

# TERRINGTON ST CLEMENT COMMUNITY SCHOOL



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Dear parents/carers,

## Happiness is...



This week has been Mental Health Week in school. We have looked at how we support each other to grow, especially when things can be tough. Part of this work has been about developing our emotive language to understand and name our emotions and the importance of talking about how we are feeling. We have also considered how challenges and set-backs can help us grow, adapt and learn about life's ups and downs. Trying new things can help move us beyond our comfort zone into new possibilities and potential.

EYFS have used the story The Colour Monster to see the different emotions as colours to help them recognise their feelings and be able to name them.

Y1/2 have completed a feelings log everyday this week, talked about why they feel that way and who is part of their support network to help them understand and manage their emotions.

Y3/4 looked at who they can turn to for help and ways of looking after their mental health and wellbeing.



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Y5/6 have shared tips on wellbeing, how to keep well and also about developing support bubbles.

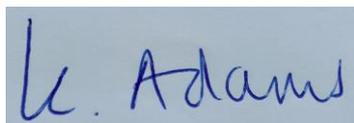
Teddy, our reading therapy dog, has also been in as part of wellbeing this week.

Emotional growth is often a gradual process that happens over time, and sometimes we might feel a bit 'stuck'. All of the emotions are important, and make us who we are. Happiness is a wonderful emotion. As a parent/carer we hope for this for our children. Big moments are exciting, but small moments are just as precious.

Our half term project this time, Happiness is..., is about encouraging children to take some time and space to find little happinesses in everyday life and share their enthusiasm and things that give them joy. The aim is to help children find the little happinesses and learn to use these to help and support their wellbeing.

We would like children to create a poster to share what makes them happy. On their poster they could draw pictures, add captions and labels, include a list or write a poem about what makes them happy. We have sent them home with their own pack of crayons to use. After half term we will then display these around school to share all of their ideas.

Yours sincerely



Miss Adams



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