



Robert Miles
Infant School

Newsletter 2nd February 2022

Meet Mrs Tilley

Mrs Tilley is our Wellbeing lead in school. As well as running our ELSA sessions she organises our wellbeing events in school.



7th – 13th February is Children's Mental Health Week

This year's theme is 'Growing Together'

During mental health week we will be encouraging children (and adults!!) to consider how they have grown emotionally and how they can help others to grow too.

We will incorporate activities into our school routine.

Morning Playtime

We have a range of mindfulness activities planned for our morning playtimes. Maybe you could practice these at home too.

Monday – Close your eyes and listen to the sounds around you.

Tuesday – Standing still, look around, what can you see?

Wednesday – Walking around, what can you touch and feel?

Thursday – Bumblebee breathing.

Friday – What can you smell? Plants, flowers etc.

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Executive Head Teacher: **Helen Duffy** BA (Hons), QTS, NPQH | Head of School: **Sonja Adams** BA(Hons), PGCE, Fulbright 2005, NPQSL, NPQH

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Afternoon Meditation

We will introduce children to the art of relaxation through stories.

PE on Tuesday

Mr Bourne will speak to the children about the mental health benefits of exercise.

Chinese New Year

The children had a brilliant time learning about how families across the world celebrate. Please see our website for photographs. Many thanks to parents who provided decorations, ideas and food.

S. Adams

Kind Regards,
Mrs S Adams