

SCHOOL COUNCIL NEWS

The School Council have now had their second meeting with me. We have started to think about this coming school year and the children have a lot of work to do.

Together the School Council in their classes will be discussing and organising events from:

- Healthy schools ideas – cardboard straws (not plastic)
- To have more flowers in the school grounds
- More colourful benches to sit around
- Science day ideas
- How to spend £200 in each class for wet play equipment (from FIPS)
- What to sell at the Christmas Fayre
- How to raise money for Children in Need this year.

We also discussed what it means to look after our minds and ourselves. We agreed that it was important to take time to feel good. At Perryfields we have started using the 'Zones of Regulation' to discuss our feelings and thinking about what we can do to feel better and different strategies to use. We came up with asking for help, believing in ourselves, taking time out (quiet time to relax and recharge ourselves) speak with teachers, friends and family. This should help to promote wellbeing in school and encouraging young children to identify times when they emotionally need support.

At Perryfields Infant school we want to always put young children at the heart of everything we do and to promote wellbeing in school. We thought it would be a nice idea to wear some yellow on Thursday 10th October 2019 to raise awareness of mental health whilst brightening up the day. Therefore, if you would like to brighten up the normal uniform on Thursday 10th October and wear some yellow socks, jumper, hair band, scarf etc then please do. We are not asking for a contribution we are just raising the awareness that young people and children do not always feel happy and to think of ways we can support and cheer them up.

Yours sincerely



Amanda Reid

Headteacher