



Arunside Announcements

Week Commencing 30th June 2025

Flower Pot Collection - At Arunside, our Science ambassadors are eagerly developing our growing project! We are in need of some additional plant pots to grow herbs in on our field as well as on our observation deck (our beautiful balcony!). Any medium/large pots you would be willing to donate would be greatly appreciated.

Additionally, if you have any excess compost or soil that you would like to get rid of, we would also appreciate this! Many thanks, Miss Guthrie and the Science Ambassadors.



Pick up/ Drop Off - When collecting or dropping children at school please ensure that as parents/ carers you are dressed appropriately. The children are expected to look smart in their school uniform and we all need to set a good example within our school community.



Car Park – Please note the school car park is for **staff only**. It is essential that all staff have access to spaces at all times of the day – this includes before and after standard teaching hours.



Drama Club – Reminder to parents that the last session of the school year is this Wednesday 2nd July.

Mental Health and Wellbeing over Summer – Mrs Lee has provided an helpful flyer for families, full of useful techniques and coping strategies to apply over the long summer holiday break.

Tech and STEM Summer Camp – Please see attached flyer to see details of a fun and educational summer camp for children during the holidays. A link to see a video of what to expect is available here: [Tech Camp Video](#)

Key Dates for the Diary

Friday 4th July 2025 – Summer Fete
Wednesday 9th July – Y5 School Production of 'Star Wars'
Wednesday 3rd September 2025 – Inset Day
Monday 5th January 2026 – Inset Day
Monday 23rd February 2026 – Inset Day
Monday 13th April 2026 – Inset Day
Monday 1st June 2026 – Inset Day

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9 MENTAL HEALTH ACTIVITIES TO DO WITH YOUR CHILDREN

 @BELIEVEPHQ

WORRY TIME

- Set aside a time each day for your child worry. Discuss with your child how long the worry time will be for. In this time your child can write down their worries, discuss them with you or problem solve to overcome them

THOUGHT CHALLENGING

- Help your child to write down any unhelpful thoughts they that experience. Try to challenge them with your child and come up with more realistic and helpful ones.

BEING PRESENT

- Help your child to be present and live in the moment. Go for a walk and see how many different things you can both take in with all your senses.

ACTIVITY PLANNING

- Create an activity diary with your child and help them to schedule in some pleasurable and achievement related activities.

TALKING ABOUT FEELINGS

- Why not create a time each week where your child can speak to you about their thoughts and feelings

3 GOOD THINGS

- Before bed spend some time with your child to identify and write down three good things they achieved from the day

WELLBEING

- Support your child to look after their wellbeing. Cook healthy meals with them, exercise or play sport with them and make sure they are getting enough sleep

IMAGERY

- Work with your child to imagine themselves in an imaginary future where everything has turned out in a positive way

THOUGHT TESTING

- Try setting out some simple activities to help your child test out the validity of a thought.

