

### Dear Parents and Carers,

Today is 'Press Pause' day where we are encouraging our student community to stay away from screens and complete a range of activities to support their mental health and well-being. In school we have a great atmosphere with students trying a range of activities including yoga, bracelet making, basketball, nature walks, aeroplane making, mindful colouring and meditation amongst other things. Developing strong mental health is fundamental and something we are passionate about. Take a look at my video to you by following this link <https://youtu.be/r8FWmeOB9Jk>

*Mrs Sonia Taylor*



## REMINDERS & NOTICES

### Why Reading can be Good for Mental Health

Reading with your children builds warm and happy associations with books, increasing the likelihood that your child will find reading enjoyable in the future.

Reading at home boosts school performance later on. It also increases vocabulary, raises self-esteem, builds good communication skills, and strengthens the prediction engine that is the human brain.

Reading has been shown to put our brains into a state similar to meditation, and it brings the same health benefits of deep relaxation and inner calm. Research suggests that regular readers sleep better, have lower stress levels, higher self-esteem, and lower rates of depression than non-readers.

Reading works your brain and prevents memory loss. ...

Reading groups help to treat mental health issues. ...

Reading helps teenagers develop insights into being an adult.

### Reading Apps for Audio/Talking Books PART 2

Hello, I hope you found last week's information useful and that you have found some useful sites for audio/talking books. Please find some other sites below to try.

Let us know if you find any of these particularly helpful. If you find any other useful support sites please do let me know and we can share for other students to access. **Mrs G Nutting.**

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Audible Stories

<https://stories.audible.com/discovery>

Harper Collins children's books

<https://www.harpercollinschildrensbooks.co.uk/listen-for-free/>

Scholastic Learn at Home: Free Resources for School Closures  
[www.scholastic.com](http://www.scholastic.com) > [teachers](#) > [teaching-tools](#) > [articles](#)



### Discover Apprenticeships during National Apprenticeship Week 8 – 14 February

Whether you are supporting your child in their next step after leaving school, or curious about what pathways are out there for your child to take in years to come, **National Apprenticeship Week** is the perfect opportunity to find out more about apprenticeships and to encourage your child to participate in some of the free activities that have been prepared for you from a wide variety of organisations. Take a look at the attached Apprenticeship Newsletter.

### Purchasing Chromebooks via Freedom Tech:

Another opportunity to purchase Chromebooks on a one, two or three year plan is now open. This closes on **10<sup>th</sup> March**. Details on how you can purchase your own Chromebook can be found on the attached flyer.



### Gift Wellness

Last spring just as lock down was announced we had a conference day planned for children across the Trust. The children were going to meet Dr Zareen Roohi Ahmed, listen to her story of how and why she set up not for profit company Gift Wellness.

The link to her website is [here](#) for you to read about her work for yourselves.

Dr Zareen, is looking to raise £100,000 to supply sanitary products to refugees and food banks and she is asking us to help. With a friend she has created The Big Totem Competition in aid of Period Poverty. There are prizes for the best totem poles and the aim is to get as many entries as possible and by doing so raise awareness and get donations to reach the magic £100,000. We'd love you to get involved. [Here is the competition information.](#)

## FOCUS



### Online Safety

Over the last year many children have been feeling worried and unsure as they try to navigate the ever-changing restrictions of the pandemic.

This year Children's Mental Health Week has the theme 'Express Yourself' and so I would encourage you to read the attached 'Top Tips' from National Online Safety on how to support children to express themselves safely online.

## UPCOMING EVENTS

Click [here](#) to view our upcoming events. Events at a glance:

- **Internet Safety Day**, 11 February
- **Half Term**, 15 – 19 February

Click [here](#) to view our term dates.



## NEWS

Click [here](#) to view our latest news articles.

Why not also follow us on Facebook @[GroveSchoolShropshire](#) for a wealth of content, from student, staff and school celebrations, to competitions. We encourage you to get interactive with our posts!

To hear about news from across the Trust, why not also follow @[MarchesAcademyTrust](#).

