

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>



**Mental Health
Awareness Week**

9 - 15 May 2022



Together we can
tackle loneliness

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...

General

How are you feeling?

What do you want to talk about?

What was the best and worst bit of your day?

If you could start today again, what would you do differently?

What did you do today that you are most proud of?

Serious

What was the biggest problem you had today?

Do you want to talk about what's going on?

How can I support you through [issue]?

Is there anything that you need from me? Space, time to talk, time to do something fun...

Fun

What's your favourite song at the moment? Would I like it?

If you were an animal which one would you be?

If your life was a movie which one would it be?

What's your favourite thing about school and why?

If an alien had landed in your class today, what would you have been embarrassed for them to see?

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:

Encouragers

I love you, nothing can ever change that

You can talk to me, I'm here for you

If you need to talk to someone else, that's okay too

If you talk to me about what is worrying you, I can do my best to help

Even if I don't understand, know that I want to

We're going to get through this together

If you are concerned about anything that has come up in a conversation, try your best to tell them how you see things, and be clear about any actions you are going to take. Try to provide comfort and reassurance.



If you need help or support, please contact our parents helpline