little things that makes the biggest difference, noticing people, making a cup of tea or sharing a smile. Together we can help each other to stay well.




JOIN US AT
CHRISTMAS 2020
MENU

WEDNESDAY 16 DECEMBER
CHRISTMAS DINNER DAY

Roast turkey, stuffing (Gluten)
chipolata (Gluten Sulphur dioxide)
roast potatoes, broccoli & baton carrots

DESSERT
Christmas biscuit (Gluten)



Best of both bread served daily Soya Gluten



LET'S GET THE PARTY STARTED
CHRISTMAS 2020

PARTY BAG

EACH BAG CONTAINS:
1 sandwich Gluten Soya
1 satsuma
1 Frube Milk
1 chocolate reindeer Gluten Milk Soya Egg

CHOICE OF FILLINGS:
Tuna mayonaise salad Fish Egg
Egg mayonaise salad Egg
Cheese salad Milk
Ham salad



Diary Dates

Friday 11th December 2020	-	Christmas Dress up day.
Wednesday 16th December 2020	-	Christmas Dinner Day
Friday 18th December 2020	-	Christmas Party Bag Lunch Day
Monday 21st December 2020	-	First Day of Christmas holidays
Monday 4th January 2021	-	First day back at school
Monday 15th February 2021	-	First day of February Half Term
Monday 22nd February 2021	-	First Day back at school
Tuesday 23rd February 2021	-	Individual photo day
Monday 24th May 2021	-	Class photo day

Mental Health First Aider

Hi, I am Miss Beecroft and I am a teaching assistant in year 5. I have recently completed Mental Health First Aid courses for both adults and children. My role within school is to build positive relationships, encourage good physical health, develop coping strategies and resilience and create an environment that promotes well-being.

I wanted to become a Mental Health First Aider to help and support those I work closely with. I hope to achieve this by raising awareness and offering support to anyone who needs it by listening to the individual and suggesting activities or strategies to promote well-being.

Well-being to me means being happy and healthy.

I feel mental health is as important as physical health, especially at the moment with all the challenges that we are having to cope with. Now, more than ever, it is important to keep talking and looking out for one another.



Be Kind Advent Calendar

1st
Tidy your bedroom without being asked.

2nd
Donate some of your old toys to a charity shop.

3rd
Leave a dish of water out for the birds and animals.

4th
Ask your teacher if you can sharpen the crayons for them.

5th
Donate some food to your local food bank (check their requirements first).

6th
Make your bed every day without being asked.

7th
Make some biscuits to deliver to your friends.

8th
Make a care package for a friend or family member.

9th
Let a friend know you appreciate them.

10th
Hold the door open for someone.

11th
Offer to help an elderly relative with their Christmas decorations.

12th
Smile at everyone you meet today.

13th
Try to be kind to your siblings.

14th
Donate items to your local animal shelter (check their requirements first).

15th
Leave a happy note for someone to find.

16th
Feed the birds in your garden or local park.

17th
Tell someone a silly joke to make them smile.

18th
Offer to help out with a household chore.

19th
Leave a treat for your post delivery person.

20th
Post a thank you card to your local police, fire or ambulance station.

21st
Write a thank you note to a teacher or someone who has helped you recently.

22nd
Help with dinner preparations by setting the table without being asked.

23rd
Phone a relative for a chat.

24th
Let your parents/carers have a lie-in and read a book in bed until they are awake.