

St Thomas' C of E Academy Newsletter

12/02/2021



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Growing, Learning and Shining together with God

Well Being – Express Yourself

This week is Children's Mental Health week. Coronavirus, and the measures to control it, have brought many changes to children and young people's lives, especially to those areas which we know to be important for their mental health and wellbeing. With many changes likely to continue for some time, it is important children and young people are encouraged to find new ways to look after their mental health and wellbeing.

This Year Children's Mental Health week is based around **Expressing Yourself**. Expressing yourself is about finding creative ways to share feelings, thoughts or ideas. This may be through painting, journaling, dancing, or maybe just having a chat with a friend.

The website for Children's Mental Health week has some lovely videos and ideas about ways to Express Yourself. <https://tinyurl.com/y3axuvus>

Here are a few of the ideas you could try during Half Term.

Art – Design a piece of clothing you would like to wear.

Dance – Take a favourite TV show and create a dance for the theme tune

Writing – Take your favourite story or nursery rhyme and play around with it. Have fun and change it!

Half-term

Thank you to all our families for your continued support, whether in school or at home. You are all doing an amazing job!

As soon as we have a Government update regarding the return to school we will inform you of any changes that are made.

We wish you a happy, restful and safe half term.



Hello Artists!

Looking for a way to share your amazing artwork or crafts with all of your school friends?

Now we have an online Art Gallery for everyone at St Thomas' to upload and share their brilliant art that they create at home and at school. Drawing, painting, collage or sculpture – take a photo send it to your teacher then check out your work at: [St Thomas' Art Gallery \(padlet.com\)](https://www.padlet.com)

We will be able to enjoy everyone's submissions – from Reception to Year 6. Check back every now and again to see our new creations.

Let's celebrate and share our wonderful artwork that we create! Happy making! Miss Bridgewood

INSET

As Monday is a MAT Staff Training day there will be no remote learning on Teams. However please feel free to access Oak Academy. Our remote learning will continue on Tuesday 23rd February.

[Oak National Academy \(thenational.academy\)](https://www.thenational.academy)



Safer Internet Day

Safer Internet Day this year was on Tuesday 9th February.

The theme is "An internet we trust"

Here are a few of the top tips to support children in online use.

Talk together – Talk about their online use.

Set an example – discuss phishing emails with your child so they are aware.

Think before you share – set an example of sharing online responsibly.

Check in with your child – reassure your child that you are there to talk about things.

For more support please see the website [Need Help? – Childnet](https://www.childnet.co.uk)

Dates For Your Diary

- Monday 15th February – Half Term
- Monday 22nd February – MAT Training for staff – school closed to pupils
- Tuesday 23rd February – School open for Keyworkers and Vulnerable children.
- Friday 2nd April – Easter Holidays
- Monday 19th April – Summer Term begins



Remotelearningsupport@stthomasceacademy.com