



# Beeston Primary School

Town Street, Leeds, LS11 8PN

“Engage, Enjoy, Enrich, Excel”



Friday 3<sup>rd</sup> February, 2023

Dear Parent/Carer,

## **Week beginning 6<sup>th</sup> February is 'Growth Mindset Week' at Beeston Primary School.**

This year we will be having a special themed Circus skills week. Each year, we take time to remind ourselves of the importance of having a Growth Mindset and how we should all remember that we learn by making mistakes; listening to feedback and trying again (as well as lots and lots of practise!)

To help us to launch our special week, this year we have invited Circus Sensible into school to lead some assemblies and work with each class in a focussed workshop where they will learn some circus skills for example juggling or plate spinning.

Circus skills are an opportunity for children and adults to discover and develop skills such as concentration, information retention, concept visualisation; hand-eye coordination and self-awareness. These skills can then be used in many other settings including social situations and other curriculum lessons.

Our aim throughout the week is to link achievement and progress to Growth Mindset, resilience, determination and practise (and we would like to have some fun too!)

### **Children's Mental Health Week**

In addition to learning about Growth Mindset, this week we are also celebrating Children's Mental Health Week. Supporting children's emotional well-being is essential to children being ready to learn, and was identified by Ofsted as an outstanding strength in our school.

This year's theme is "Let's Connect ". To celebrate this, we would like to invite parents to come to school and share some well-being activities with their children. These activities will take place in the school hall and will involve mindfulness colouring, art activities and games to share. The sessions will be **on Friday 10th February at 9.00-9.45 am for Years 1 and 2, and 2.15-3.00 pm for Years 3,4,5 and 6.**

The Inclusion Team will be running the sessions and will be able to give advice on where to get mental health support for yourself or your child. We appreciate as parents you lead very busy lives, but your well-being and spending time with your child in a relaxing atmosphere is important too.

If you wish to attend, please contact the school office by **Tuesday 7th February**, giving your name, child's name, and class. Light refreshments will be available for both adults and children on the day.

We do hope you can make it and once again take part in our special week.

Thank you for your continued support,

Mrs Tidey  
Senior Deputy Headteacher

Headteacher- Mr. N. Edensor

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