

The Prior's Mill 'FEEL BETTER Newsletter'

Issue 8 - 12.2022

Hello everyone!

As we approach the end of 2022, we want to remind you to reflect on all of the wonderful things that have happened this year! The children in Prior's Mill have had a full term of hard work and are finishing off the year with Christmas performances. The children have put so much effort into making these performances special so we hope you enjoy them!

Christmas is quickly approaching! This is a wonderful time of year where we join as family and friends to celebrate. However, for some, it can be a lonely time. Remember to reach out to others and show kindness and love during this Christmas period. For advice and support, you can follow the link below.

<https://www.mind.org.uk/information-support/tips-for-everyday-living/christmas-and-mental-health/christmas-and-mental-health/>

The well-being ambassadors in school have once again got together to think of ideas to make your Christmas break as enjoyable as can be!

1. Decorate your homes with Christmas music on!
2. If we are lucky enough to get snow, make a snowman!
3. Make and decorate a gingerbread house.
4. Make snowmen s'mores!
5. Play Christmas bingo.
6. Make hot chocolate with cream and marshmallows.
7. Make your own Christmas decorations.
8. Watch King Charles' speech on Christmas day. He will be the first male monarch in history to give a televised Christmas message.



9. Sing your favourite carols.
10. Read a favourite Christmas story together before bed time.

Finally, all of our well-being ambassadors said to take a moment to remember the true meaning of Christmas.

Year-Round Joy

Christmas is full of shiny things
That sparkle, gleam and glow;
These holiday pleasures dazzle us,
And yet, deep down, we know...

That Christmas has its special gifts,
But our year-round joy depends
On the cherished people in our lives,
Our family and our friends.

Looking ahead!

2023 will hopefully be a year which brings lots of happiness to us all. In school, we are looking forward to welcoming our new Head Teacher, Mr Lindsley! We hope that he settles in and enjoys his new post. If you see him, make sure you give him a big smile and a warm welcome.

We are also looking forward to our Spring term which brings with it many exciting activities and learning opportunities for the children. These will include: World Book Day, Science Week and lots of Art lessons based on their class reading book.



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/>

Finally, from all of us at Prior's Mill, have a merry Christmas and a happy New Year! We will see you all in 2023!