

The Federation of North and South Cowton and Melsonby Methodist Primary Schools

Friday 15th October

Mental Health Day

Dear Parent and Carers,

Sunday 10th October marked World Mental Health day and this year, the theme was 'Mental Health in an Unequal World'. We were asked to think about the issues that cause mental health inequality both locally and globally.

In Class 1, across both schools, the children talked about what mental health means and used the below video as a starting point for their discussions:

<https://www.youtube.com/watch?v=nCrjevx3-Js>

The children thought about what makes them happy, scared or worried and the sorts of things they can do to help with these feelings. Some lovely examples of what helps the children to feel happier included: having a bath, reading a book and going for a walk.

Throughout the year, we will be continuing to talk about both mental and physical health and think about the ways in which we can keep ourselves and each other safe.

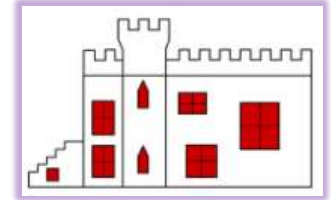
A reminder that we have set up a Federation Twitter page which is now linked to our school websites. Please follow the link to see what is going on in our schools each week.

Have a lovely weekend!

Mrs Robinson



Love one another, encourage curiosity and foster resilience.



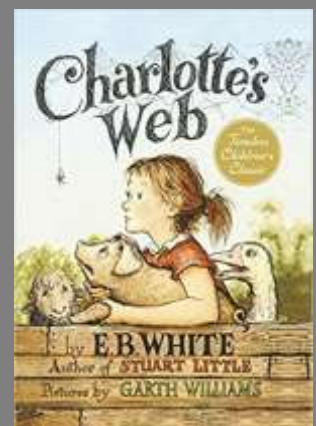
Respect each other, learn from one another, move forward together.

Federation Notices and Dates

Parents evenings will be taking place virtually or via phone call next week. If you haven't yet booked in, please contact the school office.

Book Recommendations

This week, Patsy would like to recommend the book 'Charlotte's Web' for others to read.





News from Melsonby

This week, we were really lucky to be visited by Reverend Camilla and her team of volunteers who came into school to lead an 'Open the Book' session with the whole school. Focused around the Bible story, 'Daniel in the Lion's Den'. The children took part in a re-enactment of the story and reflected on the key message – what we should do when confronted with a difficult choice. We have been very impressed this week by the way in which children have made connections in their everyday experiences to this.

Last week, Class 1 enjoyed a visit to St James Church to tie in with their R.E learning focused on 'Belonging'. The children have been reflecting on the questions 'Why does it matter to be part of a community?' and 'What can we learn about Christians and community life?'

Deadlines and Reminders

It is really important that all school uniform is clearly labelled to avoid any items becoming lost.

Once again this year, we will be collecting items to be donated to the Storehouse Foodbank in Richmond. If anyone would like to donate an item of tinned or dried food, there will be a collection box at the school door. Thankyou.

Dates for your Diaries

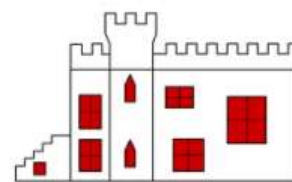
Tuesday 19th October - Harvest Festival Service, 2.30pm in church

Tuesday 19th & Wednesday 20th October – Parent/Teacher Meetings.

Friday 22nd October - School closes for half term

Monday 1st November – School reopens

Thursday 4th November – KS2 Cross Country



News from North and South Cowton

Some of our Year 5 and 6 children attended a football competition this week, competing against other local schools. After playing an incredible 5 games, the children came away with another silver medal! We were even more impressed on the children's return to school when they were nominating each other and praising their classmates for their perseverance during the afternoon!



Whilst off the pitch, our KS2 children have been tackling some very challenging maths problems this week! Once again showing perseverance and resilience with some tricky problems!

Deadlines and Reminders

It is really important that all school uniform is clearly labelled to avoid any items becoming lost.

Dates for your Diaries

Harvest Festival – 21st October at 2:30 in the Village Hall

Friday 22nd October - School closes for half term

Monday 1st November – School reopens