

This week has been mental health awareness week.

The theme this year has been based around nature and getting active in the outdoors.

We have all had a difficult time during the lockdowns and now that restrictions are being lifted and the weather is getting better it is a great time to start a new routine.

Perhaps you could go on a nature watch, take up a new hobby such as nature photography or join a sports team.

Find whatever it is that makes you feel good and put it in your routine.

Click the following link for more ideas:

[Mental Health Foundation](#)



**Jaguars Class – Guided Meditation**



**Tigers Class - Midful Outdoor Art**



*Newtown Primary School, where fantastic friends learn and succeed together.*







Lions Class



Newtown Primary School, where fantastic friends learn and succeed together.



## Notices

- Thank you for all of the support for CFM Cash for Kids week.



## Reminders

- Lions swimming starts this week Thursday 20<sup>th</sup> May. Letters have been sent home to parents.
- Please ensure your child's lunches are booked daily via Lunchshop.

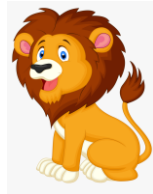


## Attendance

The class with the highest attendance this week is:

### **Lions**

*Well done! Keep it up!!*



## Diary Dates

- 31<sup>st</sup> May – 4<sup>th</sup> June Half Term, school finishes Friday 28<sup>th</sup> May
- Tuesday 29<sup>th</sup> June Sports Morning – Cubs
- Tuesday 1<sup>st</sup> July Sports Day Leopards & Jaguars
- Wednesday 2<sup>nd</sup> July Sports Day Tigers & Lions – times to follow



*Newtown Primary School, where fantastic friends learn and succeed together.*



## Supporting young children through anxiety

Due to COVID 19 children may have been spending a lot of time at home and not seeing family, friends, and familiar adults. You may have noticed a change in their behaviour or sleep pattern. Returning to nursery, childminders or school may cause feelings of anxiety and stress for some children. Here are a few strategies that might help to support children with anxiety.

### [Supporting an Anxious Child](#)

*Newtown Primary School, where fantastic friends learn and succeed together.*

