



## Sunnybrow Primary School

Mrs S Binks Head Teacher



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# Newsletter

Issue No: 332

05/05/2022

### Mental Health Awareness Week

Next week is Mental Health Awareness



Week. Each day, the children will complete an activity linked to our five ways to shine. They may also come in to school on Friday wearing something green. There is no charge for this.

### Reading Ambassadors

Last week, our reading ambassadors launched a reading challenge in school to encourage children to read for pleasure and to read a wide range of books. Please support your child in completing the challenge by the end of term.

### Damage to School

Unfortunately, there has been lots of damage to school over the last couple of weekends. Not only is this costing school a lot of money but the children are upset that their things have been broken. None of our pupils appear to be involved but I would advise them to stay clear of school grounds so that they are not implicated in any way.

### Swimming

Polite reminder that swimming is a statutory requirement so children must attend their swimming lessons. It's also an important and potentially life saving skill. If there is a medical reason that your



child cannot attend then we will need to have a doctor's note.

### Welcome to Mrs Madden



We now have our new school cook in place after Mrs Binyon moved to a new school. We're delighted to welcome back Mrs Madden, who some of you may remember worked here more than 10 years ago.

### Wellbeing Tip of the week

Getting a good night's sleep can benefit everyone's mental health and emotional



wellbeing. There are some great tips for improving sleep hygiene on

the great Ormond street website.

<https://www.gosh.nhs.uk/conditions-and-treatments/procedures-and-treatments/sleep-hygiene-children/>

### Miss Murphy's Recommended App



As next week is mental health awareness week, try the Super Stretch Yoga app. The app teaches children 12 different yoga poses through quick video demonstrations, while reminding children of the importance of relaxation and breathing.

## Reminders

Please don't forget to send in donations and consent forms for the Class 1 trip.

Please could everyone continue to collect their Bottle Tops for our entry into the Art competition to win £5000 for our school playground.



## Quotes from Kai

"Happiness is a mood, positivity is a mindset"

## Dates for the diary

Monday 9<sup>th</sup> May  
Friday 13<sup>th</sup> May  
Friday 27<sup>th</sup> May  
Monday 30<sup>th</sup> May  
Thursday 23<sup>rd</sup> June  
Friday 1<sup>st</sup> July  
Wednesday 13<sup>th</sup> July  
Friday 15<sup>th</sup> July  
Tuesday 19<sup>th</sup> July

Year 6 SATs Week begins  
Wear Green for Mental Health  
Queens Jubilee celebration  
Half term  
PD Day  
Summer Fair  
Sports Day  
Beach Trip  
Awards and Leavers

