



It has been another busy week at VPJS and the sun has been shining. This half-term the children are focusing on our learner attitude of being a self-manager and this includes them enjoying taking responsibility for themselves and their learning. We know that it is important that all of our children are able to organise their own equipment. Well done to Year 3 who represented our school extremely well on their trip to Liverpool. The adults were really impressed with their behaviour and enthusiasm. Take Care and have a lovely weekend. *Mr. Wilkinson*

## National Fitness Day

Well done to all the children for participating on Wednesday. They enjoyed completing laps around the playground and taking part in different activities at lunchtime. There were definitely some tired faces!

## Notices and Reminders:

**Flu Vaccine** - If you have sent consent for your child to have the flu vaccine, they will have it on **Tuesday 24<sup>th</sup> September**.

No child will be given a flu vaccine if you did not give permission or return the form.

## Meet the Teacher - Tuesday 24<sup>th</sup> September

A reminder that there will be an opportunity to come and meet your child's new class teacher and find out about the routines and what they will be learning this year. You will also be able to ask any questions you have.

There will be two sessions; you only need to attend one of these. The first session will be from 3.40pm until 4.30pm. The second session will be from 4.25pm until 5.15pm. It is important that you attend all of the session. Your child(ren) is more than welcome to attend the session too. Please enter school through the main front doors and come to the hall.

## Communication

Please remember that if you have any questions/queries or need to talk to a member of staff (including class teachers), please telephone the school office (912-5005).

**The school office is open between 7:45am to 4:00pm every day.** They will be able either to help you straight away or make arrangements.

There is always a member of staff outside the school office every morning.

## Respect Quotes

Our school values are at the heart of everything we do. This half term we are focusing on Respect and every class has written their own quote about respect. Here are some of them:

**Respect is the key to life, if you find your key - you can open the door.**

**Respect is free so you can give it to anyone.**

**When you receive that ball of respect, don't hog it, pass it!**

**Our Values: Respect, Equality, Aspiration,  
Responsibility, Love, Courage**



## Youth Mental Health Day

The focus in Wednesday's assembly was on Youth Mental Health Day, which was yesterday (19<sup>th</sup> September). Miss Tidman talked to the children about the impact being online can have on their mental health and the theme is #ControlYourScroll

### How can you #ControlYourFollow?

Consider how an account will make you feel if you follow it. Follow accounts that have a positive and not negative impact on your mental health.



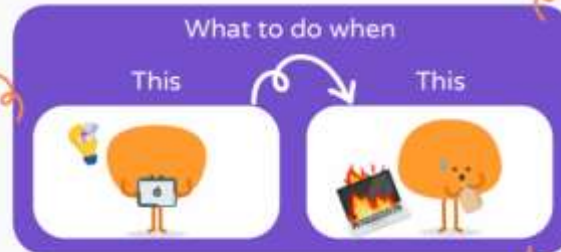
If you hold your values close, you will find it easier to withstand the pressure to follow trends just because everyone else is following them.

Unfollow someone if their content is negatively impacting your mental health.

Be wary of the information you read online, particularly when people are offering mental health advice. Instead reach out to a trusted adult or doctor to discuss any concerns you may have.

### How can you #ControlYourTime?

Understand when your online habits are impacting your mental health and how to ask for help.



Challenge yourself to take on a digital detox and #ControlYourScroll.

Take time to get offline and do things to improve your physical and mental wellbeing.

### How can you #ControlYourContent?

#### Control Your Search



Learn how to use search engines so that you can trust the information you see

Take control of algorithms



#### Control Your Post



Think before you post

Calm your emotions before you post

How to fix things if something goes wrong

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