



## Parents' Wellbeing Workshop



As a staff team, we have all received training on the Haringey Anchor Approach on their Resilience Wheel. This is a means of supporting wellbeing- both to support our wellbeing as staff, but also as a means to supporting children.



The Anchor team are now extending their training to include parents too.

You are invited to a free workshop to:

- Reflect on things in our lives that help us stay well
- Use the Haringey Resilience Wheel (pictured above) to understand our needs and how we can meet them in small ways each day
- Reconnect with our 5 senses to feel good

Training will be held virtually, on Microsoft Teams, from 10-11am on Thursday 10<sup>th</sup> February. There are some printed materials for parents which we have agreed to print and circulate.

Therefore, if you are interested in joining and receiving the materials, please email [aross@staidansprimaryschool.org.uk](mailto:aross@staidansprimaryschool.org.uk)

## Use of WhatsApp groups

As we develop children's understanding of internet safety, we also need to model positive behaviours as adults. Class WhatsApp groups are set up by St Aidan's parents/carers to stay connected and support each other. They bring opportunities to build the St Aidan's community but inappropriate use has the potential to impact negatively on families, the school and the wider school community. Please consider the following guidance when using class WhatsApp groups:

1. **IS IT KIND?** Be kind and courteous. Healthy debates are natural but kindness is required. Take care before you hit send.
2. **IS IT APPROPRIATE?** Is WhatsApp the right channel to raise concerns or express these views? If you or your child has an issue with the school, staff or pupils, please address it with the school directly.
3. **IS IT INCLUSIVE?** Treat everyone with respect. No hate speech, bullying or degrading comments.
4. **IS IT PRIVATE?** Respect everyone's privacy. Being part of these groups requires mutual trust: please don't share private information.
5. **PHOTOS:** please make sure you have permission before posting or forwarding any images of children/families.

## School meals

The cost of school lunches for those who are required to pay for Spring term 1 is £70. The cost for Spring 2 is £75. Please ensure that payments are made via SchoolMoney.

If your child has packed lunch, please ensure they bring their lunch with them each morning.

## Junior Park Run

I know from the Mini Marathon event we held last term that there are many keen runners at St. Aidan's.

For any children who are keen to run regularly, I wanted to draw your attention to the Junior Park Run, which is held in Priory Park every Sunday morning. Junior Park Run is a 2k race with the aim to have fun! Its free to enter, but you do need to register. More details are available here:

<https://www.parkrun.org.uk/priorypark-juniors/>

### **The Unknown Adventurer**

Fancy heading deep into the Amazon rainforest with Teddy Keen's *The Lost Book of Adventure* at half term? Please see the details below of an event being held at the Southbank Centre.

<https://www.southbankcentre.co.uk/whats-on/family-young-people/journey-last-river-teddy-keen?eventId=893867>

<https://www.theunknownadventurer.com/>

### **Meal to celebrate Chinese New Year**

The kitchen team are preparing a special meal on Tuesday 1<sup>st</sup> February to mark Chinese New Year. If your child usually has packed lunch and would like to eat a school meal on this date, please contact the school office.

#### **Menu:**

Meat option- Cantonese chicken drumsticks with sweet and sticky gravy sauce served with steamed rice

Vegetarian option- Vegetarian stir fried noodles

Sides-Oriental seasoned vegetables and Vegetarian spring rolls

Dessert- Fruit Apple ice lolly

### **Virtual Coffee Morning**

The West Haringey School Nursing team are organising virtual coffee meetings for parents. Parents are invited to meet school nurses, share concerns and gain information on how to support your child's health and well-being

Spring Term - Emotional Well being  
January - Mental Health & Mindfulness  
Monday 17th January 2022: 10am  
Wednesday 26th January 2022: 4pm

February - Sleep & Health  
Monday 7th February 2022: 10am  
Wednesday 23rd February 2022: 4pm

The meetings are held on Microsoft Teams and can be accessed by clicking on the links below:

#### **1) Monday 10am Link is below**

Microsoft Teams meeting

**Join on your computer or mobile app**

[Click here to join the meeting](#)

#### **2) Wednesday 4pm Link is below**

Microsoft Teams meeting

**Join on your computer or mobile app**

[Click here to join the meeting](#)