

2<sup>nd</sup> February 2024

Dear Parents/Guardian,

It was a delight to welcome Mr Watson, Principal of the Trust, to deliver our assembly this week. He shared an important message of setting our sights on high aspirations and dreams. This theme is something that we must all do. This will usually require us to try something new, which can make us feel nervous as we step outside of our comfort zone. However, if we do not put ourselves in this position, we will not grow and therefore may not take those valuable steps towards our dreams. Please keep this theme in as many conversations as you can at home as our pupils need constant reminders that feeling nervous about something is very normal and that they must learn how to control and manage those feelings.

Managing our feelings is very important for our mental health and next week is Children's Mental Health Awareness Week with this year's theme being 'My Voice Matters'. Those three words say it all! The voices of our pupils absolutely matter. As staff, we work hard to be active listeners. Listeners that really hear what is said and show that we have listened with proactive responses. We are doing this at school through our Pupil Voice groups in Prep and Senior school and with our new Food Council group. Each term we will host a 'You Said, We Did' assembly to feedback to pupils the ideas they had and the actions we've taken, or the reasons why we have not. We will use these forums to ask for their opinions on new policies or changes within the school, as the voice of our pupils really matters to us.

We have a wonderful Wellbeing Mentor, Mrs Wright, who has shared resources with our staff for next week and has also sourced some excellent books on supporting your child's wellbeing. Please see the links below.

'Shelf-help' books for Children

[Reading Well booklists | Books | Reading Well \(reading-well.org.uk\)](#)

'Shelf-help' books for Teens:

[Teens | Reading Well booklists | Books | Reading Well \(reading-well.org.uk\)](#)

'Wellbeing', in my opinion, should be 'well-doing', doing something you enjoy to make you feel better. So, with that thought in mind, my well-doing this weekend will be focused on watching my son play hockey and immersing myself in as much 6 Nations Rugby as possible!

May I wish you an enjoyable weekend.

With kind regards,  
Mrs McCullough  
Headmistress

**Notices and Reminders**

**Forgotten items:**

The office staff are being inundated with requests to call home for forgotten items. This is now becoming unmanageable and so going forwards we will call home in an emergency, for example, a pupil has forgotten their flute, and they have a music exam that day. Pupils will need to manage other items by talking to their teacher and making a plan.

**Lost property:**

Please ensure all items are named so we can return them to their owners.

Tuesday 6<sup>th</sup> February

Year 11 Animal Care Pupils, Stoughton Grange Farm Park

Wednesday 7<sup>th</sup> February

Year 11 Parents' Meeting

Thursday 8<sup>th</sup> February

Musicians, Uppingham Orchestra

Friday 9<sup>th</sup> February

Year 2, Lollipops Studio

FOLS Years 5-8 Movie Night