



Merry Hill

Infant School and Nursery

Headteacher: Ms. Melissa Adams MA, NPQH

13th February 2026

Dear Parents & Carers,

As we come to the end of another busy half term, I would like to say how incredibly proud we are of all the children. They have worked so hard, shown great enthusiasm for learning, and made wonderful progress in so many areas.

Thank you to all our parents and carers for your continued support; it really does make such a difference. A huge thank you also to the Merry Hill team for all they do each and every day to make Merry Hill the special place it is.

A Happy Face

The Merry Hill Way remains at the heart of our school community, and it has been wonderful to see children consistently demonstrating our expectations across the school.

Team points:

EYFS: We check others are OK.

KS1: We show consideration for others' wellbeing.

Children's Mental Health Week & Safer Internet Day

This week we really enjoyed celebrating Children's Mental Health Week, themed "*This Is My Place*." At Merry Hill, mental health and wellbeing are promoted every day, as we recognise that children need to feel calm, safe and regulated in order to learn. These are life skills we are committed to developing.

As part of this focus, we wanted to share a helpful article from the Mental Health Foundation about **co-regulation**, which may be useful for families.

What is co-regulation?

Co-regulation is about responding calmly to a child's big emotions and helping them return to a regulated state. When adults stay calm, children are more likely to calm down too. Our emotional states strongly influence one another.

Why is it important?

Co-regulation helps both adults and children feel better, reduces stress, and supports emotional development. It reminds us that staying calm (or repairing things when we don't) is a skill that takes practice.

A Happy Face, A Learning Place, A Growing Space

Helpful tips include:

- Taking slow, deep breaths to calm the body
- Using reassuring self-talk, such as “We’re safe” or “They’re just being a child”
- Acknowledging mistakes and repairing them by apologising
- Remembering that no one is perfect – it’s okay to get things wrong

You can read the full article here:

<https://www.mentalhealth.org.uk/explore-mental-health/blogs/co-regulation>

A Learning Place

Year Group Blogs

Each week the class teachers post blogs, which enable you to find out more about our education offer and reinforce learning at home. Please click on the link below to find out more:

<https://merryhill.org.uk/our-learning-community/year-group-blogs/>

A Growing Space

World Book Day

As shared last week, our theme for World Book Day this year is **sustainability**. Children will explore texts linked to caring for the environment, and we will be celebrating this creatively throughout the day.

We know how much the children love dressing up, so they are welcome to come dressed as their favourite character. We kindly encourage recycled costumes, costume swaps, or costumes inspired by sustainability where possible.

I look forward to seeing you at the cake sale in the playground shelter after school today. Thank you for all the delicious contributions.

A message from our FoMH (Sponsored Slide)

We are excited to bring back one of the children’s favourite events this year, with a brand-new inflatable fun run that we think the children are going to love. Each class will have 30 minutes to complete as many runs as they can. You are invited to sponsor your child per slide (last year’s classes achieved 7 – 20 runs) or with a one-off donation. All funds raised will support our school.

A digital copy of the sponsorship form is attached and a printed copy will also be sent home in your child’s book bag, along with a collection envelope.

Once the event is complete, sponsorship money can be returned either in the envelope to one of the FoMH committee members, via payment on Scopay, or by bank transfer directly to the FoMH.

Thank you for your support.

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Head Lice

Further to our recent message, we still have several cases of children with head lice. Please can we stress the importance of checking your child's hair **every week** so that any head lice can be dealt with quickly and before they can be allowed to spread.

If your child has head lice, once their hair has been treated, they are able to come back to school, and the hair should be checked for the next few days to ensure the head lice have all been removed. The whole family should be checked to ensure they haven't spread, and treatments applied where necessary. You can buy a specific head lice treatment from any pharmacy and most supermarkets.

Please can we ask you to read the attached information carefully and also click on the link below to take you to the NHS website for more information.

[Head lice and nits - NHS](#)

Thank you for your support and understanding.

I wish you all a relaxing and enjoyable half term. We look forward to welcoming you back on **Monday 23rd February**.

Warm regards,

Ms Melissa Adams
Headteacher

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Aldenham Road, Bushey WD23 2TD

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