

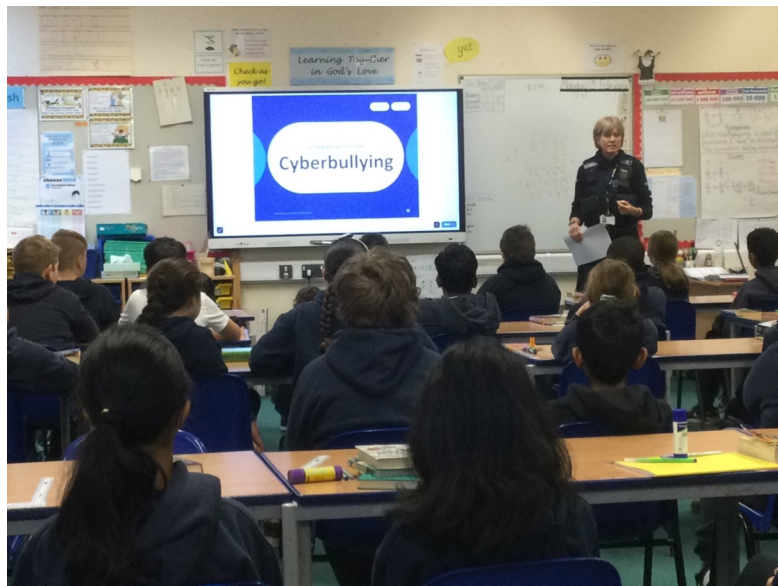
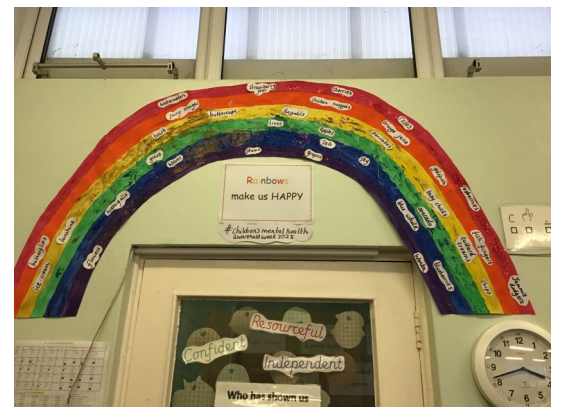
Children's Mental Health Week

This week is Children's Mental health week and this year's theme is 'Know yourself to grow yourself'. This year Place2Be have teamed up with the characters from Inside Out 2 to explore the importance of expressing our emotions. Starting earlier in the week in our KS assemblies, we began to discuss and discover how getting to know who we are and what makes us tick can help us build resilience, grow and develop. As a Rights Respecting school, we've also made the



connection with the children to Article 24 in the UNCRC which highlights the right that the children each have to healthcare and support that makes them both physically and mentally fulfilled. Above you can see an example of how some of the children have been thinking about what particular emotions feel like to them and if they were to represent them pictorially, what they might look like.

The children in year 1 have been thinking about feeling 'joyful' and things that make them happy. They worked collaboratively to create a rainbow and included on it a range of items that they associate with each colour that make them joyful.



Yr6 police visit—Cyberbullying

On Monday, the police came to our classroom to talk about cyberbullying. We discussed how to act if someone was committing a hate crime on the internet. PCSO Darvill explained the different types of cyberbullying such as hateful comments, leaving people out etc. We learned to block people, to ignore hate comments and to ask for help from adults. The police said that if you don't explain the situation to an adult, it might get worse. We discussed the need to limit our screen time. We learnt how the police can track people's phones to help find people who commit crimes. We were also reminded that we're not alone if we have a problem online. We just need to let someone know.

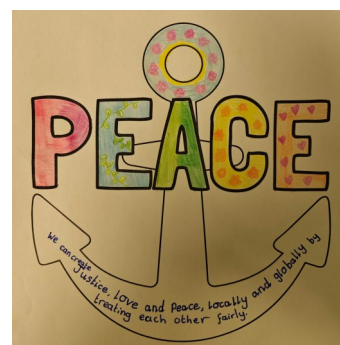
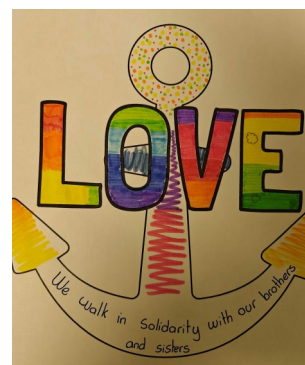
Article written by: Dithira (6W)

Diary Dates

Mon 10th Feb	Year 5 Greek Day
Tue 11th Feb	Safer Internet Day
Tue 11th Feb	EYR visit to town
Wed 12th Feb	5H attending the Parish Mass at 10am
Wed 12th Feb	Yr6 Science lesson led by Mr Gregory from St Benedict's
HALF TERM	
(Wk beginning 17th Feb)	
Mon 24th Feb	Children return to school
Wk beg 24th Feb	Yr5 Bikeability
Wed 26th Feb	5N attending the Parish Mass at 10am
Wed 5th Mar	Ash Wednesday
Wed 12th Mar	4H attending the Parish Mass at 10am
Wed 19th Mar	4C attending the Parish Mass at 10am

Our Jubilee Year pledges

As mentioned in the last newsletter, all of the children across the school have used the Christian symbol of hope, an anchor, as a visual aid to write messages of Hope on. As you journey through the school now, there are anchors displayed on many of the doors throughout the school to mark the start of our journey as Pilgrims of Hope. Take a look at a few of the messages that the children have written



Half term FREE activities

Do you live in the Bury St Edmunds Town Council catchment with an IP32 or IP33 postcode? If so, then you may be interested in the FREE activities that are on offer this half term. Scan the QR code on the right or go to <https://www.abbeycroft.org.uk/the-great-get-together/> to find out more

We're Going on a Bear Café Hunt!

Early Years have been on an exciting trip this week into town to visit 'Alema', a local coffee shop and 'Muffin Break' a cafe, to find out about the jobs people do and what happens in a cafe/coffee shop. They learnt all about how coffee is grown on the family farm in Ecuador and then transported by boat all the way to England where it is roasted and ground to make a cup of coffee. They also learnt about how muffins are made and how the baker starts work very early in the morning to weigh and mix the ingredients to make the muffins. They were very lucky to get to taste the delicious muffins too! Thank you to Alejandro's dad and Elisa and Elina's mum for making this trip possible and providing the children with a great experience.

THE GREAT GET TOGETHER

17th – 23rd February

FREE activities during the February half term for children & young people living in Bury St Edmunds

Activities include axe throwing, fire-lighting, swimming, archery, catapult building, Geocaching, water polo, free swim sessions and more!

Scan the QR code to find out more

To be eligible you need to live within the Bury St Edmunds Town Council Catchment area IP33/IP32 postcode

Bury St Edmunds Town Council Abbeycroft Let's Live Life EXPLORE OUTDOOR



Image 1



Image 2

Year 6 Macro Photography

The current unit of work that the children in year 6 are focusing on in art is a digital art focus. It has seen the children using Ipads to take close up macro photos of a natural form and then use editing tools to generate images such as those seen above. See if you can guess what either of the items are.

Answers: Image 1: a piece of pasta Image 2: an onion



Do you have any pots, pans, trays or utensils you could donate to add to our mud kitchen?

This week we've begun to develop a new mud kitchen to our play provision. We're looking to develop this area over the coming weeks and we're in need of some metal pots, pans and utensils for the children to use when playing in this area. If you have any unwanted saucepans, baking trays, ladles, cake tins or such like, we'd be grateful of your donations.



Cyber security webinars for parents—Cyber choices and Online Safety

We have been asked by Suffolk Constabulary to circulate information about some free cyber security online information sessions that Cyber Protect, part of the Eastern Region Special Operations Unit are running during 2025. This is timely as all children across the school will be engaging in Online Safety focused activities next week when we engage with the national Safer Internet Day. Please note there are two parts to the parent events, and you will need to register for each independently. Each session will be repeated 8 times until December 2025. Both are 1hr sessions and are suitable for parents/carers of children in Year 5 (age 9) and above. This is an opportunity to learn and ask questions regarding your child's online world.

Parents Event - Pt1 - Introduction to Cyber Choices and Online Risks

This session will introduce you to the [Cyber Choices programme](#) and will provide:

- An overview to parents and carers on what cybercrime is.
- What the risks to young people are.
- How the Cyber Choices programme supports at-risk individuals.
- How you can refer a young person into Cyber Choices.
- You will also receive an overview of:
- Some of the potential risks that children and young people may experience online.
- Advice to support parents to make informed decisions and keep their children safer online.

The event is **free**, and tickets can be booked directly via:

Wednesday 12 th March	10:00 – 11:00 - Link	Wednesday 9 th July	19:00 – 20:00 – Link
Tuesday 22 nd April	13:00 – 14:00 – Link	Monday 8 th September	14:00 – 15:00 – Link
Thursday 15 th May	16:00 – 17:00 - Link	Thursday 16 th October	16:00 – 17:00 – Link
Tuesday 10 th June	10:00 – 11:00 – Link	Tuesday 25 th November	10:00 – 11:00 - Link

Parents Event - Pt2 - Tools and techniques to improve the cyber security of your family.

This session will:

- Provide advice on how to improve your personal cyber security.
- Help you to identify and protect your (and your children's) key accounts.
- Identify threats and techniques that cyber criminals may use to target you / your family.
- Highlight the benefits of family accounts.
- Identify parental controls on your router.
- Signposting to useful resources.

Advice and guidance from the session will be in line with the Government's [Stop! Think Fraud](#) and the National Cyber Security Centres [CyberAware](#) campaign.

Wednesday 19 th March	10:00 – 11:00 - Link	Wednesday 16 th July	19:00 – 20:00 – Link
Monday 28 th April	13:00 – 14:00 – Link	Monday 15 th September	14:00 – 15:00 – Link
Thursday 22 nd May	16:00 – 17:00 - Link	Thursday 23 rd October	16:00 – 17:00 – Link
Tuesday 17 th June	10:00 – 11:00 – Link	Tuesday 2 nd December	10:00 – 11:00 - Link