



# FLO Newsletter

Welcome to Mrs Wright's Monthly Newsletter, a chance to share advice, support and tips linked to adult and child wellbeing.



## Top Tips to beat the Winter Blues

1. Get Outside When You Can
2. Move Your Body
3. Keep a Journal
4. Put Your Phone Down Before Bed
5. Make a Plan
6. Keep a Routine
7. Learn to Breathe (Properly!)
8. Talk to Someone
9. Say Something Good About Yourself Every Day
10. Do Things You Enjoy



## The 6 Principles of Nurture

A set of values all staff follow to ensure we focus on children's social and emotional wellbeing in school.

1. Children's learning is understood developmentally
2. The classroom offers a safe base
3. The importance of nurture for the development of wellbeing
4. Language is a vital means of communication
5. All behaviour is communication
6. The importance of transitions in children's lives



## Attendance and Punctuality

Thank you for your ongoing support with your child's attendance.

It is important that we work together to ensure children are in school, learning and thriving and that children are at school on time so they feel regulated and ready to learn.

Well done to Rowan for 97.9% attendance in October!



## School Council

The School Council raised an amazing £431.87 last year and the money was split between Sustain Food Bank, Christian Aid and Slideaway.

This year we are raising money for Tanzania and the KSS Air Ambulance.. Please do support our fundraising events for 2 very worthy causes.

Happiness

Progress

Success