



SUNNING HILL PRIMARY SCHOOL NEWSLETTER

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Building a Bright Future Together

Children's Mental Health Week

Children's Mental Health Week will take place from 3rd – 9th February 2025. The theme this year is 'Know Yourself, Grow Yourself'. The aim is to explore the importance of self-awareness and expressing emotions.

Being a parent can be challenging at times and Place to Be have created a parenting site which provides advice and tried and tested tips for parents and carers of primary-age children. The link will take you to lots of practical advice on a range of different topics <https://parentingsmart.place2be.org.uk/>

As parents and carers, you play an important role in your child's mental health. Below are some top tips to help you:

1. You don't need to have just a 'one-off conversation about mental health' – sometimes a chat on a journey or at bedtime is enough.
2. Children need to know it is okay to talk to you about all of their feelings. Please hear what they have to say, without interrupting them.
3. Please listen to them carefully and acknowledge how they are feeling.
4. Please don't worry about trying to fix things for them – they often just need to know you are there for them and understand what they are going through.
5. Sometimes they may not want to talk. Please trust that they will come to you (or another grown-up or someone their own age) when they are ready.
6. Sometimes a hug is all it takes to make them feel supported.

Enrichment Activities

During the autumn term, the children had the opportunity to experience activities that they may not have completed before. Y1 and Y2 had a visit from Aqualease where they got the opportunity to explore rock pools and Y3 and Y4 were able to hold different types of critters including a tarantula and snake. Both of these activities supported the children to push themselves out of their comfort zone and develop resilience.

Year 5 and 6 had a KAPLA workshop where they had to work as a team and persevere. For this they had to build a village using small blocks of wood and by the end of the session they had created their own village.



Spring Term Diary Dates

Spring Term 2025		
Tuesday	28 th January	Y3 trip to Chester
Friday	7 th February	Whole School Number Day – dress up in clothes that have a number.
Friday	7 th February	Y3 Coffee & Cake
Friday	14 th February	Y4 Coffee & Cake
February Half Term – school closes Friday 14th February at 2.30pm and reopens Monday 24th February		
Monday	24 th February	Reception, Nursery 3's and Y6 Parents' Evening
Wednesday	5 th March	School Photographs
Thursday	6 th March	World Book Day – Dress up as a character
Tues - Fri	18 th -21 st March	Book Fair
Monday	31 st March	School closed for Eid
End of spring term – school closes Friday 4th April at 2.30pm and reopens Tuesday 22nd April 2024		

Please note all dates may be subject to change for unforeseen reasons.

YouTube Kids

The YouTube Kids app automatically filters out most inappropriate content. However, no automated system is perfect, so it may not catch everything. Videos that look like they're child-friendly can include violent or disturbing content.

It is important to still set up parental controls to help protect your child from seeing any inappropriate content.

Supporting Our Chosen Charities

In December, we had our Jolly Jumper Day. You raised an amazing £242 for one of our chosen charities, Bolton Hospice. We want to say a big thank you on their behalf for your kind donations.

Coffee & Cake

In the autumn term Y1 & Y2 had coffee and cake afternoons where families were invited to have coffee and cake with their children. This was a great success and we had a hall full of parents enjoying delicious cake and having a chat.

The next event will take place on Friday 7th for Y3 and Friday 14th February for Y4 children. We look forward to seeing you there.

Parents' Evening

This year parents evening will be done slightly differently as our usual date for Parents' Evening falls during Ramadan.

Parents Evening for Nursery 3's, Reception and Y6 will be held on Monday 24th February from 3.45 p.m. There will also be a morning session for Year 6 on Thursday 27th February.

Parents evening for all other year groups will take place after Ramadan on Monday 28th April. There will also be morning sessions on Tuesday 29th April and Thursday 1st May.

To be able to book your slot you will need to have access to the MCAS application as we will not be using teachers2parents. If you need help with this please speak to the office.