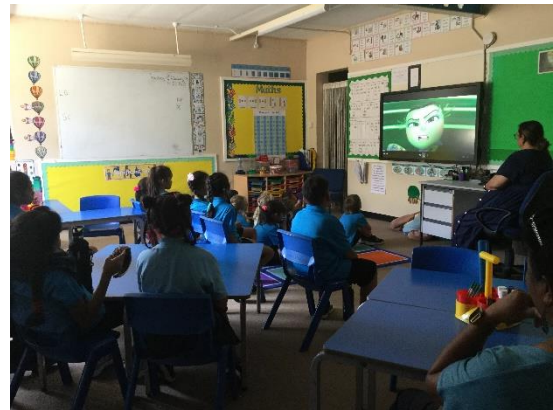


Hello Everyone,

This week at TBS we have been celebrating Children's Mental Health Week with the theme "Know Yourself, Grow Yourself" Thank you to Mrs Giles, Miss Henry, Miss Bowers and the Student Council for organising the activities for the week. A special Thank you to Shirley (Social Worker) for coming in to run lunchtime clubs this week. Read on to find out more about the week!

On Wednesday 26th February we will be holding a Parent Mental Health and Wellbeing morning at school. This will run from 10am – 12noon in the hall and will be a chilled morning for you to have tea, cake, chat and join in with some activities organised by the PTA if you so wish. Staff will look after your child/ren for the duration of the morning so that you can have some relaxation time. You can come for the two hours or just drop in and out. It will be lovely to see you all. Please see the poster attached and make a date in your diary!



Superhero Visits:

Our EYFS class visited the US Base Fire station this week and had a visit from Hayley at the hospital with the Ambulance. This is linked to their topic on

Superheroes. Thank you to all involved, the children had a really fun time.



House Points:

Dampiers retained the House cup this week as the winning house with the highest number of house points. Congratulations!

Our stars of the week were Tanzi and Bernice. Great job girls!

Reminder:

Please can we ask that you keep us informed if you change contact details. It is important that we have up to date contact details so that we can contact you should we need to and especially in case of emergencies. You can do this by calling or emailing the school Office.

That's it for this week!

Tania Maggott
Head Teacher

Children's Mental Health Week



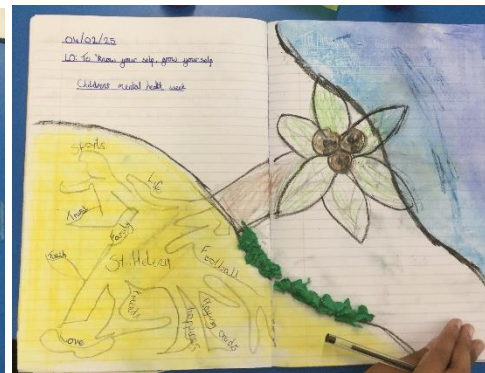
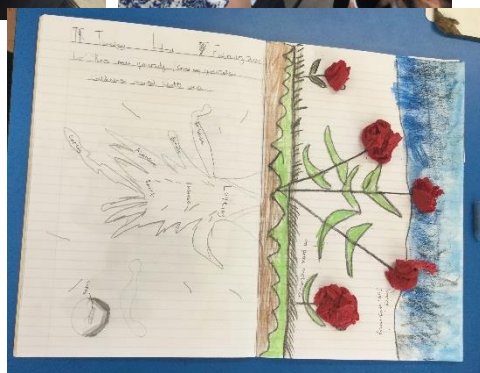
We kicked off the week by watching the movie Inside Out 2 – we've learnt about our emotions and how they help and protect us, even when they are sometimes uncomfortable and tricky to deal with!



As the theme this week is "Know Yourself, Grow Yourself" we planted some seeds. We thought about what they might grow into and what they needed to thrive. Just like us, we all have potential like little seeds and how we nurture and care for each other and ourselves helps us to grow.



Everyone in the school has been working on a piece of art this week. We have drawn roots which symbolize all the things that are the foundations of our personality, the things that are most important. The plant and its leaves represent our futures and what we hope we grow into.





We have made memory boxes to keep our special things safe. Our memories are a part of what makes us who we are.



Thank you to Shirley Wainwright, social worker, who has been in at lunchtimes running an art club for students to unwind. And thank you also, Ado, for coming in to share your experience of disability with us. We enjoyed trying to make sandwiches with one hand!



The school council delivered our assembly this week, all about knowing ourselves and our emotions. It was lovely to hear about their ideas for their futures, so here are some from the secondary students.

Riley

I would probably want to be an author or a fantasy character/creature designer in the future. I love fantasy and have a creative, imaginary mind which would totally help towards writing stories and designing fantasy characters. To get there, I'm going to need to teach myself old legends, myths, English, History and a way to infuse my imagination into my drawings.

Jordan

I am currently a Year 11 student on Ascension Island. Someday I hope to grow into a strong successful person. I would like to become a dancer, travel the world and one day have a family. How I get there is still undecided but I know that's where I would like to end up.

Bella

The things I like to do are editing and by editing, I mean I like creating videos using pictures of animated characters. I also like playing sport, sleeping and helping people. When I grow up I have a few ideas about what I want to be such as editor, creating animations, voice actor, therapist, teacher, youtuber, director. I feel that I could be so many different things, as I love doing so many things as well. I hope whatever I become, it will be great.

Finally, we have rounded off the week with a non-uniform day, where we dressed to express and show off what amazingly unique people we all are!