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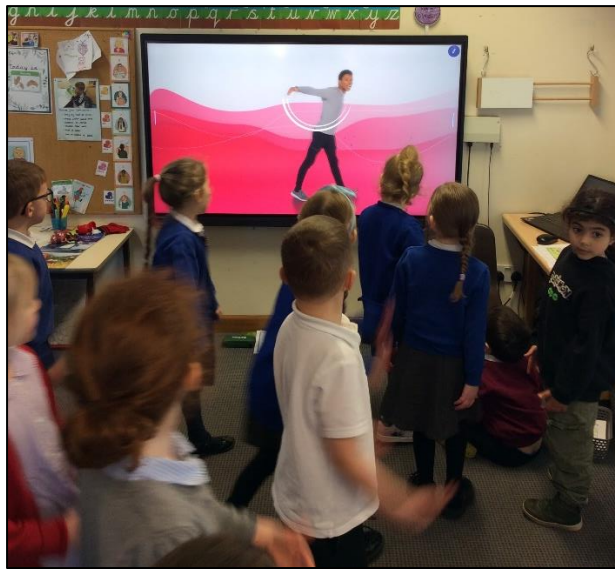
Blog: www.ilfracombeinfantandnurseryblog.com/

Date: 7th February 2025

Dear Parents and Carers,

Children's Mental Health Week, Know Yourself, Grow Yourself

The children have been learning about what they can do to look after their mental health, taking part in activities focusing on talking about feelings and enjoying some mood boosting dancing.



Nursery, 'Rhyme Challenge'

The children had a wonderful time at the Family Hub where they enjoyed a play session and listened to a selection of nursery rhymes with Emma and Sarah. The children will be practising these for the 'Rhyme Challenge' and will each receive a certificate.



Reception and Year One, Visit from the Seaway Trust

The Seaway Trust, a charity who work with children in Ghana, will be visiting the school to talk to the children in Reception and Year One about life in Ghana as part of our topic.

Monday 10th February - Lions, Elephants, Giraffes and Zebras

Year Two Visit from Cultural Champion, Sandhya Dave

Sandhya Dave, Lecturer and Trainer in cultural diversity and racism will be delivering some workshops to the Year Two children about Indian traditions and culture.

Wednesday 12th February - Swans and Kingfishers

Road Safety and Parking on Park Hill Road and surrounding areas

A reminder to all to ensure that you consider the safety of all road users at all times when driving and parking on the roads around the school. Please ensure that your car is not parked on any double yellow lines or is left unattended blocking the road as this could be an obstruction for the emergency services or other road users.

Many thanks in anticipation of your support.

Kind regards,



Claire Grant

Executive Headteacher

Diary Dates

Monday 10 th February	Reception and Year One, Visit from the Seeway Trust to talk about life in Ghana
Wednesday 12 th February	Year Two Cultural Champion, Sandhya Dave, learning about Indian traditions and culture
Monday 17 th February to Friday 21 st February	Half Term
Monday 24 th February	Back to School
Tuesday 25 th February	Reception and Year One, To Infinity and Beyond, Visit from the Mobile Space Lab Planetarium
Tuesday 4 th March	Ilfracombe Library Visit - Lions and Zebras
Monday 10 th March	Year Two, Trip to Dunster Castle
Tuesday 11 th March	Ilfracombe Library Visit - Swans and Kingfishers
Tuesday 18 th March	Ilfracombe Library Visit - Elephants and Giraffes

TIPS FOR FAMILIES

Place2Be's

MENTAL HEALTH
WEEK

① Encourage journaling

Encourage children and young people to express their emotions and thoughts through journaling. It can be less confronting than speaking out loud and is a helpful way to process what is going on.

② Make space for reflection

When children and young people reflect on their different emotions, it can help them better understand themselves and what they need.

Go for a walk, drive, or try some mindful colouring or baking together.

③ Be visual

Use imagery, such as emojis or flashcards to help children and young people recognise and label their feelings.

④ Practice mindfulness

Try mindful activities, and quiet family time, to enjoy being in the present moment. This can help children and young people be aware of their thoughts and emotions and learn a useful new coping technique.

⑤ Communicate

Feedback is crucial for helping us see our blind spots and gain greater insight. Children and young people are no different. Creating safe and supportive ways to share your own experience with your child can help them understand themselves and their impact on the world around them.



If you're a parent or teacher, you'll find loads of useful advice to help you support the brilliant young people in your lives – from FAQs to downloadable packs. [Here4You.co.uk](https://www.here4you.co.uk)



Mental Health Support Team

'10 a day' choices towards balancing our mental health



Talk about your
feelings



Do something
you enjoy and
are good at



Keep yourself
hydrated



Eat well



Keep active in
mind and body



Take a break



Stay connected
to those you
care about



Ask for help



Be proud of your
very being



Actively care
for others