



# Alfriston School



Fair, friendly, fulfilling and fun!

Newsletter - 15th January 2025

## Know Yourself, Grow Yourself

This year's Children's Mental Health Week, being held in the week commencing 3rd February, is on the theme 'Know Yourself, Grow Yourself'. During the week children will mark this in school to help everyone explore their different emotions and grow themselves. Our PSHE curriculum, 'Let's Talk' also teaches our children about mental health.



**The more we can understand about ourselves, the more prepared we are to express our emotions and take on life's ups and downs.**



Being self-aware means getting to know and understand what we are good at, what we find difficult, our likes and dislikes, what makes us feel JOY and what may cause us SADNESS.

It is also about understanding what makes us unique and our fears, hopes and dreams. As we build a sense of self, we grow in our ability to connect with others, as well as develop our skills and talents.

It is with this basis we can form strong and healthy relationships, from early childhood right through to adulthood and are equipped to cope with the challenges that life brings our way.

## Building Bright Futures – Why Attendance Matters

At our school, we're passionate about giving every child the best possible start in life. A key part of that is ensuring that they are here, ready to learn, every day. Attending school regularly helps your child develop not only academically but also socially and emotionally. It's where they form friendships, build confidence, and discover their love of learning - **all important for our children's mental health!**

We understand that life can be unpredictable - illness, family events, or unexpected challenges can arise. However, missing even just a few days here and there can add up and create gaps in your child's learning. We want to work together to ensure your child doesn't miss out on these valuable experiences.

In our next newsletter, we'll take a closer look at how good attendance can positively affect your child's future opportunities.

**Let's work together to build those bright futures!**

## staff news

We are excited to announce that Miss Foster is expecting her first baby in May. We will be working with her over the coming months ensure a smooth transition for the children when she goes on maternity leave.

Mrs Townsend is retiring in April after more than 20 years at the school. We will really miss her but am sure you will agree this is well deserved!

We will of course keep you updated over the coming months.

## Eco Warriors



Due to the fantastic work of the Eco-Warriors we have made the decision to work towards the Eco-Schools 'Green Flag' accreditation.

The Eco-Warriors are currently busy carrying out an Environmental Review which will help them draw up an action plan.

## Maintenance Crew

A number of Year 3 & 4 children recently applied to become part of our maintenance crew to be in charge of maintaining our school grounds and keeping everything looking spick and span! With such enthusiastic, wonderful applications the school is in great hands!



**We're so PROUD of every one of our PUPIL LEADERS and the roles and responsibilities that they all are willing to take on!**

We have managed to arrange an extremely useful workshop for parents/carers on the use of mobile phones by children, please see the flier below for more information.

Prior to the parent/carer workshop on 5th February, we have asked for Andrew Wright from Action Your Potential, to also hold age-appropriate sessions about the use of mobile phones for our children in Years 3 - 6.

**We Need To Talk To Our Children About Mobile Phones**

In-Person workshop at Alfriston School

In this webinar Andrew from AYP will look at the damage excessive screen use can do to the mental health of our children and young people. This is not some anti-tech rant, more a nuanced journey through the evidence so parents, carers, teachers and students can make informed decisions about managing screen and mobile phone use.

Wednesday 5th February 2-3pm [Sign up here](#)

AYP Action Your Potential

#NeuroNinja app

Apple Google

AYP website AYP Spike podcast

### Dates for the Diary 2024 - 2025

Any new or amended dates will be shown in bold

23rd January	Open classrooms (after school)
3rd - 7th February	Children's Mental Health Week (Know Yourself, Grow Yourself)
11th February	Safer Internet Day
14th February	FoAS non-uniform day
14th February	Last day of Term 3
17th - 21st February	February holiday
24th February	Children return to school - start of term 4
6th March	World Book Day
10th - 14th March	Science Week
12th March	Mid-Year Reports & Parent consultations (15:45 to 18:15) Face to Face (including APDR meetings where relevant)
13th March	Open classrooms (after school)
18th March	Mid-Year Reports & Parent consultations (15:45 to 18:15) Telephone (including APDR meetings where relevant)
20th March	Mid-Year Reports & Parent consultations (15:45 to 18:15) Face to Face (including APDR meetings where relevant)
31st March	Year 6 SATs parent meeting (after school)
3rd April	FoAS non-uniform day
4th April	Easter Service, led by Sapphire Class (2 - 3pm)
4th April	Last day of term 4
7 - 17th April	Spring holiday
22nd April	Children return to school - start of term 5