



SUBJECT OF THE WEEK - PSHE



'Know yourself, Grow Yourself' was the theme for this year's Children's Mental Health Week. Throughout the school we have been exploring different parts of our mental wellbeing which then finished with a whole school assembly. In **Nursery**, children have been thinking about different emotions, naming the emotions and the facial expressions that match them. In addition, they made some fantastic calming bracelets. In Key Stage Two, these conversations continued with many classes discussing the 'Zones of Regulation', our emotions and actions and how we can keep our selves mentally healthy. Based on the Disney movie "Inside Out" – **Year 5** thought about their 'Islands of personality' and published their work beautifully in their books. As well as creating 'Happiness Jars' and positive affirmation posters. **Year 6** used the book "The boy, the mole, the fox and the horse" to create their own positive affirmations. We think they have all done a fantastic job.

SAFER INTERNET DAY – TUESDAY 11TH FEBRUARY

During Safer Internet Day the children will be taking part in a range of activities to further support their understanding of online safety. Resources will be available next week on Google Classroom to support discussions at home. Our IT support 'Eduthing' are providing parents and carers with an online 'Screen Safe' session **7:00pm – 8:00pm on Tuesday 11th February**. More information can be found on the **attached flyer**.



We are thrilled to announce that Miss Herbert will be getting married during the February half term! Let's all extend our warmest wishes for her special day while noting that she will continue to use her maiden name for the rest of this academic year. Congratulations, Miss Herbert!

SEND COFFEE MORNING



All Ewell Grove parents/carers are invited to attend a presentation led by SEND advisors from the Surrey L-SPA for families of children with additional needs, who **do not have an EHCP**. There will be a presentation about the 'graduated response' and what support looks like at Ewell Grove for children with additional needs. Refreshments will be provided and there will be an opportunity to ask questions. This presentation will be held on **Friday 14th March from 9:00am to 10:30am**.

FOEG – THANK YOU

We would like to say a huge 'Thank you' to the FOEG for fundraising the new iPads that arrived this week. Every class now has a new iPad to help support children with their learning!

SEN PARENT GROUP

The next Parent SEN Group Coffee Morning will be held at the Bourne Hall Café in Ewell Village on **Tuesday 11th February from 9:00am onwards**. All welcome!

PARENTS' EVENING MEETINGS

Ahead of the Parents' Evenings next week, your child's targets will be available to view on Google Classroom from today at **4:00pm**.

PLACE2BE – IMPROVED CHILDREN'S MENTAL HEALTH

We all need some help and support at times. Place2be is a charity which provides information and support for parents. On their [website](#) there is a collection of 54 topics ranging from "My child has friendship issues" to "co-parenting after a separation or divorce" and "My child has meltdowns". The videos and advice sheets are only a few minutes long and are very accessible.



HOW SAFE IS WHATSAPP FOR CHILDREN?

WhatsApp is one of the most popular instant messaging apps, used by over 2 billion people in 180 countries. It allows you to send and receive messages, as well as make voice and video calls. You can connect with people individually or join group chats where lots of people can contribute. All you need to set up a WhatsApp account is a phone number. However, children and young people can easily subvert the restrictions placed on its access. Although rated at 13+, all that is required is a phone number. All it takes is one child in a class to be on WhatsApp, and all the others will wish to join. This can lead to increased vulnerabilities for child users. The [NSPCC](#) has released its own analysis about the risks and some tips on how to keep your child safe on WhatsApp.

FOR YOUR INFORMATION

Bourne Hall Museum – Cave Painting – **Attached**

[Epsom & Ewell Foodbank Wishlist](#)

FRIENDS OF EWELL GROVE EVENTS

Friday 7 th February	Quiz Night 7:30pm
Friday 14 th February	Years 4 & 5 Treat Sale Playground – 3:15pm