CROSSACRES NEWSLETTER



13th May 2022

JUBILEE DAY CELEBRATIONS

On **Thursday 26th May** (our last day) to celebrate the Queens Platinum Jubilee we will be holding a Picnic Jubilee Lunch outside on the field, we will also be having a disco and an afternoon of parties! More details will follow next week. If you would like to order your child a Jubilee Lunch, please come to the school office before **Monday 23rd May**. If your child normally has a school lunch, a Jubilee Lunch will be automatically ordered. The lunch will consist of a cheese, tuna or ham sandwich, a choice of sausage roll, pizza slice or party sausages with chocolate shortbread biscuits for dessert.



SATS

A big well done to our Year 6's this week for their magnificent efforts throughout their SATs week. They showed real dedication, determination and resilience. They have enjoyed a trip to Tatton Park today for a nice relaxing end to what has been a very intense week. Well done Year 6!



YEAR 1 SINGAROUND TRIP

This week, Year 1 went to the Royal Exchange Theatre in Manchester. They had a wonderful time singing the songs they had learnt in school and some of our lucky superstars were able to go up on stage to show off their performing skills!! It was a very entertaining morning, all the children were well behaved and everyone joined in!



MENTAL HEALTH AWARENESS WEEK

This week is Mental Health Awareness Week. The theme is Loneliness. Loneliness can affect anyone at any age. We can feel lonely when we do not have the meaningful relationships we need around us. Sometimes it can be because we don't have many friends to talk to or it might be that we don't feel understood or we find it hard to open up about something. It's something we can all experience from time to time, throughout our lives, and will be different for everyone. If you would like more advice on how to support your child with feelings of loneliness and their general mental health go to:

https://www.youngminds.org.uk/parent/how-to-talk-to-your-child-about-mental-health

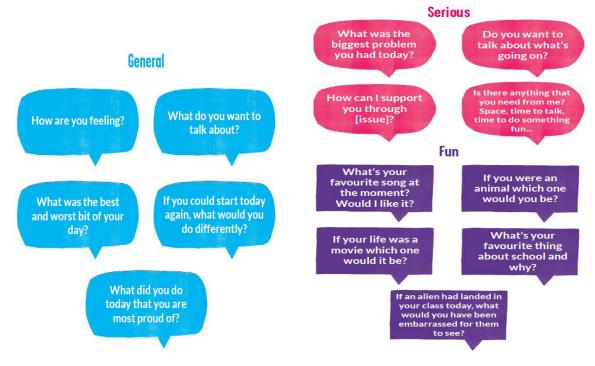


Talking to your child about how they are feeling

Talking to your child about how they're feeling can be hard. You might feel like you don't know where to start or when a 'good time' to talk is.

By taking 20 minutes to do an activity you both enjoy, such as playing football, dancing, or making something together, or even driving in the car, you can create a relaxed space for getting the conversation started.

Here's some conversation ideas to start things off and advice for making talking easier...



You're the leading expert when it comes to your child. You can tell when they aren't in the mood to talk, or when they aren't responding to your attempts.

Reassure them that if they don't want to talk now, they can talk to you at any time. You can also follow up conversations with encouragers:

