



Friday 2nd February

Next week is Children's Mental Health week. Whilst our care and support for children's mental health is engrained in our day to day practice, this is a perfect opportunity to shine a light on this really important matter.

I've been working with children since I was 21 and throughout my career, I've seen more and more challenges fall onto young people as the years have gone by. This is due to many factors, such as the rapid change in society, development of (and children's access to) technology and the reduction of services available to children and families. Promoting positive mental health is the core of what we are aiming to deliver at Mullion and comes first before anything else. We've developed our outside space and structured breaktimes with this in mind and in due course, I will be sharing more information of our introduction of 'Thrive' to the school.

The focus for this year's children's mental health week is 'express yourself'. We have a few things going on:

- To make coming to school that bit more exciting and fun, we are going to play music as the children come in. I will put a post up on Dojo so children (and families!) can put in song requests and I will put a playlist together.
- On Friday, children are invited to 'express themselves' by coming into school in their own clothes. This could be their favourite team's kit; dressed in bright colours; dressed as what they want to be when they're older; or just as themselves in their favourite own clothes!

We also invite children to send in a photo of something that makes them proud. This could be a photo of them with an award they've been given; them doing their favourite activity; a picture of them at their favourite place - what ever makes them proud to be them! We will print these off and create a collage to display how amazing we all are at Mullion School. Please send these photos in during the week and we will aim to have them displayed for Friday.

Stars of the Week

Reception	Max
Year 1	George
Year 2	Aelfrida
Year 3	Logan
Year 4	Betsy
Year 5	Alexia
Year 6	Allen

Virtues Award

EYFS/KSI	Michael
KS2	Thomas

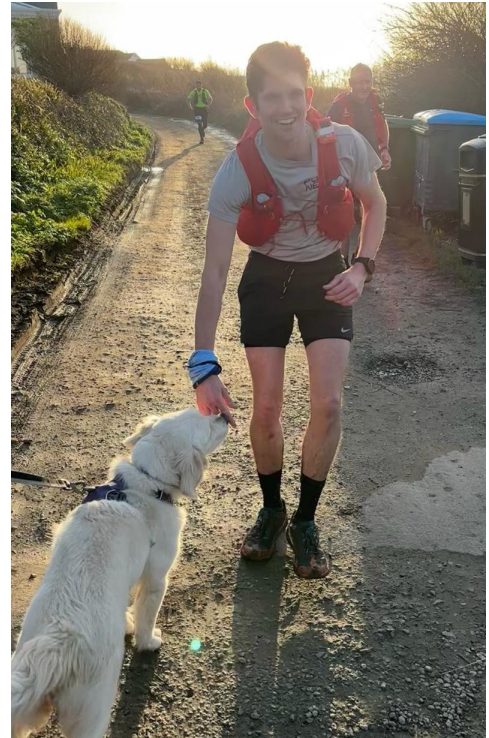
Attendance

Target for 2023/24: 96%

W/b 29th Jan	Weekly Attendance
Pebbles	87.3%
Shells	93.2%
Starfish	95.4%
Waves	96.3%
Surfers	96.4%

I want to say a huge thank you for all of the support I received last week when racing the Arc of Attrition Ultramarathon. I was over the moon to see so many familiar faces and shouts of 'well done Mr Chirgwin!' as I passed through Mullion Cove and on into Poldhu. The positive endorphins kept me going throughout the night and into the next morning. I shared some photos with the children on Monday in assembly and made a point of saying it's not just children who need to be determined and have resilience, it's us adults too! I'm hoping to get a running club for the children going very shortly so watch this space!

Mr Rob Chirgwin



Thank you to those of you who have supported 'Book, Buddy, Board Game' day today -it has been a great success. We have raised £56 for our library fund which will go toward our Usborne book total and our library redesign! School Council have also taken on a working group to find out what books the children would like and also to gather ideas for World Book Day on Thursday 7th March.

Mrs Alexi Read



Take pride in my work and view challenge as an opportunity to learn

Respect others, showing kindness and empathy

Mullion 3

Care for our school and everything in it

On Thursday, the school council met and planned future activities for action teams. We decided that the Recycling action team was bigger than we ever imagined, with around thirty children involved. The children are going to be split into a few groups with tasks such as an investigation to find out what materials we could recycle. As you may know, the movie night on 29th of January was a great success - we raised over 200 pounds. We already have some plans for more fundraising ideas, but they must remain secret for now!

Rafi Year 6

We are so proud of Rafi - she received the Student of the Month award at her jujitsu club. We are so impressed with her dedication to her sport. Well done, Rafi!



Diary Dates

Week of 5th Feb	Children's Mental Health Week
Week of 5th Feb	Parent/Teacher Consultations
Monday 5th February	Ready, Steady, Read week sponsorship money due in
Monday 5th February	No Swimming due to Culdrose Pool not being available
Monday 5th February	KSI Gymnastics competition at Penryn
Tuesday 6th February	Year 4, 5 and 6 Badminton at Helston 4.15pm to 5.15pm
Friday 9th February	Valentine's Disco
Friday 9 th February	Last Day of Half Term
Monday 19 th February	Return to School
Monday 26th February	Year 2 swimming re-starts
Thursday 28 th March	Last Day of Term
Monday 15 th April	Return to School
Monday 6 th May	Bank Holiday
Friday 24 th May	Last Day of Half Term
Monday 3 rd June	Return to School
Wednesday 24 th July	Inset Day—Last Day of Term