

'Success for Everyone'

# Newsletter

FEBRUARY 2025  
CULTURAL AWARENESS

## Head of School's Message:

After a busy half term, I hope the break provided an opportunity for rest and recuperation.

At the beginning of this month our Learners participated in Children's Mental Health Week and the theme was **Know yourself, Grow yourself!** Knowing who you are and what makes you special is crucial to our sense of self, mental health and wellbeing. Let yourself feel and acknowledge the range of emotions that you may experience as our emotions have a purpose and we shouldn't ignore them. Here is a useful link to help us recharge and to find out about 7 types of rest [www.calm.com/blog/7-types-of-rest](http://www.calm.com/blog/7-types-of-rest) it's important to take some time for yourselves too.

Wednesday 26<sup>th</sup> February is **Tell A Fairy Tale Day** people in the UK will be sharing their favourite Fairy Tale with their families and friends – can you remember yours?

Finally, I look forward to seeing you all, during our upcoming Progress Review meetings.



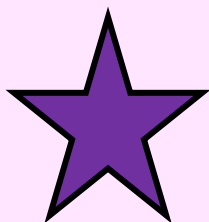
Ms Fletcher

If you have any concerns or issues please contact us on:

☎ 0208 698 9663



Info@emlm.org.uk



## Achievement Certificates this month have been given to learners for:

*Completing tasks even though at first was reluctant to do so.  
Contributing towards making breakfast club enjoyable      Excellent attendance and punctuality  
Handing in mobile phone and supporting other learners to do the right thing.  
Respectful behaviour for the entire week towards adults and peers*

## Pupil Voice:



**Activity: How all the different parts of ourselves can coexist**

Our learners agreed with the following statements

*'Our memories, life experiences, and beliefs all contribute to our overall sense of self. Our sense of self can be made up of both positive and negative parts.'*

and shared their views: *'It's like knowing what you like and don't like... and remembering it!' '...it's about what I couldn't do before, but I can now because I practised it.' '...like understanding how you or someone feels.'*

Feeling confident and valued will also help our learners become self-aware, self-assured and resilient young people.

***Know yourself, Grow yourself!***

## 🕒 Attendance - Late arrivals...

### **Punctuality**

EMLM school day begins at 9.00 and the Learners are required to be in school by then. If a Learners arrives after the register has closed at 9.10, they will be marked as 'late.'

**Every Second Counts!**



## CULTURAL AWARENESS

We teach all our learners and staff about cultural awareness and how this refers to the ability to recognise, understand, and respect cultural differences and similarities. It is about becoming sensitive to how people live and interact, shaped by factors such as religion, language, customs, and traditions. It involves grasping the contextual meanings behind language, behaviours and practices that may differ from our own.

Cultural awareness is essential for effective communication in our increasingly interconnected world. Understanding this term helps individuals bridge the gaps dividing people from different cultural backgrounds. It allows for deeper, more meaningful interactions and fosters respect in personal and professional settings.



## Curriculum shout out... activities to support wellbeing

This term we are providing opportunities to our learners to engage in activities which will support them to self-regulate and which has physical and mental health benefits.

Staff members will lead sessions on:

**Knitting and/or Crochet** and this can help our learners to relax, reduce stress, support with mindfulness and self-expression and also may improve their self-esteem when they see their finished articles. For further information see following links:

<https://www.anxietyresourcecenter.org/2017/10/crochet-helps-brain/>  
<https://yourcrochet.com/crochet-health-benefits/>

**Singing** - numerous studies have demonstrated the positive effects of singing on mood regulation and emotional well-being. Singing releases neurotransmitters and hormones, including endorphins, dopamine and oxytocin these are commonly referred to as 'feel-good' chemicals. A BBC article on 'Researchers study impact of singing on wellbeing' can be found on the following link <https://www.bbc.co.uk/news/articles/cdxy1ee5q9ro>.

### Up to date contact details

Every year we check that the contact details we hold for our learners' families/carers is accurate and up to date. Please can you confirm your email address and mobile telephone number which the school holds is your most up to date and accurate address/number.

We also require a second contact number as part of our duty of 'Keeping Children Safe in Education, 2024'. If we can have your current email address and mobile telephone number as well as the second contact person's relationship to the learner.

Please help us to keep our learners safe by providing the above information as soon as possible. If you have any concerns, please do contact us.

**Partnership is key! If there is anything you feel you need support with, please arrange an appointment with us as soon as possible.**

## Online Safety – Safer Internet Day

### Too good to be true? Protecting yourself and others from scams online

Safer Internet Day takes place every February across the world to encourage us to work together to make the internet a better and safer place for everyone, but especially for our young people. We discussed how people are targeted by criminals online and several ways of keeping ourselves safe, as anyone can become the victim of a scam.



The UK Safer Internet Centre has produced some top tips for Parents/Carers to help to keep your children safe online. Click the links below for more information:

<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2025/tips-for-11-14s>  
<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2025/tips-for-14-18s>



## Postcards home for... *Completing all work set in class.*

*Showing good behaviour for learning while doing her work in class. Participation in answering all questions asked during PSHE. Working well in a group off-site activity. Good behaviour and completing all tasks set. Following all instructions correctly. Great attitude to learning. Participating fully during educational visit.*

## KEY DATES

*Date for your Diary*

### Spring Term 1

Monday 6th January 2025

School closed for Learners staff training

Tuesday 7th January 2025 -  
Friday 14th February 2025

17th February - 21st February  
(Monday - Friday)  
Half Term - EMLM closed

### Spring Term 2

Monday 24th February 2025 -  
Friday 4th April 2025

Monday 7th April -  
Monday 21st April  
Easter Holidays

### Parent Consultation Days

W/c 17th March 2025 &  
W/c 24th March 2025

### Other key dates:

**Children's Mental Health Week**  
3<sup>rd</sup> - 9<sup>th</sup> February 2025

**Safer Internet Day**  
11<sup>th</sup> February 2025

**World Book Day**  
6<sup>th</sup> March 2025

**Red Nose Day**  
21<sup>st</sup> March 2024