



Healthy Schools  
Dear Parents,

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A happy school committed to excellence  
SEAMER & IRTON CP SCHOOL ~ DENISON AVENUE~ SEAMER ~ SCARBOROUGH  
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7 February 2020

The children and staff stepped out bravely today to take on the Friday mile and brightened up the day with their yellow clothing.

This was to support Children's Mental Health Week. To coincide with children's mental health week, we would like to share some top tips with you regarding ways that sharing books can support you in discussing your child's worries. Research carried out on 50000 children by the National Literacy Trust found that children who are the most engaged with reading and writing are much happier with their lives than children who are the least engaged. The following link contains a list of books for primary age children on the theme of happiness and well-being.

<http://www.wordsforlife.org.uk/sites/default/files/images/wellbeing-2018/wellbeing-booklist.pdf>



## READING AND WELLBEING

If your child is facing a particular problem, reading a book that covers the subject could help. It can help them make sense of what they are going through, and feel that they are not alone. Your local library is free and a good place to search for books that cover a wide range of issues that your child can relate to.

- Audio books are a great way to enjoy stories and still gain all the benefits associated.
- Picture books can be a great way of talking about difficult topics with children. They can even work well for older kids.
- Getting lost in a good book is a great way for a child to forget about stress and worry. It's also a great way for a child to develop empathy skills and understand other points of view.
- Reading a funny book will make your child laugh and feel happier. Reading books together is a great way to share a positive experience with your child.
- Reading before bedtime is a great way of switching off from the day. A relaxing read before bedtime will help your child prepare for a good night's sleep and wake up refreshed.

**LIBRARY NEWS** Scarborough Library are hosting a range of events that your children might enjoy during half-term week. These include Minecraft, Xbox, photo editing and board game activities. Contact the Library for details. Tel. 01609 536602



**PARENTS' EVENING** I hope that you have been able to see your child's teacher this week and to enjoy the wonderful gallery of artwork in the school hall.

There is still an opportunity to make an appointment for Wednesday 12 February (3:50-6:20pm). Please contact the school office to do so.

**PUNCTUALITY AND ATTENDANCE** The school day begins at 8.55am and we ask that pupils arrive promptly between 8.40am and 8.50am whereupon they will be in the care of the school until 3.20pm (EYFS/KS1) or 3.30pm (KS2). Dental and medical appointments should be made out of school hours if possible and prior notice should be given. It is important that pupils miss as little school as possible and we will contact you if we are concerned about your child's attendance and punctuality. The school's target is a minimum of 95% attendance.

**CORONAVIRUS: PUBLIC INFORMATION** The DfE have issued the following advice for parents: "You should not be unduly worried about the possibility of your children catching Coronavirus. There is no reason why your children should not continue to attend school as normal". The general advice given to slow the spread of almost any germs, including Coronavirus is:-

- Always carry tissues with you and use them to catch your cough or sneeze.
- Bin the tissue, and to kill the germs, wash your hands with soap and water, or use a sanitiser gel. Find out more at [gov.uk/coronavirus](http://gov.uk/coronavirus)

**STONE AGE DAY** Our Y3 pupils have been learning all about the Stone Age period. This has included a visit from Hidden Horizons and Dr. Piper, a professor of archaeology from York University.



**SPORTS NEWS** Our sports hall athletics team were magnificent last week and we are eagerly awaiting the final results to be published. Well done Frazer and Reuben who took part in the Chess competition last week. Reuben took home the bronze medal.

**VACANCY** We have a vacancy for a cleaning assistant. The post is for 15 hours 4pm to 7pm daily. This is an established post and is term time only (38 weeks) Salary Band B £9.18/hour. Please ask at the school office for an application pack.

Yours sincerely

Jonathan Wanless ~ Headteacher

