

FEBRUARY 2023

READING NEWSLETTER

BICKERSTAFFE SCHOOL



Reading Racoons

Last week saw the introduction of Ronnie, Reggie, Rita and Rochelle, our reading racoons. Each week a child from each class will take them home to cuddle up and share a story with. We can't wait to see your photos. Which racoon will you get at home?

Thought Machine

Sometimes my thought machine makes thoughts like

THAT WENT WELL or YOU'RE DOING GREAT or
YOU'VE GOT THIS

but sometimes it makes thoughts like

THAT WAS TERRIBLE or HOW EMBARRASSING or
WHAT A MESS

When that happens, I dance. Write. Run. Sing.

Listen to music. Talk. Swim.

I think of ONE thing I like about myself

NICE EARLOBES or GREAT DANCING or EXCELLENT
JOKES

and I set about my day.

And somehow, that pesky little thought machine
tends to think more positive things, like

THIS IS GOING WELL, YOU'RE DOING GREAT –
YOU'VE GOT THIS!

And I have.

Laura

A WONDERFUL POEM
FROM BEING ME,
RECOMMENDED BY
MISS DOYLE



Children's Mental Health Week is 6-12 February 2023.

This year's theme is Let's Connect.

Let's Connect is about making meaningful connections. Human beings thrive in communities, and this connection is vital for our wellbeing. When we have healthy connections – to family, friends and others – this can support our mental health and our sense of wellbeing. And when our need for rewarding social connections is not met, we can sometimes feel isolated and lonely – which can have a negative impact on our mental health. As parents and carers, you play an important role in your child's mental health.

- February has brought with it many reasons to celebrate, and lots of topics to read about!
- Valentines Day
- Chinese New Year
- Pancake Day.



Tom Percival is one of my favourite authors and always focuses on positive mindsets and being the best you can be. The bright, attractive illustrations help guide the storyline nicely. An uplifting story about being yourself and being the very best version of yourself that you can. If you enjoy this book, many of Tom's other books focus on anxiety, friendships, jealousy, and resilience.
Mr Chandley

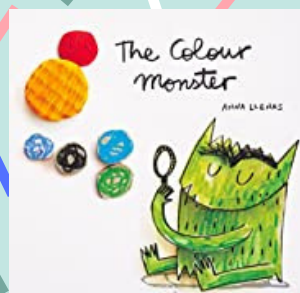


The perfect soothing read for quiet time, 'Happy' gently encourages readers to explore their emotions and the beautiful world around them, with stunning illustrations and thought-provoking rhymes on every page. Emotive language encourages children to step back and really appreciate their life within the moment. This beautiful poetry combined with ideas for how to practice mindfulness in the real world make this a wonderful introduction to finding inner peace.
Miss Wilson

The book helps children to find ideas for what to do with worries or how to slow down when your head is full of hurry. Everyone should give themselves time to chill out, find quiet voices in noisy places and discover kindness in yourself and others. Then maybe your own special thought machine will tell them, 'This is going well. You're doing great. You've got this!' And they have!
Miss Doyle



As many of you know, Forest School is definitely my thing. A book that combines outdoor learning, with a connection to God is perfect choice for our church school. We will be using these activities all through Lent and not just at Forest School. Full of activities for all the family, a great guide to mindfulness.
Mrs Hunter



It can be read as a simple story about friendship, but can also help children to recognise, discuss and label emotions, providing them with vital emotional literacy skills. Deceptively simple, surprisingly powerful and satisfyingly reassuring. It helps the children raise their emotional awareness and make facing their feelings just that little bit less of a monstrous task!
Miss Horne

I love reading Tom Percival books with our younger children in school. It's a great way to introduce emotions. But I think it's important for our older children to understand their more complex emotions and I think they are explored perfectly through Attack of the Heebie Jeebies. Suitable for children ages 7-11 it's book 1 in a two part adventure!

Mrs Carlin

