

The Wymering School Newsletter



Dear Families,

Despite January always feeling like the month that never ends we have somehow reached half term very quickly! The number of trips that we've managed to pack into the first six weeks has been phenomenal. Our thanks to Pompey Pedals and the Peter Ashley Activity Centre who have hosted our classes for park cycles and climbing sessions. It's Children's Mental Health Week and in assembly we explored the link between what we do and how we feel - Do Good Feel Good. Physical activity has such an impact on how we feel, the more active we are the better we feel. And speaking of active, Wymering is starting its first after school club, a football club next half term. We have some very skilled staff joining our staff who have worked with Pompey in the Community and can help the our pupils work as a team, play strategically and develop their skills on the pitch.

For those pupils who prefer quieter options to help them relax, the library project is now well underway. Pupils have voted on a colour scheme and furniture to make the library is a calm, relaxing space for reading, relaxing and games.

A visual countdown calendar for the half term is available on the website under the Families tab. Best wishes and we look forward to seeing you for Spring 2.

Sally Rogers, Headteacher

Learning THIS WEEK...

This week pupils have been thinking about what they do to look after their mental wellbeing and the neuroscience behind our emotions. We identified themes around what makes us feel good and we agreed that all these things help us to feel good: Working together, achievements, positive feedback, diet, remembering to drink, caring for our animals, sensory input, reading, art, exercise, time and space, smiling, friendship and acts of kindness. This week's photographs illustrate our children doing some of the things they identified as being good for their mental wellbeing.





Online SAFETY



TWS ONLINE SAFETY FOCUS

We have recently signed up to work with Online Safety UK to support us with keeping our pupils and their families safe online. We have sent out information from them on Safer Internet Day 2024, so please check your emails for this.

At TWS we're looking at how we can best support parents in keeping their children safe online. If you have any ideas or concerns about your child's online safety, please contact Nic Branscombe on fst@thewymeringschool.com



Events & DIARY DATES

DATE & TIME

EVENT TYPE

WED 21ST FEB@
1.30PM

CRAFTY CATCH UP. RELAXED SESSION TO
GET TOGETHER WITH THE FAMILIES OF THE
WYMERING SCHOOL.

TUE 27TH FEB &
TUES 26TH MARCH
FROM 9-11AM

SCHOOL NURSING CLINIC - BOOK IN WITH
THE SCHOOL NURSING TEAM TO DISCUSS
ANY HEALTH ISSUES OR NEEDS YOU HAVE
FOR YOUR CHILD



Children's

MENTAL HEALTH WEEK

5TH - 11TH FEBRUARY

WE ALL KNOW HOW IMPORTANT IT IS TO LOOK AFTER OUR MENTAL HEALTH. THIS
WEEK HAS BEEN CHILDREN'S MENTAL HEALTH WEEK AND WE ARE KEEN TO SHARE
SOME USEFUL WEBSITES WITH YOU TO HELP YOU SUPPORT YOUR OWN AND YOUR
CHILD'S WELLBEING.

CHILDREN'S MENTAL HEALTH WEEK IS A WEBSITE WITH LOTS OF RESOURCES AND
IDEAS AROUND MANAGING WELLBEING FOR CHILDREN

YOUNG MINDS IS A GREAT RESOURCE FOR PARENTS, CARERS AND CHILDREN TO
UNDERSTAND AND SUPPORT A RANGE OF MENTAL HEALTH NEEDS

MIND'S FIVE WAYS TO WELLBEING HAS SOME EASY AND FREE IDEAS TO IMPROVE
YOU WELLBEING A LITTLE EVERY DAY

PORTSMOUTH NEEDS YOUR HELP!

**YOUNG PERSON'S SURVEY FOR 13-25 YEAR-OLDS WHO
HAVE SPECIAL EDUCATIONAL NEEDS AND / OR
DISABILITIES**

**PLAY YOUR PART AND HELP SHAPE SEND SERVICES FOR
YOUNG PEOPLE**

**PORTSMOUTH SEND LOCAL OFFER HAS LAUNCHED THEIR
YOUNG PERSON'S SURVEY FOR 13 - 25 YEARS OLD WHO
HAVE SPECIAL EDUCATIONAL NEEDS AND/OR DISABILITIES.
THE INFORMATION GAINED FROM THE SURVEY WILL BE
USED TO INTRODUCE NEW SERVICES AS WELL AS IMPROVE
EXISTING ONES.**

**PARENTS/CARERS CAN COMPLETE THE SURVEY WITH THEIR
YOUNG PERSON TOO. FOR MORE INFORMATION ON THE
SURVEY, PLEASE VISIT: [SURVEY](#)**



**FAMILY SUPPORT
TEAM**



**FOR ANY MORE INFORMATION OR TO BOOK ON TO THESE
EVENTS, PLEASE CONTACT ELLA ADAMS / NIC BRANSCOMBE ON
FST@THEWYMERINGSCHOOL.COM**

