

Safeguarding: Supporting Your Child's Mental Health

From starting school and maintaining friendship groups to exam pressure, the journey to adulthood can be difficult and your child is likely to experience many situations that they find upsetting, disappointing or that might make them angry, stressed or low. Improving your child's mental resilience can help them to manage their emotions and bounce back from a setback throughout their life. It can also help them to manage a mental health condition. Mental health refers to the ability to function and deal with daily life and everything it presents. When we hear the phrase 'mental health', we often think about mental health problems. We think of symptoms such as low mood and conditions such as depression or anxiety. In fact, everyone has mental health. You and your family will have times when your mental health is good – and times when it is not as good. Just like physical health. Throughout your life there may be times when you'll experience low mood, fear, anxiety or confusion. These feelings are a common part of everyday life and don't always mean you have a mental health problem.

Here are some things you can encourage your children to do which will boost their emotional resilience. This is vital for them as they progress to adulthood, but also during times that can increase stress such as exams, trauma and other adverse experiences



- Exercise: exercise is good for the mind, as well as the body, and can help to release stress and anxiety. Encourage them to try different sports or activities to find something they enjoy or suggest a family walk after dinner.
- Eat and drink well: a healthy, balanced diet with plenty of fruit, vegetables and fibre can help to maintain a steady level of energy and clear thinking. Keeping hydrated is also important in maintaining energy. Write things down: writing things down sometimes can help people to see exactly what they're feeling and give them some control and understanding, especially for those who don't feel comfortable or can't find the words to talk about it.
- Sleep well: a healthy sleep pattern will mean they are well rested and can help to reduce any agitation. If they find getting to sleep difficult, listening to soothing music in bed, meditating or practising relaxation techniques may help.
- Speak to people: it might seem hard at first but encouraging children to open up to friends and family can help them feel better and more understood.

Half Price Book Fair starting NEXT WEEK!!
Thursday 18th May - Tuesday 23rd May
Morning: 8:15am - 8:45am
Afternoon: 3:30-4pm

SCHOLASTIC

COME TO THE Book FAIR

FILL YOUR SCHOOL WITH FREE BOOKS WHEN YOU BUY FROM THE BOOK FAIR*

FIND HUNDREDS OF THE BEST NEW BOOKS FROM JUST £2.99!

LAST YEAR, YOUR SUPPORT HELPED TO DONATE OVER £5.3M IN BOOKS TO SCHOOLS NATIONWIDE

NEW David Walliams **Robdog** Hardcover only £7.99

NEW George Webster **This is ME!** £7.99

NEW Emma Carroll **Animal Wizard** £7.99

NEW Dog Man **Twelve Thousand Miles** Hardcover only £9.99

NEW Alesha Dixon **From Girlies** £7.99

NEW Buzzy **Baby Race** £6.99

NEW Peter Andre **Super Space Kids! Save Planet Drizzlebottom** £7.99

NEW Diary of a Wimpy Kid **Best Buy Only £3.99**

READING GIVES YOU SUPERPOWERS!

This Week's Attendance & Punctuality

Attendance and punctuality are very important to help assist the children with their learning. Being absent or late disrupts not only their learning but that of their classmates.

	Rec	Yr.1	Yr.2	Yr.3	Yr.4	Yr.5	Yr.6
Attendance	93%	94%	98%	96%	98%	92%	97%
Punctuality	6	4	6	2	5	6	4

Mental Health First Aid Team



From left to right:
Miss Akers (Youth, Adult Trauma)
Miss Nizamis & Mrs Price (Youth and Adult)
Miss Peedell (Youth)

If you would like more information about supporting mental health, then please see Miss Akers or another member of the School Mental Health Team.

The Anchor News

Serving the local community in the name of Christ since 1859

12th May 2023

#LearningforLifeAnchoredInChrist

Our values focus this half term **Compassion**

DON'T FORGET: School is CLOSED on Monday 15th May for a Teacher Training Day

Hi everyone,

Can't believe it's already May, how time flies! I Hope you all had a lovely bank holiday and enjoyed watching the King's coronation. We had a great time in school celebrating with our 'Red, White & Blue' day last week. Take a look at the pictures inside to see the children enjoying the activities and special lunch menu.

Last week, Year 1 went on a trip to Think Tank. It was part of their science lesson as they have been learning about amazing animals and the different animal groups. They were so intrigued and fascinated with the stuffed animals in the museum. As they knew quite a lot about the different animals and classified groups, the children were able to answer the questions confidently which was great to see. They had the opportunity to play in the science garden outside, some of them even got wet whilst doing so; luckily the weather was on our side and managed to dry them up.

They also had the chance to explore the rest of the museum and see all the interesting artefacts. Not forgetting playing in the mini-Brum area of Think Tank where they had an amazing time. Can I just say we all had fun on our trip including us adults!

Hope you all have a lovely weekend and remember, Monday is teacher training day, so you all get an extra day to lie in.

Ms Parkar - Teaching Assistant



More pictures inside...



WELL DONE!

Well done everyone in year 6. You have worked hard all year and we are very proud of you.

Now make sure to enjoy the weekend and the extra day off on Monday.

Good luck

We would like to send our best wishes and good luck to Year 2 who will be doing their SATs next week. We know they have been working really hard towards them.

Make sure to enjoy the weekend and the extra day off on Monday.



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Head Teacher: Miss Shryane
Deputy Head Teacher: Mrs Nizamis
Assistant Head Teacher: Mrs Fox



St. Clement's Academy
Butlin Street, Nechells,
Birmingham, B7 5NS

Phone: 0121-464-4652

E-mail: admin@stclemce.bham.sch.uk



www.stclemce.bham.sch.uk www.blog.stclemce.co.uk

Make sure to check our accounts and keep up to date

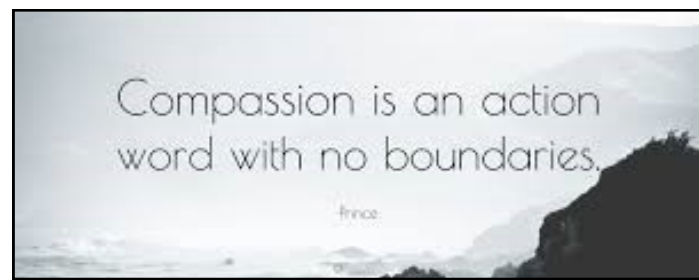
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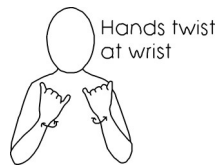
This Week's

Star Pupils

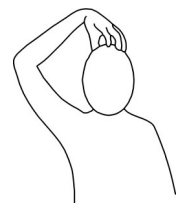
Chidinma & Ali-Asghar
Lara & Abdur Raheem
Ismail & Aaminah
Yahia & Rhight
Hujaifa & M. Ayaan
Luke & Dunya
M. Osman & Joel
Lunchtime Star
Hussain Farah



It is important to say the words while doing the sign.



Celebrate



Crown



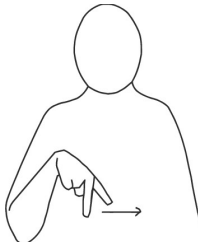
Plant



Flower



Cake



Walk

Important Upcoming Dates

Please take note of changes and new dates shown with a ★

May	Mon 15th May	Teacher Training Day - SCHOOL CLOSED
	W/C 15th May	Year 2 SATs Week
	17th - 24th	1/2 Price Book Fair
	26th May	End of Term

Monday 29th May - 2nd June Half Term Break

June	5th June	First Day Back (Normal Time)
	12th June	Year 3 Woodlands Trip
	15th June	Year 4 Woodlands Trip
	26th June	Class Photo Day
	27th June	Year 6 Woodlands Trip
	28th June	Year 5 Woodlands Trip

July	4th July	Year 6 Leavers Service at St. Philips Cathedral
	21st July	Year 6 Graduation in school
	24th July	Shining Star Celebration Assembly
	25th July	End of School Year



Coronation Day Celebration

Last week, everyone had a great time celebrating before the coronation of King Charles at the weekend.

Children had a great time wearing red, white and blue and spent the day learning about climate change and the environment.

Each class did a different activity but all children got a chance to plant seeds in special locations around the school. We can't wait to see them bloom!

UNICEF Rights of the Child

Article 3: Best interests of the child

When adults make decisions, they should think about how their decisions will affect children. All adults should do what is best for children.

Governments should make sure children are protected and looked after by their parents, or by other people when this is needed. Governments should make sure that people and places responsible for looking after children are doing a good job.



WE ARE BACK!

Thursday Afternoons (term time only)
2:15pm to 3:15pm

Everyone Welcome

For more information please call the office on 0121 464 4652



Packed Lunches

We would like to remind parents that Packed Lunches need to be dropped off with the children at the start of the day.

Dropping lunches off with the children ensures the children have their lunch at the correct time. It also helps cause less distress and confusion for the child when they come down and find they do not have a lunch to collect.