

7th February 2025



Puttenham
Church of England School

Dear parents and carers.



This week was Children's mental health week. The theme was 'know yourself, grow yourself.' Throughout the week the children have thought about the things they like to do, things they are good at, things they want to get better and things that make them smile. The children have also been learning about their own emotions and how to regulate these emotions through the 3 point scale, the fizzy scale and the zones of regulations.

The classes carried out further activities based on the theme in their PSHE lessons and in the assemblies. Today we shared this learning in our celebration assembly.

Hedgehog class shared a very detailed poster which showed us what they had learnt about themselves. They also explained the three-point scale they use to regulate their own emotions. Well done Hedgehogs and to Theo, Ray, Flynn and Samuel for explaining your learning so well.

Rabbit class told the school about how the fizzy scale helps them understand their emotions. They thought of five things they could try to keep regulated. Arthur, Edward, Maggie and Otis suggested that we could ask for help, take 5 deep breaths, find somewhere calm, be kind to someone and count to 10. Great advice Rabbit class!



Teddy and Alexia shared Fox class' examples of times they had demonstrated perseverance. They gave a very important message of not giving up even if it takes a long time to learn something new. The children remembered to 'try, try, try again!' Noah shared the zones of regulation and how we may experience all of these emotions. Kailum explained having a toolbox of ideas to help you with your regulation such as going for a walk, having a drink, talking to someone, playing or drawing. Well done Fox class!

Thank you Ezra for making a little pot of motivational phrases for the staff. This was placed in the staff room and it certainly put a smile on all of our faces.

Parent workshop

Miss Bennett is carrying out a workshop with Mrs Shaw on supporting your child's mental health and emotion regulation. We have had a very good response to the survey that was recently sent out. The workshop is scheduled for next half term and we will let you know the date soon for your diaries.



Have a lovely weekend,
Miss De Filippis



SICKNESS

There has been a number of children and staff absent with colds and the flu this week. Please ensure any child with a high temperature remains at home. This will limit the spread amongst the school community. Please see the NHS site for more information.



DROP OFF/PICK UP

Please do not drive up or down School Lane between 8.30am and 8.40am. There have been a number of cars coming up the lane making it unsafe for those walking to school. Please help keep our school community safe by not driving up the lane for 10 minutes. Please pass this message to anyone that may drop off your child in the morning as they may not know about this guidance.



Headteacher's awards and house points Stars of the week



Hedgehog class: Archer and April

Rabbit class: Lucas and Darcie

Fox class: Benjamin and Imogen

Values award: Ava for Love

Lunchtime stars: Maggie O and Darcie

House points: Rabbit class

Well done to you all!

KEY DATES FOR YOUR DIARIES

HALF TERM

Monday 17th February – Friday 21st February

INSET DAY

Monday 24th February

COME & SEE MY LEARNING FOLLOWED BY MOTHER'S DAY ASSEMBLY

Friday 28th March 8.45am

PARENT TEACHER MEETINGS

Tuesday 1st April 3.15pm – 6.00pm

Thursday 3rd April 4.00pm – 7.00pm

EASTER CHURCH SERVICE

Friday 4th April 9.15am

BREAK UP FOR EASTER HOLIDAYS

Friday 4th April 1.00pm

HALF TERM EVENTS at Haslemere Museum

Family activity: Magnificent Masks
Tue 18 February
10.30am-1.30pm
Join us for a morning of mask making

Family activity: Sunwood
Wed 19 February
10am-11am
Join us for a morning of reading and discussing the book 'Sunwood Discovered' by Claire Nicholas

Museum Explorers: Magical Marbling
Thu 20 February
10.30am-12pm
Be inspired by Gellie's marbled paper and make your own amazing patterns

Family activity: Skittles
Fri 21 February
2-4pm
Join us to try your hand at our indoor skittle alley and also our barbies, baggies and shovels or beanbag games

FIND OUT MORE AT
haslemere-museum.co.uk/whatson

BREAK THE RULES

13th February

- No home clothes
- No home shoes
- No nail varnish
- No odd or colourful socks
- No colourful or crazy hairstyles
- No temporary tattoos
- No squash in water bottles

50p for each rule you break
Rules payments to be paid at school gate entrance.