

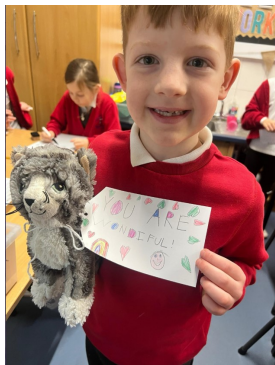
We have had a very busy week in school this week, including the promotion of children's mental health week. We have explored the zones of regulation, linking the zones to our own emotions, and learning strategies for helping us to return to the green zone when needed. See this week's spotlight for more information regarding supporting children's mental health.

Thank you to the parents and children for donating teddies and supporting Mrs Owen with her children's mental health week activity. The children enjoyed writing a special message on the labels of the teddies in the hope that when the teddy was found, it brightened someone's day. Mrs Owen then distributed them around Dunchurch ready for home time on Thursday. We have enjoyed seeing the photos of the children who found the teddies, along with the children sharing their excitement with us. Thank you to Mrs Owen for arranging this for the Dunchurch community.

Thank you for your ongoing support. Wishing you all a lovely weekend.

Suzanne Marson

Headteacher



PUPIL ACHIEVEMENTS THIS WEEK

LEARNER OF THE WEEK

(these children will also sit on the Golden Table)

Little Owls: (Mrs Rawes & Miss Shrimpton)	Sienna	Barn Owls: (Miss Lodge)	Frankie	Spectacled Owls: (Miss Cowlen)	Tiara
Elf Owls: (Mrs Carrington)	Vedhika	Tawny Owls: (Mrs Preston)	George	Snowy Owls: (Mrs Menzies)	Julius & Ryan

LEARNING BEHAVIOUR OF THE WEEK (children will share a piece of work they are proud of)

Little Owls: (Mrs Rawes & Miss Shrimpton)	Emma	Barn Owls: (Miss Lodge)	Arthur	Spectacled Owls: (Miss Cowlen)	Esme
Elf Owls: (Mrs Carrington)	Cleo	Tawny Owls: (Mrs Preston)	Ada	Snowy Owls: (Mrs Menzies)	Darcy

Lunchtime Stars

Little Owls: (Mrs Rawes & Miss Shrimpton)	Ida	Barn Owls: (Miss Lodge)	Kezzie	Spectacled Owls: (Miss Cowlen)	Grace
Elf Owls: (Mrs Carrington)	Albie	Tawny Owls: (Mrs Preston)	Ridhan	Snowy Owls: (Mrs Menzies)	Joshua

Nursery Learner and Lunchtime Star of the Week

Owlets	Learner : Grace Lunchtime: Arlo	Spotty	Learner : Abeeha Lunchtime: Eleni	Stripy	Learner: Albert Lunchtime: Nova
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ACHIEVEMENT CHILDREN IN THE GOLD BOOK THIS WEEK (based on the half termly value):

Reception: Kit & Thea Year 1: Dylan & Henry

Achievements from home: Reception: Selene, Piper, Wren & Cleo. Year 1: Finley, Liberty & Alfie

Year 2 : Alexie, Rowan, Jiyaana & Lawrence

Spotlight on

Mental health

At Dunchurch Boughton C of E Infant Academy and Nursery, we recognise the importance of the promotion of positive mental health and emotional wellbeing for our children and their families. We aim to create an open culture around the discussion of mental health and wellbeing, and to empower our children be able to regulate their emotions.

By implementing the Zones of Regulation (see a previous spotlight) as part of our approach to mental health, we aim to teach our pupils to identify emotions in themselves and others and provide them with bank of strategies to help regulate their emotions and support their wellbeing.

We have three mental health first aiders in school who are available to support with mental health— Hannah Owen, Michelle Maguire and Suzanne Marson.

As a school, we work in partnership with [Warwickshire Mental Health in Schools Team](#), [Compass \(Connect for health\)](#), and [RISE \(CAMHS\)](#) who have a wealth of resources for parents on their websites. Other organisations that we work with and that could support parents can be found on our mental health page on the [school website](#).

Other ways that we promote mental health within school includes:

- promotion of children's mental health week and world mental health day
- a focus on anti-bullying week
- using the school rules and values to promote living well together
- including how to stay mentally healthy and regulate your emotions as part of the cycle of collective worship
- use of the Jigsaw PSHE scheme, including how to stay mentally healthy
- the use of a restorative justice approach in school
- using a PACE (playfulness, acceptance, curiosity, empathy) and emotion coaching approach with children
- targeted support and interventions for those experiencing difficulties

Tips for encouraging positive mental health for children



Establish a good routine to provide structure and security - ensure regular sleep, mealtimes, and downtime to balance their day.



Have open communication in a safe environment - encourage children to express their feelings openly and without judgement.



Promote physical activity to boost their mood and reduce anxiety - activities like dancing, biking and other sports can be both fun and beneficial.



Teach coping skills and how to manage stress - deep breathing, mindfulness and journaling can help to focus on what they can control during challenging situations.

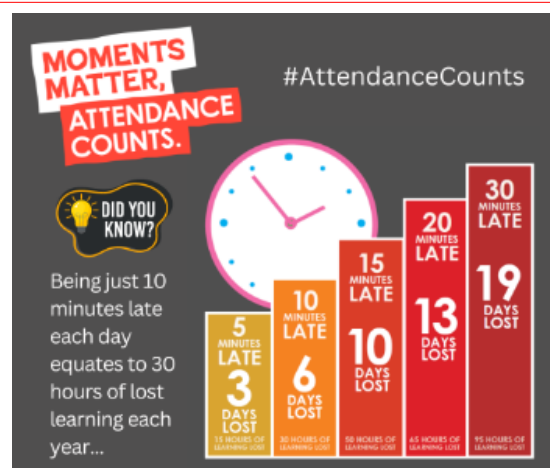


Limit screen time by balancing this with other activities like reading, outdoor play and hobbies - monitor content to ensure it's age-appropriate.

Attendance Weekly Summary

Whole school: 94.47% (Target 97%)

		
Little Owls	Elf Owls	Snowy Owls
85.17%	95%	96.67%
		
Barn Owls	Tawny Owls	Spectacled Owls
96.33%	96.67%	96.67%



PE Days

Children should wear their P.E. kits to school on the following days. On other days, normal uniform should be worn.



Monday	Tuesday	Wednesday	Thursday	Friday
Tawny Owls Barn Owls Little Owls Elf Owls	Tawny Owls Barn Owls	Snowy Owls Spectacled Owls		Snowy Owls Spectacled Owls

After School Clubs: Spring Term 1

Monday	Tuesday	Wednesday	Thursday	Friday
Martial Arts Y1—Y2 3:20-4pm	Spanish Y1-Y2 3:20—4:20pm	Football Y1-Y2 3:20– 4:45pm	Football Y1-Y2 3:20-4:45pm	Musical Theatre Rec—Y2 3:20—4:20pm
	Bounce and Beat Rec—Y2 3:20-4:20pm	Ukelele Club Yr 1 and 2 3.20-4pm		



Upcoming dates:

Any new dates will be added in red

Tuesday 11/02/2025	Safer Internet Day Children will be learning about Safer Internet Day within school
Tuesday 11/02/2025	Parents' evening booking system opens You are able to book your parents' evening slot from 7pm today, using the information sent out today (7th February) on Dojo. If you have any difficulties, please contact the school office who will be happy to help. To book, click here.
Wednesday 12/02/2025	Early Help / Family Support drop in Drop in to see Mrs Maguire about Early Help or family support between 9am and 10:30am No appointment needed.
Wednesday 12/02/2025	Passport to world views afternoon Children will be learning about the festival of Losar
Friday 14/02/2025	Wear what you love day Wear clothes of your choice on this day. See the PTA Dojo post for more information
Tuesday 4/03/2025	Shrove Tuesday Year two children will be making and eating pancakes in school as part of Shrove Tuesday.
Thursday 6/03/2025	World Book Day Children are invited to come to school dressed as their favourite book character. Competition for those who would like to take part—As we love reading at Dunchurch Infants we have decided to run a 'potato' competition to showcase our favourite books. Children are invited to think about how their favourite book or character could be represented as a potato, for example, by decorating as a character or providing clues about a story. If your child would like to take part in the competition, please send the potatoes into school on book day.
Tuesday 11/03/2025	Science week Children will take part in an afternoon of science, linked to science week.
Tuesday 11/03/2025	Parents' Evening You are invited to come into school for a 10 minute slot to talk about your child's progress so far this academic year. Please book your slot via the information received from the school office from 7pm on Tuesday 12th February. Appointments are available from 3:30 pm—6:30pm.
Wednesday 12/03/2025	Parents' Evening You are invited to come into school for a 10 minute slot to talk about your child's progress so far this academic year. Please book your slot via the information received from the school office from 7pm on Tuesday 12th February. Appointments are available from 3:30 pm—6:30pm.
Friday 14/03/2025	Break the rules day Pay 50p per rule broken from the list—see the PTA Dojo post for more information.
Monday 17/03/2025	City of Birmingham Symphony Orchestra (CBSO) school trip More information will be communicated neared the date. Years Reception/Year 1/ Year 2.

Friday 21/03/2025	Red Nose Day Children are invited to come into school wearing non—uniform, including something red if they have it, for a voluntary donation. Children are also invited to bring their favourite joke into school to share with their class.
Wednesday 2/04/2025	Passport to world views afternoon Holi
Tuesday 10/04/2025	World Art Day We will be combining world art day and recycling day together. The children will be creating a collaborative piece of art work. We would be grateful for any donations of bottle tops between now and the 10th of April.
Thursday 10/04/2025	Easter Egg Hunt Wear non-uniform and carry out an Easter egg hunt after school. More details to follow.

Week two

Warwickshire, Coventry: 2/9, 23/9, 14/10, 4/11, 25/11, 16/12, 20/1/25, 10/2, 10/3, 31/3
Oxfordshire: 2/9, 23/9, 14/10, 4/11, 25/11, 16/12, 20/1/25, 10/2, 10/3, 31/3

Monday	Tuesday	Wednesday	Thursday	Friday
Choose a main meal... British Pork Sausages with Diced Potatoes (G.SU.SB) Vegetarian Only (vg) Vegetarian Sausage with Diced Potatoes	Choose a main meal... (h) British Beef Bolognese with Garlic Bread (G/ cheese D) Vegetarian Only (h)(v) Cheese and Tomato Pasta (G.D)	Choose a main meal... WEDNESDAY ROAST British Roast Chicken Fillet; and Gravy (G) Vegetarian Only (vg) Quorn Roast in Gravy (G) Crispy Roast Potatoes	Choose a main meal... (h) Italian Chicken Pasta (chicken and pasta in a tomato sauce) with Freshly Baked Wholegrain Baguette (G) Vegetarian Only (v)(h) Veggie Fingers, Pasta Bake with Freshly Baked Wholegrain Baguette (G)	Choose a main meal... FISHY FRIDAY (msc) Salmon Fish Cake with Chipped Potatoes (G.F) Vegetarian Only (h)(vg) Quorn Dippers, Chipped Potatoes (G)
On the side... Fresh Salad Bar Vegetables of the Day For dessert... (vg)(h) Flapjack (G) Fresh Fruit	On the side... Fresh Salad Bar Vegetables of the Day For dessert... (v) Cheese Crackers and Apple Wedge (G.D) or Fresh Fruit	On the side... Fresh Salad Bar Vegetables of the Day For dessert... (v) Ice Cream (D) Fresh Fruit	On the side... Fresh Salad Bar Vegetables of the Day For dessert... (v)(h) Up Beet Chocolate Cake (G.E.) or Fresh Fruit	On the side... Fresh Salad Bar Peas or Baked Beans For dessert... (v)(h) Ginger Cookie (G) or Fresh Fruit

Here is the link to the Jan/March (half-term) digital version of Allsorts magazine

https://bit.ly/ALLSORTS_JANMARCH

There are lots of attractions to visit, services and articles to help your family. You can view this issue at www.allsortsmag.com.

onside
COACHING.CO.UK

HOLIDAY CAMPS

FEBRUARY HALF TERM

Monday 17th to Friday 21st February

Football & Active Kids Courses!

Fun, active, and flexible childcare for ages 5 -11

ONLY **£20** per day

Rugby Lawrence Sheriff School, CV21 3AE
8.30 - 9am drop off, 3.30 - 4pm collection

Book now at onsidecoaching.co.uk **EAST WARWICKSHIRE**

BOOK OF THE WEEK

Title: A Little Bit of Winter

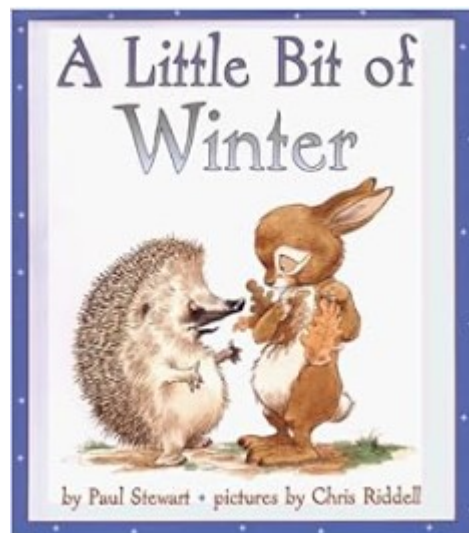
Author: Paul Stewart

Recommended by: Miss Shrimpton

We LOVE this book in Reception, it's one of my favourites too! It has been the inspiration behind lots of our recent ice experiments which the children have loved.

In this story Hedgehog is desperate to know what Winter feels like, so his friend Rabbit, saves him some for when he wakes up after he has hibernated. When Hedgehog wakes up, he looks at the snowball that Rabbit has saved for him. It looks like Winter, it smells like Winter, he holds it in his paws, "ouch!" Hedgehog cries, "it bit me!". Rabbit tells his friend, "that, is what Winter feels like".

How would you describe Winter? I think I'd agree with Hedgehog - it's freezing!



TERM DATES 2025

Spring Term

Half Term: Monday 17th Feb to
Friday 21st Feb

**Teacher Training Day Monday 24th
February**

Term Starts Tuesday 25th Feb

Term Ends Thursday 10th April

Teacher Training Day Friday 11th April

Summer Term

Term Starts Monday 28th April

Spring Bank Holiday: 5th May

Bank Holiday: 26th May

Half Term: Monday 26th May to

Friday 30th May

End of Term Friday 18th July

**Disaggregated Teacher Training Day
Monday 21st July**

CHRISTIAN VALUE THIS HALF TERM



LEARNING BEHAVIOUR THIS HALF TERM

Tough tortoise



COLLECTIVE WORSHIP

In collective worship this week, we have focussed on children's mental health week. We have explored the Zones of Regulation, and the emotions associated with each zone. Each day we read a children's story that focussed on a different zone, and learnt strategies for how to get ourselves back into the green zone.

The ZONES of Regulation®

BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay Focused Ready to Learn	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	RED ZONE Mad/Angry Terrified Yelling/Hitting Elated Out of Control



Kindness

Kindness means being friendly, generous, and considerate to others. It's all about showing care and respect through our actions and our words.

Random Acts of Kindness Day is celebrated each year on **February 17th**, however you can practice random acts of kindness all year round!

Ideas for random acts of kindness

Here are some easy ideas to spread kindness:

- Give compliments – A genuine compliment can make someone's day brighter.
- Hold the door open for someone.
- Share a smile – Smiling at people can help to boost their mood.
- Send a thank you note – Write a note of appreciation to someone who has helped you.
- Be a good listener – Sometimes, all someone needs is someone to talk to.
- Help your teacher – Offer to hand out something to the class or do something to help them.
- Ask someone how their day is going – Asking someone about their day can make them feel cared for and happier.
- Pick up a piece of litter.
- Offer to help someone at home.

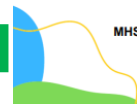
Why is being kind important?

Kindness is contagious! When you show kindness, it inspires others to do the same.

When you are kind to someone, it can help them to feel happy, it can brighten their day and boost their mood.

Kindness can help to make schools, homes and communities more welcoming and friendly. When people are kind, everyone feels more comfortable which can lead to better relationships and friendships.

In Coventry and Warwickshire, for any urgent mental health concerns, contact the **RISE Crisis Helpline** available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.



MHST are available to support you and your school throughout the school year including term time and school holidays.

Please contact your school's Mental Health Lead for information and advice.



E-SAFETY TIP OF THE WEEK :



Should children have mobile phones? The Children's Society explore this important question in their recent blog titled "Should children have mobile phones?" The article discusses concerns such as excessive screentime being linked with mental health issues as well as the benefits of a child friendly phone rather than a smart phone.

You can read the full article here: <https://www.childrensociety.org.uk/what-we-do/blogs/should-children-have-mobile-phones>



Click on [Family Information Service](#) for a wide range of information to support families, or to request support.
www.warwickshire.gov.uk/children-families



Connect for Health

Find lots of useful links click [here](#).



Warwickshire Local Authority SEND newsletter can be found here. [Click link](#)

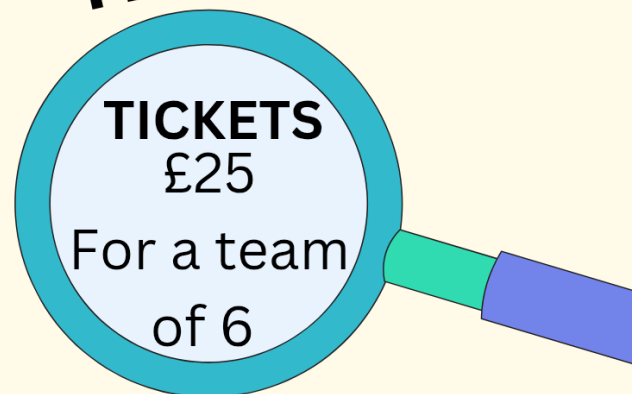
Dunchurch Festival Group presents

QUIZ

NIGHT



**DO YOU
HAVE WHAT
IT TAKES?**



FRIDAY 28TH MARCH

Arrive at 7pm for 7.30pm start

Dunchurch Village Hall

To book contact

juliepeters91@hotmail.co.uk

Bar available for all drinks. Bring your own
snacks