

Hawkinge Primary School

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Dear Parents,

Yesterday was a very exciting day in school, we had some special visitors - Captain Wonder Web and Lieutenant Fishing Net!

They have been teaching the children all about the good habits which can keep our minds and bodies healthy, like being active, balanced eating, healthy sleeping, using less tech and speaking about our feelings. The children seemed to really enjoy this fun NHS event and it fits in really well with our 5-Ways to Wellbeing approach in school.

We felt really proud of the answers our pupils gave to questions about what mental health is, how it is linked to our physical health and the positive choices we can make for ourselves. They came up with some brilliant ideas about how they can manage their worries and all the things they can do to set themselves up to feel good and participate fully in life. The performers commented how knowledgeable & well-behaved our children were which is always lovely to hear!

Each class was given some bee and butterfly flower seeds to grow and care for, so we will plant those next term as part of our Farm-to-Fork project in school. They were also given a poster to remind them of the steps so we can build on what they have learned today when we celebrate Children's Mental Health Week; also happening in Term 4.

I am hoping you have received your invitations to the Landing Pad Assemblies this week. As a reminder the assemblies start at 2:15pm (car park gates open from 2:10pm – 2:20pm) and we ask that you leave when the bell rings at 2:45pm to ensure the class teachers have time to make sure the children can leave safely, on time at 3:00pm. Dates for the assemblies are listed below in case you have mislaid your invitation. We look forward to seeing you next week.

Tuesday 6th February – Year 3 and 4

Wednesday 7th February – Year 5 and 6

Thursday 8th February – Year 1 and 2

Friday 9th February – Reception

Don't forget we have a 'Teacher Training Day' on **Monday 19th February 2024**.

Have a good weekend