Weekly Newsletter
Friday, 15th May 2026

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Dear Parents/Carers,

Whilst the weather may be interchangeable at present, we knew that our wonderful Year 6 class would be brilliantly consistent in demonstrating our school values during SATs week. Whatever the outcomes, everyone should be tremendously proud of themselves for their efforts throughout the week, and for their meticulous preparations leading up to the tests. We are all very proud of the children. Oak Class can now turn their attention to their school production! We look forward to announcing what this will be soon.

This week is Mental Health Awareness Week. Everyone deserves good mental health. As the Mental Health Foundation explains:

Good mental health is a state of emotional wellbeing that lets us cope with normal life stresses, feel confident and enjoy our relationships with others. Here are some of their top ten actions:
MHAW 2026 - Tipsheet 3: Top ten actions

Dates for your Diary

Tuesday, 19th May
Singing Spectacular with Choir

Year 4 visit to Greenwich Park

Wednesday, 20th May
Year 2 Family Assembly
Chartwell's Bee themed lunch

Half term

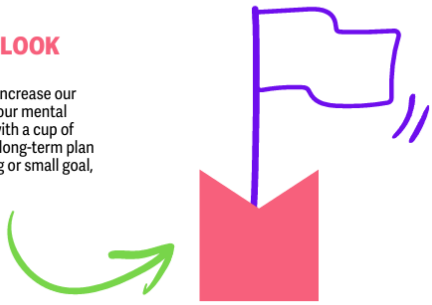
Week Commencing 1st June
Year 4 Multiplication Check
Week Commencing 8th June
Year 1 Phonic Screening Check

Friday, 12th June
Year 3/4 Recorder showcase
9am

Our top ten actions to support good mental health

These simple actions may help lift your mood and improve your ability to cope with life. Try a couple and find which works best for you.

1. PLAN SOMETHING TO LOOK FORWARD TO
Making plans for things we enjoy can increase our sense of hope, which is important for our mental health. It could be a plan to sit down with a cup of tea and take a quiet five minutes, or a long-term plan for an ambitious trip. Whether it's a big or small goal, the important thing is to plan it.



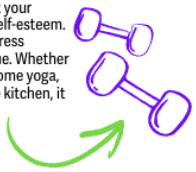
2. EAT WELL
One of the simplest ways to improve mental health is by eating a healthy, balanced diet. Not only can it support your emotional health, but introducing small habits, such as staying hydrated or having fruit snacks, can help make changes stick easier.

3. GET CLOSER TO NATURE
Spending time in nature can boost your mood, lessen stress, and help you concentrate.

4. GET GOOD SLEEP
Good quality sleep helps your brain work better, lifts your mood, and is good for your overall health.

5. GET CREATIVE
Spending time on creative activities is a great way to help ease stress and anxiety. Carve out some time to listen to music, paint, sing, or do whatever you enjoy most.

6. MOVE REGULARLY
Being active can boost your mood and raise your self-esteem. It's also an effective stress management technique. Whether you go for a walk, do some yoga, or vigorously clean the kitchen, it all counts.



7. TRY MINDFULNESS
Being fully aware in the present moment can positively change the way you feel about life and how you approach challenges. Aim to notice the colour of the sky, the sound of leaves, or the feeling of your feet on the ground.

8. MAKE TIME FOR FRIENDS
Having good relationships with others can help you feel like you belong, allow you to share experiences, and receive emotional support. It's a great reason to have a catch-up with a friend on the phone.

9. BE KIND
Bad days happen to everyone. If you're having a tough time, remember to treat yourself with kindness and understanding. You're doing the best you can.

10. TALK THINGS OVER WITH SOMEONE YOU TRUST
It can take a lot of courage to tell someone else how we're feeling or what we're finding hard. Just talking things through with a person we trust can feel like a relief and make us feel less alone.

ATTENDANCE

This week our whole school attendance is 96.2%, which is above the national average. Since September, our whole school attendance is 95% overall. Thank you for your efforts in ensuring your child attends school every day. The class with the highest attendance is Year 3 AGAIN, with 97.9%. A HATRICK! Congratulations Elm Class!

Wishing you all a lovely (and hailstone free) weekend. Very best wishes,

Mr Guy