

Principal's Newsletter 14th February 2025

Dear Parents and Carers,

Mental Health Week

Thankyou to our Citizenship Team of children who spread important messages in school and engaged in activities promoting self-awareness, emotional well-being and positivity. Please see our celebrated certification.

French Day – Monday 24th February 2025

When we return after half term, we will be having a French Fun Day! We will be learning lots about the French language and the culture in France. There will be a French themed lunch and snacks will be provided in the day.



We would love your child to come dressed in red, white or blue to mark the colours of France's National Flag.

Please see attached activities that you and your child/ren can carry out over the half term.

14 Ways to Be Kind

Showing kindness online can mean so much to someone else. It is a choice we can all make that helps others, puts people's needs before our own and which can generate feelings of empathy and compassion.

Mrs Seabright shared the attached with children this week in assembly and would like parents/carers to use the attached guide to support with a few simple 'acts of kindness online' that can benefit children's mental health, support their well-being and encourage a more positive approach to engaging online.



Let's get reading - BOOM Reader

"If you are going to get anywhere in life you have to read a lot of books." - Roald Dahl




Well done to all the children and families who have logged onto Boom reader. We are pleased to announce the most home reading logs recorded on Boom reader this week.

Position	Name	Reads at home
First Place	Alyssa Islam Class 1	16 parent reads
Second Place	Nimra Madassar Class 6	14 parent reads
Third Place	Hamza Hussain Muhammed Class 2	9 parent reads



Spelling Shed Winners

Top Spelling Shed Pupils

#	Avatar	Pupil	Groups	Score
1.		Raja AHMED	Class 11 24/25, Year 6 - Group 1b Miss Nolan	100,465,870
2.		Owais NADEEM	Class 11 24/25, Year 6 - Group 1b Miss Nolan	34,133,681
3.		Fareeha Jamil	Class 1 24/25, Group 3	30,281,824



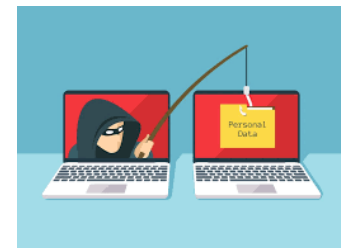
TT Rockstars – CELEBRATIONS!

The most accurate Class	Class 10
The most active Class	Class 4
The most improved speed	Anum Majeed Class 7
The most active player	Owais Nadeem Class 11

Word Aware

This week's word is 'phishing.'

Please encourage your child to use this word when out and about.



Attendance

Well done to the below classes for achieving 95% or above last week.

1, 2, 3, 4, 5, 6, 7, 9, 10, 11 and 12.



Class 9 who received their waffle treat as they had the highest attendance in school – WELL DONE!

REMINDER – We return to school on Monday 24th February.

Wishing everyone a safe and happy half term.



French Day 24th February 2025

Dress in red, white or blue – the colours of France's National Flag.

Try some French foods or even better find a recipe and make it! Send us photos to share in

Could you plan and carry out your own 'Tour de France' cycling competition with your friends and family. Take pictures and send on Class

When we return from half term we will be having a French Day for fun!

In school we will learn lots about the French language and the French culture.

There will be a French themed lunch and snacks in the day as well.

If you have a packed lunch, why not try to bring a baguette sandwich to join in!

Here are some suggestions of activities over the half term to get you excited for

Recreate a piece of Art from a French artist that could go in our very own Alex Park Louvre exhibition

Use a blank outline map of France to plot the locations of French cities towns and

Make a model of the Eiffel Tower from anything you can imagine – there will be a prize for the most creative!

14 WAYS TO BE KIND ONLINE

Showing kindness online can mean so much to someone else. It is a choice we can all make that helps others, puts people's needs before our own and which can generate feelings of empathy and compassion. Small gestures can have a large impact and often one act of kindness can lead to more, making the world a happier and more positive place. That's why we've created this guide to suggest a few simple 'acts of kindness online' that can benefit people's mental health, support their wellbeing and encourage a more positive approach to engaging online.



1. BE POSITIVE

Post about things that make you happy and that you're thankful for. It could brighten up someone else's day.



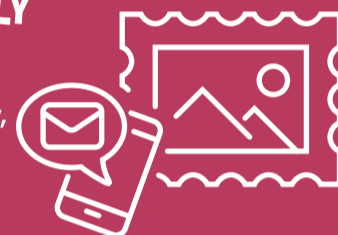
Sometimes a friend or family member might post a question online or ask for help with something they can't do themselves. If you know the answer or are able to offer help, provide support and send a response. Something that may be easy for you might be difficult for someone else.



If somebody you know has done something good or shown kindness themselves, thank them for it. It costs nothing and showing them that you appreciate it means so much.

4. SHARE FUNNY VIDEOS OR IMAGES WITH FRIENDS & FAMILY

We often come across funny videos or images online that make us laugh and then we move on. If you found it funny, your friends and family might too. It could help someone smile who may be having a bad day.



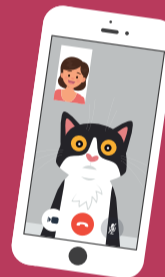
5. LIKE, LOVE & CELEBRATE

If somebody posts something that you like on social media, like it, love it or celebrate it! It's a small gesture but could mean a lot.



6. VIDEO CALL YOUR FRIENDS & FAMILY

It can be easy to be consumed by daily routine. Using apps like Zoom, FaceTime or WhatsApp are great for connecting with others far away and shows you're thinking of them even though you can't physically meet them in person.



7. TELL SOMEONE YOU'RE THINKING OF THEM

We can't always tell how people are feeling online and just dropping somebody a message to ask if they're ok or that you're thinking of them could literally make their day.



8. SHARE POSITIVE POSTS

If you see something online that inspires you, share it with people you know. An inspirational quote, a beautiful photo or a motivational video can lift spirits, improve self-esteem and help make people feel better about themselves.



9. HOST AN ONLINE QUIZ

Video conferencing apps are a great way to get friends and family together. If you know someone who is feeling lonely, host an online quiz and invite them to join in. It could really cheer them up.



10. THINK BEFORE YOU COMMENT

Sometimes thinking before you act can be just as significant as acting in the first place. Showing thought before you comment could stop you posting something hurtful, offensive or negative. It's always better to post positively or post nothing at all.



11. BE COMPASSIONATE & UNDERSTANDING

Being empathetic towards others and their situation is often an act of kindness and selflessness that gets overlooked. If you notice someone who is upset, drop them a message and offer to listen.



12. CONNECT FRIENDS & FAMILY WITH SIMILAR INTERESTS

You may know two people amongst your friends and family who you trust and know well who have similar interests and likes. Introducing them can be a great way for them to make new friends but remember to always ask their permission first.



13. RECOMMEND SOMETHING YOU ENJOY DOING TO OTHERS

If you enjoy doing something online, such as playing a game, or if you've found a great learning resource, share it with others. Even if you've watched a good film, letting others know can be an act of generosity that brings them excitement or pleasure at a time when they might need it the most.



14. PRAISE OTHERS FOR THEIR ACHIEVEMENTS

Sometimes your friends or family might post something online that they're proud to have done. It might be an exam they've passed, learning a new skill or just completing a task. Either way, it's always kind to recognise hard work and effort through praise and celebration.



Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.





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MOVEMENT

This certifies that:

Alexandra Park School

has successfully participated in:

Children's Mental Health Week 2025

engaging in activities promoting self-awareness, emotional well-being, and positivity.

 *Active Bodies,
Healthy Minds.*

