



Family Focus

Children's Mental health Week

This week is Children's Mental Health Week and our children will complete a number of activities in school regarding this.

I think that it is important that we remember that mental health is something everyone needs to be aware of and take responsibility for.

My approach to mental health and wellbeing is very much a proactive one. As adults if we can give our children the tools to take care of their mental health and ensure that they know where to get help when they need it then the outcomes for society as a whole will be much more positive.

It is easy to become immersed in all the negative publicity surrounding mental health and think that it is something that we can do nothing about. This is not the case. Everyone can take steps to look after their own mental health and that of others and this a message I am keen to share with adults and children.

Along with this newsletter, I have attached information and tips from Place 2 Be – a charity that supports mental health. Their website is a good starting point for information and support.

Next week is half term so I am hoping the weather will be kind and enable us all to get out and about. Just going for a walk improves your mental health.

As always I am available in school to all families, just call the office and ask for me. Check out my noticeboard at the front of the school too.



Mandy Robertson
Inclusion & Wellbeing Lead

Safer Internet Day

7th February 2023

There will be a number of activities undertaken with the children regarding online safety. I can't stress enough how important it is that you know what your child is doing online. Talk with them and sit with them as they access sites. They shouldn't be accessing anything that they are not comfortable sharing with you.

I also want to remind you that none of our children are old enough to be accessing WhatsApp, Snapchat, TikTok etc. The use of these apps is a major cause of anxiety and mental health concerns amongst children under 12. If every parent removed them from their child's device our children would be much safer.



**PLACES WHERE KIDS EAT FREE (OR FOR £1)
DURING FEBRUARY HALF TERM 2023**



COURTESY OF MONEY SAVING CENTRAL

ASDA CAFE

Kids eat for £1 all day, every day with no adult spend until the end of March 2023

HUNGRY HORSE

Kids eat for £1 on Mondays. Then Tuesday to Friday between 3 - 5pm selected Kids' meals are £1 & larger meals are £1.50.

PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

ANGUS STEAKHOUSE

One free children's meal per paid adult meal 12-5pm daily throughout the holidays

TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

THE REAL GREEK

Kids eat FREE every Sunday for every £10 spent by an adult

SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

MORRISONS

Spend £4.99 & get one free kids meal all day, every day.

PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto during Half Terms

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

YO! SUSHI

From February half term, kids eat free all day at YO! Sushi with any adult £10 spend

SA BRAINS PUBS

Children can eat for £1 with any adult main. Valid All Day Wednesdays

FUTURE INNS

Under 12's eat for free with any adult meal. During the school holidays

IKEA

Kids get a meal for 95p or £1.50 from 11am - All day, every day.

FARMHOUSE INNS

Kids eat for £1 is currently on until Jan 31st but expected to be extended

TESCO CAFES

Likely but not yet announced

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If you are finding it tough to feed your family then there is support available:

- Each month the church of the Holy cross at Two Mile Ash runs a food pantry on the third Saturday. They are next open on 18th February from 11.30 to 2.30. You can contact the team there – hctoutreach@gmail.com – or text 0771 9599434
- Visit the Community Food share outside Seedlings every day.
- Call the food bank helpline – **0300 303 4933** or text HELP to **07874 964505**
- Contact me (in confidence) mrobertson@cts.odbst.org

ITS OK TO ASK FOR HELP