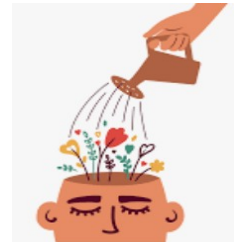




Dinnington First School

Wellbeing Newsletter



Happy New Year!

We hope that you all well into your stride for 2025. January is nearly over, let's hope February more peaceful weather. We have braved the dark days, the post Christmas finances and a nasty storm that forced school to be closed. The children were calm, cheerful and sensible despite the challenges and we were proud of them all.

This week we have about 55 more minutes of daylight than we did a month ago, in February the days will be noticeably longer and lighter. **Spring is just around the corner.**



How many birds can you see? Currently blue tits are the most commonly sighted bird in the UK according to The Great British Bird Watch. A good thing about winter is that birds are easily spotted in the bare trees, so how about getting outside this week and counting some of them with your children? Fresh air, exercise and subitising practice (recognising amounts without counting) - all for free.



Book

Recommendation

Oh No George!

by Chris Haughton.



This brilliant book is a favourite in our assemblies. The children love how George the dog really wants to be sensible and make the right choices but sometimes he gets a bit carried away and does the wrong thing... We can all relate to that in our own way!

Ways to Wellbeing

Community Workshops February 2025

Suitable for parents/carers with children 8 to 19 years old
No need to book!

6th Feb, West Walker Family Centre NE6 3BU
10-11am Anxiety

18th Feb, Haven Family Hub NE3 3RX
10-11am Brain Development

12th Feb, Cowgate Centre NE5 3UT
4.30-5.30pm Self-harm

19th Feb, Charlton Street Hub NE15 8RN
10-11am School Avoidance

20th Feb, Cowgate Centre NE5 3UT
10-11am What is mental health?



f t i
children-ne.org.uk

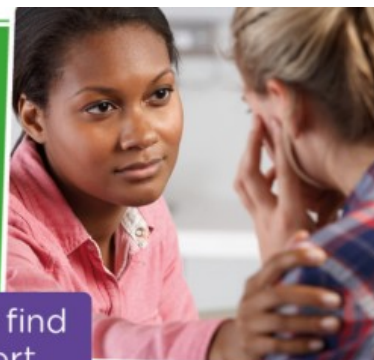


Contact us: 0191 2727 824
families.admin@children-ne.org.uk

Let's talk about mental health and wellbeing



Visit **InformationNOW** to find
local services and support



Newcastle
City Council

www.InformationNOW.org.uk
Information for people in Newcastle upon Tyne



NHS
North East and
North Cumbria



5 ways to Wellbeing