



Eton Porny C of E First School  
**Newsletter 20 – Spring Term 1**  
8th February 2024

*We are all created unique and special.  
He made us all perfect having our own uniqueness.*

*1 Peter 4:10-11 "God has given each of you a gift from his great variety of spiritual gifts. Use them well to serve one another."*

Dear Parents/Carers,

This week has been children's mental health awareness week. The theme of the week has been "My Voice Matters." The wellbeing champions delivered a great presentation to the rest of the school to raise awareness and discuss mental health and wellbeing. The children have also taken part in an inter-house art competition whilst considering how colours represent feelings too. Whilst children's mental health has been a focus this week it is very important to us at Eton Porny all year round.

Wishing you a lovely half-term and see you back on **Tuesday 20th February**, Emma Stanford-Smith  
(Headteacher)

My Voice Matters is about empowering children and young people by providing them with the tools they need to express themselves. During Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe - "My Voice Matters".

It is important to tell someone if we have a worry.

Reception

Spending time with friends, family and pets can make you feel happy.



If you are worried about someone else then you need to tell an adult. You could tell them 'I'm here for you'.

## 5 FINGER BREATHING

SLOWLY TRACE YOUR FINGERS AND TAKE DEEP BREATHS IN AND OUT. REPEAT 1-3 TIMES



The wellbeing champions taught us how to use our fingers to slow down our breathing when we are trying to be calm.

Year 4

# My VOICE MATTERS

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

## TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

### Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe – “My Voice Matters”.

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.



### LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour. and act on their views.

[PARENTINGSMART.ORG.UK](https://parentingsmart.org.uk)

### Here's what children and young people told us they need from you:

- 1 We don't need to have 'one-off conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
- 2 I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- 3 Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- 4 Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- 5 Don't compare my experiences to your own when you were a child.
- 6 Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
- 7 Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- 8 If you are open with me about your feelings, this can help me to be more open about mine.
- 9 Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school - because they 'get it'.
- 10 Sometimes a hug is all it takes to make me feel supported.



### WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES

These wellbeing activities can help children and young people think about and share what matters to them.

[For primary children: bit.ly/3PzCGi8](https://bit.ly/3PzCGi8)

[For secondary children: bit.ly/3LBD2wK](https://bit.ly/3LBD2wK)

## FORTHCOMING DATES

9th February	SEBMAT Inset Day (school closed to all pupils.)
19th February	INSET day (school closed to all pupils) Return on Tuesday 20th Feb
7th March	World Book Day (Optional dressing up)
12th and 14th March	Parents Evening -All Years

## Thank you



to the PTA and all of the parent volunteers for organising and running such a fun valentines event for the children this week. Everyone who attended enjoyed a range of crafts, biscuit decorating and games.



## NEW PE DAYS AFTER HALF TERM

**Reception—Friday**

**Year 1 and 2 – Tuesday and Wednesday**

**Year 3 –Monday and Tuesday**

**Year 4 - Monday swimming and Tuesday**

### Sparkly Green



## CELEBRATION

The results of this week's celebration awards

### ACHIEVEMENT AWARDS

Reception: Yousaf and Oscar

Year 1: Natalie and Fraser

Year 2: Aryan and Muskan

Year 3: Akira and Alice

Year 4: Cameron and Daisy

### PUPIL OF THE WEEK

Reception: Thomas

Year 1: Ibrahim

Year 2: Olivia

Year 3: Krisla

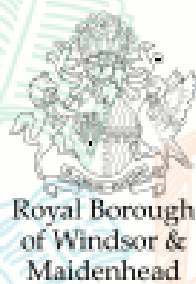
Year 4: Charlotte

**A huge well done to all of these children.  
We are really proud of you.**

WORLD  
**BOOK  
DAY**

7 MARCH 2024

www.rbwm.gov.uk



# WORLD BOOK DAY COSTUME SWAP

Donate clean, gently used children's costumes to participating libraries.

## DON'T NEED A COSTUME?

You're welcome to donate with no obligation to exchange.

## DON'T HAVE A COSTUME TO SWAP?

No problem!

Everyone is welcome to find their 'new to you' costume.

### COOKHAM, DEDWORTH AND MAIDENHEAD LIBRARIES

Donations from: Monday 12 February  
Costume swap shop from: 4pm  
Thursday 29 February – Wednesday  
6 March

### WINDSOR LIBRARY

Donations from: Monday 12 February  
Costume swap shop from: 2pm  
Tuesday 27 February – Wednesday 6  
March