

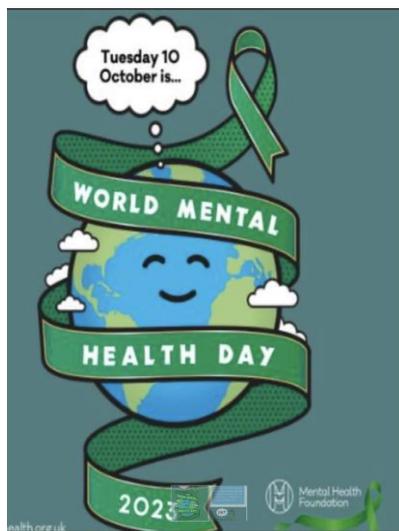


13<sup>th</sup> October 2023

Dear Parents/Carers,

It was wonderful to see so many of you at our Parent/Carer Consultations this week. We really value our partnership with you so I was delighted to hear that you found the meetings so useful and have passed this feedback onto the team.

The children have had a wonderful week here at Merry Hill. Some of our Reception children visited Bushey Library as part of our commitment to developing a lifelong love of reading. Their behaviour was impeccable and they thoroughly enjoyed the trip, well done Reception!



#### **World Mental Health Day**

This week we celebrated World Mental Health Day. The theme this year is 'Mental health is a universal human right'. World Mental Health Day is about raising awareness of mental health and driving positive change for everyone's mental health.

It's also a chance to talk about mental health, how we need to look after it, and how important it is to get help if you are struggling. We are passionate about supporting mental health and well-being and fundamentally believe that we should equip our children with the knowledge, tools and strategies to look after their mental health. It is important that we all look after our mental health so please see the information attached to the newsletter if you'd like some support for yourself.

#### **'Healthy Learners' – how we ensure we are ready to learn**

#### **Online Safety**

Mental health and wellbeing online are vitally important in the online safety world. The NSPCC has a wealth of resources to support children, parents and adults with the essential online safety messages:

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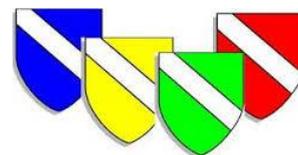
<https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-blog/>

## Team Points

This week, we have introduced a new Team Point system to the children. We have four colour teams. These are colour teams: red, blue, green and yellow. After discussions with the children, it was decided that a good way to further promote good choices and celebrate those who regularly follow the golden rules would be to introduce team points. The children will recognise the sense of teamwork and understand what it is like to be part of a team. Team points is also another way of recognising positive behaviour choices and success at our school.

The children will receive team points within their class (and around the school including dining room, hall and playground) for a variety of reasons. The children will be responsible for adding their own team points to the team point's pots in classrooms or in the dining room. All members of staff can award points, and pupils can earn points for their team by:

- Following the Golden Rules
- Playing Fairly
- Being Caring and Sharing in the Playground
- Showing Good Manners
- Being Helpful and Considerate
- Displaying a positive attitude to a specific task or school life in general
- Being Responsible
- Participating and representing the school in competitions and sport



In each class, the points are added up and collated each Friday morning and a special assembly is held to recognise the team with the most team points each week.

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## 'Curious Learners' – *what we learn*

Please click on the link below to have a peek at some of the wonderful learning that has taken place in your child's classroom this week:  
<https://merryhill.org.uk/our-learning-community/year-group-blogs/>

## 'Collaborative Learners' – *our place in the world*

### **Cost of Living**

Every week, we aim to feature a suggestion for a free (or inexpensive) family activity that you can enjoy together. If anyone has any tips or ideas of free or inexpensive activities you would like to share with our community, please let the office know. I hope you find these activities enjoyable and valuable for quality time together. This week we have also included some tips from South West Herts Partnership to support families with the rising cost of food, please see overleaf.

### Create Leaf Art

#### What:

Collect colourful leaves during a nature walk and use them to make leaf art. You can create leaf rubbings, press leaves in a book to preserve them, or even glue them onto paper to make autumn themed collages. We would love to see some of your creations!



Wishing you a wonderful weekend!

Sincerely,

Ms Melissa Adams  
Headteacher

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## Food

Your local foodbank can help with store cupboard essentials; you may need to be referred or give your local food bank a call to find out if they accept self-referrals:

[www.hertfordshire.gov.uk/foodsupport](http://www.hertfordshire.gov.uk/foodsupport)

<https://www.watfordfoodbank.co.uk/locations/>

<https://www.hertfordshire.gov.uk/about-the-council/news/news-archive/household-support-fund-in-hertfordshire>

<https://www.hertsmeres.gov.uk/Health--Wellbeing/Hertsmeres-Food-Poverty-Alliance.aspx>

### Cheap eating – hints, tips and further support

By storing, freezing, and reheating your food correctly, you can make it go further and save money.

Read more at; <https://www.lovefoodhatewaste.com/good-food-habits/how-do-i-make-your-food-go-further>

An app that links consumers to food establishments with leftover food that they sell for vastly discounted prices: <https://toogoodtogo.co.uk/en-gb/>

Lidl offer their members coupons and discounts <https://www.lidl.co.uk/lidl-plus>

Download apps for food establishments; they may offer freebies or discounts for new customers  
**Olio**- households giving away free food and other items – download the app.

**Asda** - gives lots of ideas for budget friendly meals <https://www.asda.com/good-living/category/budget-meals>

**Tesco**—budget meals and recipes <https://realfood.tesco.com/budget-meals.html>



### SWHP tips for eating on a budget:

- Meal plan – this avoids waste
- Visit supermarkets at the end of the day when items are 'yellow-stickered' and reduced – some things can be frozen and used at a later date
- Bulk meals up with wholesome and cheap items such as red lentils and rice
- Buy supermarket own brand items where possible
- Homemade soups are a nutritious and cheap way to get your 5 a day – bulk them out with leftover pasta or beans
- Oats are a cheap and easy breakfast mixed with a banana and milk or water
- Eggs are a cheap form of protein and can be cooked in multiple ways to prevent food boredom – for example throw leftover veg, or herbs into an omelette
- Use cheap spice jars to flavour food – paprika, cumin and chilli powder all give food a bit of oomph
- Eat leftovers for lunch
- Google cheap recipes – the internet is awash with great ideas!
- Buy food on offer but don't be tempted by 3 for 2 or half price offers unless you will actually use the ingredients!
- Don't go shopping when hungry – it's too tempting to buy things you don't really need!
- Use cheaper cuts of meat – chicken thighs are a good substitute for breasts, lamb neck and stewing beef need to be cooked for longer but are tasty and cheaper than other cuts
- Store fruit and veg correctly to stop it going off
- Use bread from the freezer to stop it going mouldy and being disposed of
- Use by dates are only a guide if it looks and smells ok it probably is!

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## Tips for talking about mental health

Talking is good for your mental health, and talking about mental health is important. However, starting a conversation is not always easy. Whether you would like to talk to someone about how you are feeling, or check-in with someone you care about, here are some tips from the Mental Health Foundation that can help.

### 1. Choose someone you trust to talk to

This might be a friend, family member or a colleague, or you might be more comfortable talking to someone you do not know, for example, through a support helpline. It can help to do a pros and cons list about talking to someone.

### 2. Think about the best place to talk

It is important to choose a place where you feel comfortable enough to open-up. You might want to choose somewhere private where you are less likely to be disturbed. You also might want to talk while you do an activity, like walking together.

### 3. Prepare yourself for their reaction

Hopefully, you will have a good experience when you open-up to someone but there is a chance that they may not react in the way you hope. This may be for different reasons, like they may be worried or not fully understand at first. If that is the case, try to give them time to process what you have told them. It might help to give them information to read to help them understand and do not forget to be kind to yourself and practise self-care.

For further information, please see:

[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

<https://www.nhs.uk/every-mind-matters>

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# Reveley Lodge & Garden

88, Elstree Road, Bushey Heath, WD23 4GL  
[www.reveleylodge.org](http://www.reveleylodge.org)

## JOIN US FOR *Scary* HALLOWEEN FUN AT REVELEY LODGE!

Thursday 26th and Friday 27th October  
10am - 1pm, and 1pm - 4pm

- Follow the Halloween garden trail
- Win prizes in our spooky rock and ghoulish hunt
- Discover giant spiders and other ghastly, ghostly, gruesome surprises hidden around the garden
- All new children's Halloween crafts and activities\*
- Children's story reading
- Refreshments for sale

### Entry £5 per child

(must be accompanied), adults entry is free



Visit website to book

\*Extra charges apply

Reveley Lodge Trust (Registered charity No 1099935)



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