

Cart Mill Family Centre

February 2021

Newsletter



Thank you all for your continued support and engagement with our centre whilst we are closed to all but essential childcare places. We love seeing your photos on google classroom and twitter so please keep them coming!



Friday 5th February – Centre closed

On Friday 5th February our centre will be closed. It is a staff in-service day.

Staff Calls to Families

Our staff have begun to make contact with their key children and families on their working from home days. Staff have commented on how well you and your families are doing during lockdown with many of you juggling working from home, home schooling and caring for your children. We are just at the end of a phone (0141 570 7560) or e-mail (schoolmail@cartmill.e-renfrew.sch.uk) if there is anything we can help you with then please get in touch.



Festivals & Special Days

1st February Children's Mental Health Week – more information attached to this newsletter.

1st February Action for Happiness "Friendly February Calendar"



https://www.actionforhappiness.org/media/968399/february_2021.pdf

12th February Chinese New Year – 2021 is the year of the Ox

14th February Valentine's Day – show someone you love them

We miss you and hope to see you all back at Cart Mill as soon as it is safe to do so.

Best wishes and please stay safe,

Sharon McKenna

Head Teacher



Dear Parents and Carers,

From 1-7 February 2021, we're taking part in Children's Mental Health Week. This year's theme is **EXPRESS YOURSELF** and we're encouraging all our children and parents to explore the different ways we can **EXPRESS OURSELVES**, and the creative ways that we can share our feelings, our thoughts and ideas.

Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. This could be through art, music, writing and poetry, dance and drama, photography and film, and doing activities that make you feel good. It's important to remember that being able to **express yourself** is not about being the best at something or putting on a performance for others. It is about finding a way to show who you are, and how you see the world, that can help you feel good about yourself.



As part of this special week we would like to invite our children, families and staff to take part in our **'Dress to Express'** day on **Wednesday 3rd of February**. To take part we are asking our children and parents to wear something that day that expresses how they are as a person, it can be anything you like to wear, fancy dress, a favourite top or jumper, something that tells us something about you or just an outfit that makes you happy!

Children who are currently attending our hub on a Wednesday are invited to wear their special **'Dress to Express'** outfits to nursery next Wednesday the 3rd. If your child is currently at home and joining in online learning we would love you to join in and wear your special outfit at home and send us in your photos of you wearing them to our Cart Mill Twitter page [@cartmillcentre](https://twitter.com/cartmillcentre) or on our Google Classroom.

Place2Be have created activities and resources to help children (and adults) to explore the different ways that they can express and share their thoughts, feelings and ideas. For more information and resources you can check out Place2be website at: <https://www.childrensmentalhealthweek.org.uk/about-the-week/>