

Dear Parents and Carers,

It has been lovely to see so many of you at our parent/carer meetings this week. These meetings are so important for us to be able to share how well the children are doing and for you to see and hear about their work and friendships and we thank you for your time. Alongside the class parent sessions that we have, we hope that this helps you to know how your child is doing in school. If you feel that this could be improved in any way, please pop in to see me or drop an email to the school email address as we are always interested in what parents think about school and how we can keep making Longlands an even greater school.

I would also like to thank all of you who completed the questionnaires while you were in school. The first one will help us to understand more about each of the children through the interests that they have outside school. This is really important for the work that we plan and for the children to feel a sense of belonging at school through the conversations that we have with them.

The second questionnaire was about the school vision as we are reviewing the school vision this term. As you are all such an important part of our school, your views will help us to shape the vision for the school and the children. We will also be asking for the children to share their views and, once all of this work is complete, we will share the final outcome later in the year.

Ways to support a child or young person

- Be there to listen**
Regularly ask your child how they're doing to help them get used to talking about their feelings, and know there's always someone there to listen. You can get tips on Young Minds' how to talk to your child about mental health.
- Stay involved in their life**
Show interest in their life and what's important to them. It not only helps them value who they are but also makes it easier for you to spot problems and support them.
- Take what they say seriously**
Listening to and valuing what they say makes them feel valued. Consider how to help them work through their emotions in a constructive way. [Parent Carers' guide on ways to support children and young people](#) may make on this.
- Support them through difficulties**
Pay attention to how your child is feeling or behaving and try to help them work through difficulties. It may not be easy, having challenging situations, but try to help them understand what they're feeling and why. Learn more from the [Mental Health and Difficult Behaviour](#).
- Encourage their interests**
Support and encourage your child to explore their interests. Being active or creative, learning new things and being a part of a team helps connect us and boost our mental wellbeing.
- Build positive routines**
Try to have structure around regular routines, especially around family eating and exercise. A good night's sleep is also important, so have a fixed time for going to bed and getting up. [The Basics: Child's Day](#) has relaxation ideas. Look for activities.

Finally, I would like to share some information about emotional wellbeing. Over recent years, there has been an increase in concerns about the emotional wellbeing of children and young people at a time when the services are stretched with extremely long waiting times. This is a focus for school and I know it is also a focus for many parents. The [wellbeing section](#) of our website has information about and links to support in this area which can be very worrying. The website also has information about [NHS Every Mind Matters](#) where you will find simple ideas that can make a big difference to how you and your young people are feeling.

Lisa Millington
Headteacher



This week at Longlands



On the 29th March, we will be holding our annual Art exhibition which is open to all parents and we would love for you to attend. Look out for further details soon.

Creating art is a wonderful subject which allows the children freedom to express themselves and develop their own creativity. It provides a new set of skills for self-expression and communication and is vital to a child's development.

At Longlands we want to inspire pupils and develop their confidence to experiment and invent their own works of art. We want to give our pupils every opportunity to develop their ability, nurture their talent and interests and express their ideas and thoughts about the world. They do this through lots of experience of different forms of art, materials and learning about a range of artists.

Whilst the children are creating their art, they will take part in conversations about their work and develop their decision making skills about how good their art work is and the improvements they need to make. This helps the children to talk confidently about their own learning journey and have a growing understanding of how they can improve.



Art and design

AWARD WINNERS

CELEBRATION

Happy Birthday to:
Everleigh Saplins
Joseph Maple



Star of the Week
Will be shared in assembly next week.

UPCOMING EVENTS



March	
13 th	Year 2 Chester Zoo trip
29 th	Art exhibition – open to parents pm
30 th & 31 st	Year 4 residential to PGL
31 st	Last day of Spring Term

[Click here](#) to view our term dates.

