



Beeston Primary School

Town Street, Leeds, LS11 8PN

“Engage, Enjoy, Enrich, Excel”

Friday 31st January, 2025

Dear Parent/Carer,

Week beginning 10th February is 'Growth Mindset Week' at Beeston Primary School.

This year we will be having a physical activity and sport themed 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 Ash Randall into school to lead some assemblies and work with each class in a focussed workshop where they will learn and practise some new skills. Ash is a freestyle footballer who is known internationally for his motivational talks on growth mindset; he currently holds 25 World Records and we are confident that he will inspire the pupils to try something new.

Engaging in physical activity helps children and adults to discover and develop skills such as concentration; hand-eye coordination; team-work and self-awareness. When children are physically active, their brains release hormones which can improve concentration and focus. Additionally, physical activity helps to form neural connections in the brain that improve memory, language, and problem-solving skills. 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, we will also be 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, 'Know Yourself, Grow Yourself,' and aims to encourage children and young people to express their emotions. 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 14th February at 9.00-9.45 am for Years 1, 2 and 3, and 2.15-3.00 pm for Years 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. In the afternoon, we are also delighted to welcome Eleanor Smith from the Mindmate support team who will be sharing some additional helpful resources. 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 **Wednesday 12th 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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