



HOLLYFIELD PRIMARY SCHOOL

10 February 2023

NEWSLETTER 19

Symphony Hall

3R and 3C on Monday 6th February 2023 attended Symphony Hall to listen to an orchestral concert. This supported the musical education of the pupils. It also helped them to appreciate live music and admire the skill and dedication that musicians have when playing entertaining and heartwarming pieces of music.



LOOK what we're **LEARNING!**

Mental Health Awareness Week

1 in 6 children and young people have a diagnosable #mentalhealth condition. This week is #ChildrensMentalHealthWeek, and we're supporting @Place2Be to raising awareness of the importance of children and young people's mental health. Learn more: www.childrensmentalhealthweek.org.uk

Some ideas for wellbeing:

- stay connected with friends, family and colleagues. Keep talking, even if that means by on-line methods but take regular breaks from the screen and the online world and only chat to those people you know in real life
- take a break from social media, switch off the news sometimes, give your brain a break from the information overload and the worry
- get some physical exercise
- make sure you're getting some fresh air, sit outside, get out of the house if you can, open a door or window, feel the outdoors on your face
- try and keep your diet healthy with plenty of fresh fruit and veg too
- step away from the screens, and find a good book, play a family board game, go for a walk, play in the garden or go to the park
- ask for help if you are struggling or feeling overwhelmed



Roman



Ronya

1J

Imogen

1WN

Harley

2C

Amari

2SH

Stewart

3C

Charlotte

3R

Rahat

4B

Willow

4C

Grace

5K

Saranna

5L

Chloe

6SB

Samuel

6W

Danial

KINDNESS AWARDS

The Competition

Design our school mural!

We would like you to design a mural for our school.

A mural is any piece of graphic artwork that is painted or applied directly to a wall,

ceiling or other permanent place. Mural techniques include fresco (water soluble paints),

mosaic (tiles) and graffiti (spray paint)

Be creative – use lots of different colours and textures to

design your mural, making sure you add

the technique you would like your mural to be.

Try to think about the history of Hollyfield and our values and incorporate them into your design.

All entries need to be returned to your class teacher by Monday 6th March
The winning design will be announced in assembly on Monday 13th March.



