The Prior's Mill 'FEEL BETTER Newsletter'

Issue 7 - 10.2022

Welcome to the new school year! We are almost at the end of our first half term. The children returned to school in September and were raring to go. The work produced so far has been fantastic!

The Autumn term usually feels like a long one. Despite this, the children in Prior's Mill are working very hard and are enjoying all that this term has to offer. So far, we have celebrated the Harvest Festival. Thank you once again for your food donations for Billingham Food Bank! We are currently celebrating Black History Month and learning about influential people through worship and our lessons.

There are a few upcoming events that we wanted to think about in this issue. At the end of the month, we

Autumn

There's nothing as fine as an autumn day, with the smell in the air of fresh mown hay. Each tree is a wonder, of beauty, untold. Each leaf brushed with color, a sight to behold. There's a nip in the air -crisp, cool and clearto remind us that winter soon will be here! But for now we have autumn, the 'Show-Off' of seasons! My favorite, by far, and these are the reasons!

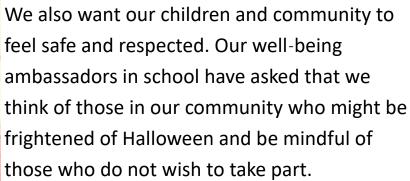
June Kellum

Oct 1973

have Halloween! Exciting for some but not for all.

We always want everyone to be

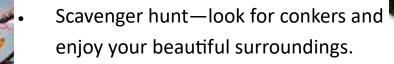
happy in Prior's Mill.



We also have Bonfire night fast approaching! The fire brigade is coming into school to see Key Stage Two. They will talk about how to keep safe while enjoying the fireworks.



Here are some family friendly ideas for half term that our well-being ambassadors in school suggested that you can do to stay positive:



- Build a bug hotel/hedgehog house from natural materials to take care of our smaller creatures!
- Painting faces onto conkers thinking about our emotions as you do.
- Leaf rubbings using lots of autumnal colours.
- Painting conkers so they look like pumpkins for decorations.



- Leaf collage to make images of animals.
- Library visit! Spend the morning or afternoon reading together.
- Write a list of events that you are looking forward to and think about the joys to come.
- Leaf blowing contest—blow away angry or negative feelings.



If you ever feel like you need support, please do not hesitate to contact someone. Below are two links to websites which can provide you with the help and support that you need.

> http://www.family-action.org.uk/ http://www.mind.org.uk/

From all of us at Prior's Mill, we hope you enjoy your Autumn break with your family and friends. We look forward to seeing you return in November.