



## EMOTIONAL HEALTH AND MENTAL WELLBEING

There will shortly be a new page on the website about pupil emotional health and mental wellbeing (we'll call it EH & MWB for short!) Meadowside is looking at practical ways we can support our pupils to have the best mental health to support how they are learning. Before Christmas we completed a pupil survey to see how they were feeling, here are some examples – Can they cope with stress? Do they feel good about themselves? Do they feel relaxed? Do they sleep well? Do they feel in control of things? Meadowside is committed to a whole school approach to supporting EH & MWB, if we have a throat infection we go to the doctors for antibiotics; how can we treat our thoughts and feelings? This isn't easy and we are not experts. However, we can signpost support and guidance and we can continue to talk about good mental health.

Look out for the new page on the website and if you want to get ahead, have a look at this [www.buildsoundminds.org.uk](http://www.buildsoundminds.org.uk) Follow the link to self-esteem and see what you think.

Janet Goodliffe,

Chair of the Governors' Teaching and Learning Committee



## Young Voices

Well done to all of our pupils who attended the Young Voices event on Monday, it was a long day, but thoroughly enjoyed by staff and pupils. We would like to give Mr Pape a huge well done and thank you for organising Meadowside's participation in the nationwide event. Thank you to all of the staff who attended and made it possible. This was a great experience for our pupils, who made us very proud.

**Thank you**



## School Uniform Sale: Still Lots Left

There is still an excess of school uniform from our previous supplier. We are selling this at a bargain price. Orders and payments can be processed on Scopay. Orders will be delivered to the classroom.



## **Term Dates 2019**

### **Spring Term Times**

Spring Term 1 ends –Friday 15<sup>th</sup> February 2019

Spring Term 2 starts-Monday 25<sup>th</sup> February 2019

Spring Term 2 ends –Friday 5<sup>th</sup> April 2019

### **Summer Term Times**

Summer Term 1 starts –Tuesday 23<sup>rd</sup> April 2019

Summer Term 1 ends –Friday 24<sup>th</sup> May 2019

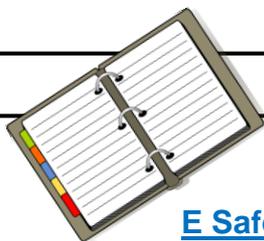
Summer Term 2 starts-Monday 3<sup>rd</sup> June 2019

Summer Term 2 ends Wednesday 24<sup>th</sup> July 2019

### **Bank Holidays and Training Days**

May Day-Monday 6<sup>th</sup> May 2019

Training day –Friday 28<sup>th</sup> June 2019



### **Other Dates**

#### **E Safety Presentation with Dr Wallace**

4<sup>th</sup> February at 2.30pm

#### **PTA Meetings**

T.B.C.

#### **Head Teacher Coffee Mornings**

8<sup>th</sup> March 2019 at 9.00am



### *Welcome*

We would like to welcome Mrs Wilson, our new Administrator, to our office team. Mrs Moore is now our Office Manager.

### **Homework Club at Burton Latimer Library**

This is run by an experienced tutor on Saturdays 10am to 12pm. There is a focus on maths but you can discuss other homework needs.

## **SAVE BURTON LATIMER LIBRARY**

Burton Latimer library will be closed by the County Council unless Burton Latimer Town Council is prepared to operate it.

To explain plans and give everyone a chance to share their views there will be a meeting at

**Meadowside School  
on Tuesday 29<sup>th</sup>  
January at 7.30pm**

**Please come along and  
share your views.**

### **READING VOLUNTEERS**

If you have half an hour or so to spare and would be interested in being a reading volunteer, Miss Kaplan would love to hear from you. This would involve listening to pupils read and training would be given. If you think you can help or would like more information please leave your details at the office and Miss Kaplan will be in touch.

