

The best way to predict your future is to create it. - Abraham Lincoln

16th Feb 2024

**Children's Mental Health Week** took place from **5-11 February 2024**.

s week focuses on mental health awareness that empowers equips and gives a

This week focuses on mental health awareness that empowers, equips and gives a voice to all children and young people in the UK.

At St Lawrence, we loved getting involved with the 2024 theme, "My Voice Matters". We held an 'Express Yourself' day and 'Shouted Out Loud' about all the things that help us to build strong mental health. We also shared creative ideas on how we could improve our well-being at school.

Every class enjoyed working with other year groups where we shared different activities across the school; team games, tapping, walking in nature, yoga, art, mindfulness, singing and dancing. Some of us even played with a bucket of bouncy balls, it released so much energy, made us smile and helped us to feel great!



















#### Mrs Musson & Mrs Alexander:

<u>foundationstage@st-</u> <u>lawrence-pri.essex.sch.uk</u>

Mrs Auton & Mrs Alexander: <u>year1@st-lawrence-</u> <u>pri.essex.sch.uk</u>

> Mrs Parker year2@st-lawrencepri.essex.sch.uk

#### Mrs Torres:

<u>year3@st-lawrence-</u> <u>pri.essex.sch.uk</u>

#### Mrs Clark

vear4squares@st-lawrencepri.essex.sch.uk Miss Roulston

<u>year4circles@st-lawrence</u> <u>pri.essex.sch.uk</u>

#### Mrs Aylett & Ms Rayner:

nri.essex.sch.uk

Mrs Griffith:

### **Headteacher Awards**

Year 1 – Arthur H, Bodhi, Molly, Grace, Arthur L; Year 2 – Lily, Essie

Rectory Road, Rowhedge, Colchester, Essex CO5 7HR

T: 01206 728517 E: office@st-lawrence-pri.essex.sch.uk

www.st-lawrence-pri.essex.sch.uk www.facebook.com/stlawrencecolchester

### Year 1

In Science Year One have been investigating materials and whether they are absorbent or waterproof. In Art they have been learning about sculptures and making their own exploring how different materials bend, twist and can be joined. They have combined their skills and knowledge in Science and Art to design and make waterproof boats that float.









### Year 2

As part of our weather project, we looked at how hurricanes were formed and then made houses to see what effect our own hurricane simulation would have on them.



## **Agents of Change**

We handed out lots of badges during our half-termly Agents of Change Award Assembly on Thursday and talked about the class challenges that everyone has been working on this term. It is always brilliant to hear how many skills the children use whilst completing their work together and how many important values it helps them to learn and appreciate.

# **Year 4 Squares**

This week Year 4 Squares finished their Design & Technology project by making seasonal vegetable or fruit tarts. They researched about food miles and the importance of buying local, as well as finding out about what seasonal vegetables and fruits were available to them to use on their tarts. We are SUPER impressed with how they turned out – the classroom smelt EPIC!!



## **Rowhedge Foodbank**

We are proud to support Rowhedge Foodbank and distribute parcels to those who need it. Thank you to all the team for their hard work and to those who support this amazing cause.



## **Happy Half-Term!**

Have a great break, it's been a busy old term so far, so enjoy the time away from school. We're closed tomorrow (Friday 16<sup>th</sup>) but look forward to seeing you back on Monday 26<sup>th</sup> February.

The school is registered under the Data Protection Act for holding personal data. The school has a duty to protect this information and keep it up to date. The school is required to share some of the data with the Local Authority and with the DfE. It is parental responsibility to ensure that their details and that of other contacts held on their child's records are correct and up to date.