

# The Shuttle

31/01/25

Our PTA meeting on Monday was really productive! We reviewed the events and money raised last term and have planned some fab events for this term - more info coming soon so keep an eye on Classlist! We are also planning to introduce some pupil PTA members! More on this soon!



## IT'S CHILDREN MENTAL HEALTH WEEK NEXT WEEK!

We have an embedded regard for the mental and wellbeing of all our children but we will have an additional focus next week, culminating in Dress to Express on Friday!

This year's focus is **KNOW YOURSELF, GROW YOURSELF**, with the aim to encourage children to embrace self awareness and explore what that means to them. There are lots of resources and bits of information on the official website for you to explore at home!  
<https://www.childrensmentalhealthweek.org.uk/resources/#families>

### **DRESS TO EXPRESS DAY!**

On Friday 7th Feb your child can wear whatever they feel expresses who they are and what their interests are! It's all about us all being happy, proud and comfortable with ourselves!

**So get dressing and expressing!**

### Friday's cheesy yet **Wise Words Of Wisdom**

Reasons to just go for it

- You are the youngest you'll ever be
- This is your one opportunity at life
- You will always wonder if you don't try
- You will regret missed opportunities
- Best case, you win. Worst case, you learn and grow from the experience
- We are literally on a floating rock.