

# 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



have Halloween!  
Exciting for some but  
not for all.

We always want  
everyone to be  
happy in Prior's Mill.

We also want our children and community to  
feel safe and respected. Our well-being  
ambassadors in school have asked that we  
think of those in our community who might be  
frightened of Halloween and be mindful of  
those who do not wish to take part.

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:

- Scavenger hunt—look for conkers and enjoy your beautiful surroundings.
- 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.