

Children's Mental Health Week takes place from February 3-9 each year and is organized by the children's mental health charity, Place2Be. The purpose of the week is to encourage young people to talk about their mental health and feel empowered in doing so. You can find out more on their website.



<https://www.childrensmentalhealthweek.org.uk/families/>



Tom Brassington & Jo Brassington

A picture book to help children share their feelings

We are very lucky as to start the week we have author Tom Brassington coming into school to share his book and work with children to encourage conversations about feelings and sharing them rather than bottling them up.

There are lots of ways as parents and carers you can help support your child to good mental health even from a young age, which you can find online, or even better come to the workshop in school on Thursday at 9am.

<https://www.nhs.uk/every-mind-matters/supporting-others/childrens-mental-health/>

Ways to support a child or young person



Be there to listen

Regularly ask your child how they're doing, to help them get used to talking about their feelings, and know there's always someone there to listen. You can get tips on [Young Minds: How to talk to your child about mental health](#).



Support them through difficulties

Pay attention to how your child is feeling or behaving and try to help them work through difficulties. It may not be easy facing challenging behaviour, but try to help them understand what they're feeling and why. Learn more from [the Maudsley Charity on difficult behaviour](#).



Stay involved in their life

Show interest in their life and what's important to them. It not only helps them value who they are but also makes it easier for you to spot problems and support them.



Encourage their interests

Support and encourage your child to explore their interests. Being active or creative, learning new things and being a part of a team helps connect us and boost our mental wellbeing.



Take what they say seriously

Listening to and valuing what they say makes them feel valued. Consider how to help them work through their emotions in constructive ways. [Anna Freud Centre's guide on ways to support children and young people](#) has more on this.



Build positive routines

Try to have structure around regular routines, especially around healthy eating and exercise. A good night's sleep is also important, so have a fixed time for going to bed and getting up. The [Sleep Charity has relaxation sleep tips for children](#).

Have a lovely weekend!

Mrs Bills



Holiday Information

The last day of this half term is
Friday 14th February
 and school will re-open on
Monday 24th February

Easter Holiday's start on
Saturday 12th April
 and school will re-open on
Monday 28th April

PE

Apart from Nursery pupils, **all pupils** should bring in their PE kits ready for PE on these days:

Mondays	Year 3, 5 & 6
Tuesdays	Year 2 & 5
Wednesdays	Year 1 & 6
Thursdays	Reception & Year 4
Fridays	Year 3 (3R Swimming) Year 2 & 4 Nursery

Friday 7th February



The NSPCC's number day is where we try and raise a bit of money for a good cause as well as highlighting the importance of maths.



We would love everyone to come in dressed with a maths' theme—You could come wearing a number— a football kit with a number on the back or something far more creative! Don't spend any money on your outfit see what you have in your wardrobe and get creative!

In past years we had some amazing costumes... and not just from the children!

Have you any wool?



Some times when you knit or crochet you are left with an odd ball of wool!

If you can't find a use for it please send it in — any colour at all. Mrs Ahmed and Mrs Phull would love to be able to use it in weaving club.

Many thanks





BEST Assembly.

BEST assembly is a fantastic way to end the week as we hear from staff and students the lovely reasons they have awarded certificates to those in their class. It is great to be able to share this with all the parents and carers who came along to see their child collect an award.



A huge well done to all our award winners this week. Keep showing your Holbrook BEST.

This week our certificates were awarded to:-

- | | | | |
|---------|---------|---------|--------|
| Ali | Haaris | Maiza | Reanna |
| Ali | Laura | Mariam | Ryan |
| Daniel | Laytoya | Maryam | Sofia |
| Deshawn | Maele | Praneet | Sophie |
| Esra | | | Zahra |

February Half Term Activities

Monday 17th to Friday 21st February 2025

Monday 17th February World Book Fancy Dress	Popcraft Comics, Flag Football, Indoor Bowling, Football, Splash*
Tuesday 18th February Pancake Day	Fun With Foods, Nerf Blast, Danish Longball, Invasion Games, Soft Play
Wednesday 19th February Around the World Wednesday	Kabaddi, Treasure Hunt, Bocce, Aboriginal Dot Painting, Splash*
Thursday 20th February Click Wise Day	Balloon Volleyball, Safety Posters, Skateboarding, Dodgeball, Soft Play
Friday 21st February New Sports Friday	Pool Noodle Jousting, Athletics, Kick Rounders, Scooter Hockey, Splash*

Child Age	5 - 11 years
Camp Time	9:00am - 4:00pm
Wraparound Times	8:00am - 9:00am 4:00pm - 5:00pm
Prices:	
Single Camp	£17 per day
Full Camp Week	£75 a week
Single Wraparound	£3.50 per session, per day
Full Wraparound Price	£24 a week
Full Week Camp and Wraparound	£100 a week

Book now via
eequ.org/cvlife

Online payments are preferred, however cash payments are still available over the reception desk



For Enquires: community@cvlife.co.uk

TO BE ANNOUNCED: Mascot and special visits!

Please visit www.cvlife.co.uk/childrens-activities/ for more information.

NEW! Wraparound Times

Extend your child's camp session with an extra 'am' or/and 'pm' time slot, to suit your needs. Limited spaces available.

Terms and Conditions:

- All bookings are final.
- Prior to a session being cancelled, we will give 48 hours notice. If a refund is required, only credit notes will be given.
- Any late arrivals past 10am will unfortunately be turned away due to ratio purposes and staffing.
- All children must bring in a water bottle, a packed lunch, a jacket/coat.
- We have a NO NUT policy on camps for children who have allergies.
- All children who would like to swim need to bring a swim kit EVERYDAY.



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**HOLIDAY
CAMPS**

FEBRUARY HALFTERM

Monday 17th to Friday 21st February

Active
Kids
Course!



**Fun, active, and flexible
childcare for ages 5 -11**

ONLY
£17 per
day

Coventry **Walsgrave CofE Academy, CV2 2GU**

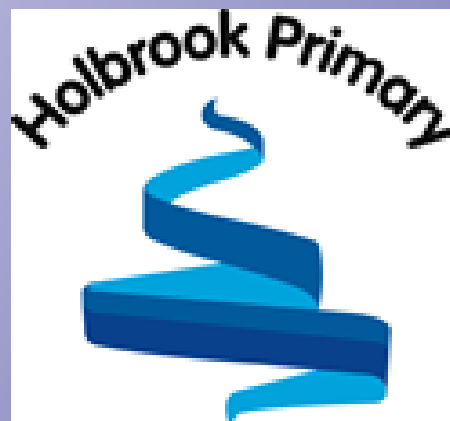
9am - 4pm Early Drop off 8 - 9am, Late Pick up 4 - 5pm +£3

Book now at **onsidecoaching.co.uk**

COVENTRY

NURSERY ADMISSIONS OPEN for September 2025

Rated "Good" by Ofsted 2020
Our School, Our Community, Our Future
Working together to be the BEST



If you would like a Nursery place for September please call or email us to get an application form today....



www.holbrookprimary.com

Holbrook Primary School, Gateside Road, Coventry CV6 6FR

admin@holbrook.coventry.sch.uk

Tel: 02476688947

Thursday 6th February 2025

9:00-10:00

Studio at Holbrook School

Parent and Carers Workshop

Understanding Anxiety and Low
Mood in Children

