



7th February 2025

Dear Parents and Carers,

This week has been a busy and exciting week at Merry Hill! We welcomed Year 6 children from Ashfield who are developing their leadership skills by becoming play leaders. In this role, they will enhance our children's play time experience by teaching a range of play time games and helping to develop social skills.

On Monday we had a 'Nocturnal Animals' workshop and we asked the children which animals they thought they would see and then explained to them that the visiting animals were all nocturnal. We were impressed that some children could tell us what nocturnal means!



We also began our parent consultations this week. The feedback following these consultations has been extremely positive and is a great opportunity to further develop our parent partnership. We look forward to continuing these next week.

Additionally, we recently had a Health and Safety audit conducted by Hertfordshire County Council to ensure we are meeting all necessary regulations. We are delighted to share that we performed exceptionally well! A huge thank you to Mrs Tooley and Mr Reid for their hard work in preparing the documentation and ensuring everything was in place.

FoMH

Attached to this week's email is a newsletter from the FoMH as well as details about the upcoming quiz evening. We are extremely fortunate to have such a committed team of parents and carers who work tirelessly to organise wonderful events for our community which help to bring in funds for school resources. In this newsletter, you will find details about upcoming events as well as some further information about what the money raised has been used for.

Herts Shining Communication Award

I am excited to share with you that following the success of the NHS supported targeted language groups in Year 1 and the continual good practice that has been observed across the school at Merry Hill, our link NHS Speech and Language Therapist has recommended us for the 'Herts Shining Communication Award'. By taking part in this award, we will further support and improve the outcomes for children presenting with speech, language and communication needs (SLCN). Mrs Gavriel and Mrs Mitzman will be our

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“Communication Champions” and, with the support of SLT, will lead the team in the achievement of the award. We will keep you updated on our progress.

'Ambitious Learners' – how we act when we learn

This Week's Focus: The Golden Rule – 'Do look after property'

Team Points Focus: Good manners – asking permission before taking or doing something.

All schools are legally required to promote the fundamental British Values of: Democracy, the rule of law, individual liberty, mutual respect and tolerance of those with different faiths and beliefs. One of the reasons that British values are so important is that they help to prepare young people for life in modern Britain as they grow older and leave school. This term we are focusing on **mutual respect** through the development of our children's manners.

This week we will praise the children and award team points for children who are asking permission before taking something or doing something which differs from their usual routine.

3.2.25	<p>Asking Permission – when you have any doubt about doing something ask for permission first.</p> <p>We are looking for children who ask before they do/take things that are not part of the routine.</p> <p>GR We look after property</p>	
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'Curious Learners' – *what we learn*

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 see the wonderful learning that has taken place over the week.

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

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

Children's Mental Health Week – Know Yourself, Grow Yourself

Place2Be's Children's Mental Health Week 2025 explores the importance of self-awareness and expressing emotions. Here at Merry Hill, we ensure our children develop strong emotional literacy through planned assemblies, lessons and stories as well as our ongoing Zones of Regulation implementation, mindfulness areas within each classroom and our much loved sensory room. In honour of Children's Mental Health Week, we enhanced our usual provision by holding a mindful listening activity in the forest and also shared and talked about "The Kindest Red" in this week's assembly. If you are interested in finding out more about Mental Health Week, which features the characters of Pixar's *Inside Out* and *Inside Out 2*, and provides resources which encourage children to discover how getting to know who they are can help them build resilience, grow and develop then please click on the link below:



<https://www.childrensmentalhealthweek.org.uk/families/>

I hope you all have a wonderful weekend.

Sincerely,

Ms Melissa Adams
Headteacher

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TIPS FOR FAMILIES

Place2Be's

CHILDREN'S
MENTAL HEALTH
WEEK

1 Encourage journaling

Just like Riley, encourage your older children and young people to express their emotions and thoughts through journaling. It can be less confronting than speaking out loud and is a helpful way to process what is going on.

2 Make space for reflection

When children and young people reflect on their different emotions, it can help them better understand themselves and what they need. Go for a walk, drive, or try some mindful colouring or baking together.

3 Be visual

Use imagery, such as emojis or flashcards to help children and young people recognise and label their feelings.

4 Practice mindfulness

Try mindful activities, and quiet family time, to enjoy being in the present moment. This can help children and young people be aware of their thoughts and emotions and learn a useful new coping technique.

5 Communicate

Feedback is crucial for helping us see our blind spots and gain greater insight. Children and young people are no different. Creating safe and supportive ways to share your own experience with your child can help them understand themselves and their impact on the world around them.



If you're a parent or teacher, you'll find loads of useful advice to help you support the brilliant young people in your lives – from FAQs to downloadable packs. [Here4You.co.uk](https://www.here4you.co.uk)



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