

# Newsletter – 8 February 2024



## Children's Mental Health Week (5-11 February)

This year's Children's Mental Health Week theme is 'My Voice Matters'

As you know, at SJO we believe children's mental health matters, which is why our staff are always willing to listen to how a child is feeling and we openly discuss how children can express themselves.

**Young Minds** are a mental health charity for children, young people, parents and carers, where support is available:

<https://www.youngminds.org.uk/>



**Safer  
Internet  
Day 2024** | **Tuesday**  
6 February

Coordinated by the UK Safer Internet Centre

<https://www.internetmatters.org/> has advice, guides and activities which parents/carers can do with children to help encourage conversations about internet safety and privacy settings.



**Lunch menu w/c 19  
February:  
week 1**

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### **School vacancies**

- Lunchtime Supervisor (Mon-Fri 12-1 p.m)
  - 5 hours per week
  - Permanent (38 weeks per year)

**Term-time only**

**Please contact the office for more information**

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### **Pupil progress meetings (online)**

Nursery – Y6

**Wednesday 20 March**

(Bookings will open after February half-term)



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Children finish on **Friday 22 March** and return on **Monday 8 April**