

Millhouse News

9th October 2020



Email: admin@millhouse.essex.sch.uk

Tel: 01268 543584

General Information

Secondary School Applications

If your child is in Year 6, you will need to apply for their secondary school place by 31st October. This should be done by going to <https://www.essex.gov.uk/apply-for-a-secondary-school-place> . If you require any help or advice around this, please contact your child's teacher, Miss Lester or Mrs Haken and we will be happy to help you. Please be aware that if you do not apply for a place your child may not be allocated a school for next September. All local schools are usually over-subscribed so it is vital you apply and put more than one option down.

Non-Pupil Day

Please note that we have a non-pupil day on Friday 23rd October so the school will be closed that day. The half term holiday starts on Monday 26th October and the children will return to school on Monday 2nd November.

End of Day Pick Up

If another adult (preferably from the same class) is picking up your child, please let us know before the end of the day by calling or emailing the school office. The teachers will not hand over the children to adults they don't know or haven't been informed are picking up a child.

'Hello Yellow' for World Mental Health Day

Today we were raising awareness and recognising World Mental Health Day by wearing something yellow and taking part in the #Helloyellow day organised by the charity 'Young Minds'.

Children and staff wore all sorts of yellow clothing and accessories from yellow headbands, yellow socks to yellow princess dresses and yellow football tops.

In class the children have been learning how to be resilient, understand their emotions, look after themselves and how to be a good friend.

Some pictures of the day can be seen below and attached with this newsletter are a number of resources and ideas for looking after our own and our children's mental health.

There are also some good ideas for activities to do with children that will help them have good mental health as well as a 'parents survival guide' on the following web pages:

<https://youngminds.org.uk/starting-a-conversation-with-your-child/20-activities-for-20-minutes/>

<https://youngminds.org.uk/find-help/for-parents/parents-survival-guide/#looking-after-yourself>



50 Ways to Take a Break

Take a Bath 

Listen to Music 

Take a Nap 

Go to a body of water 

Watch the clouds 

Light a candle 

REST your legs up on a wall 

Let out a sigh 

Fly a Kite 

Watch the stars 

Learn something NEW 

Listen to a guided relaxation 

Read a Book 

sit in NATURE 

Write a Letter 

2x Move twice as slowly 

Take Deep Belly Breaths 

MEDITATE 

Call a friend 

Meander around Town 

WRITE in a journal 

Notice your Body 

Buy some Flowers 

Find a relaxing scent 

Walk outside 

Go for a run 

Take a bike ride 

Create your own coffee break 

View some ART 

Eat a meal in SILENCE 

Turn off all electronics 

Go to a park 

pet a furry creature 

read or watch something FUNNY 

Examine an everyday object with Fresh Eyes 

Drive somewhere NEW 

Go to a Farmer's Market 

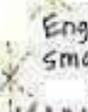
Forgive someone 

COLOR with crayons 

Make some MUSIC 

Climb a Tree 

Let go of something 

Engage in small acts of KINDNESS 

Do some gentle stretches 

Print on a surface other than paper 

Write a quick poem 

Read poetry 

Put on some music and DANCE 

Give Thanks 