

Present:

Y1 Mila & Mason **Y2** Torben & Tehani **Y4Edg** Olivia & Kristopher
Y4Ess Daisy **Y5** Elmo & Evie **Y6** Ethan & Sasha
Miss Essery

Absent:

Y3 Amelie & Luca **Y4** Kiah



Happy New Year!

We met today to discuss Children's Mental Health Week. During the week of 5 – 9 February, we will be promoting Children's Mental Health and we will be delivering an assembly on Monday 5th February.

We discussed what keeps us healthy and came up with eating fruit and vegetables, drinking water and regular exercise. We then talked about how we could keep our minds healthy. We think that mindfulness, meditating, learning, thinking through and talking about our problems and worries can help us to beat stress and keep our minds healthy.

This children's Mental Health Week, we're encouraging YOU to celebrate YOUR uniqueness. It's all about #BeingOurselves!

When we have a positive view of ourselves it can help us to cope with life's challenges, and recognising the different qualities of others and allow us to connect with those around us – which is vital for our own and others wellbeing.

In our assembly, we will be encouraging you to consider the following:

- To understand that there are ways in which we are similar, and ways we are all different. We all have our own unique strengths, skills and qualities that make us special.**
- To recognise the importance of celebrating the differences and similarities in ourselves and others, whether it's our friends, family, people in school, or people in our communities.**
- To explore what 'Being Ourselves' means, and identify things we can do to enjoy and make the most of our similarities and differences and be connected with those around us.**

In the meantime, you might like to think about what makes you special and different.

Please choose your class lunches as soon as possible and let Miss Essery know if you have not already done so. You might like to have a vote...then you will be using the British Values of individual liberty and democracy!

Next Meeting: Wednesday 17th January with HTSA

Any Other Business:

- *School Council to make posters to advertise each year group's chosen lunch.*