

WESTGARTH WEEKLY



Westgarth Primary School

Redcar Road

Marske-by-the-Sea

TS11 6AE

01642 485560

www.westgarthprimaryschool.co.uk

westgarthoffice@WestgarthPrimary.co.uk

Tweet: @westgarthSchool

Friday 4th February 2022

Dear Families,



Tennis Superstars

A team of our Y4 children attended a tennis tournament this week. Mr Duncan was delighted with their behaviour, teamwork, and passion for tennis. In fact, a few of the children received a passion award. We finished third so unfortunately did not progress to the next round. Well done everyone!

Half Term Short Breaks

Short Breaks are available for disabled children and young people and are intended to have positive benefits for both children and young people and their parent carers.

Short breaks provide opportunities for disabled children and young people:

- To spend time away from their parents/carers;
- The chance to develop new friendships;
- To develop their independence;
- To take part in new experiences and to have fun doing positive activities such as swimming, youth clubs, day trips with friends and much more.

Short breaks aim to provide their parents and carers with:

- A necessary and valuable break from their caring responsibility;
- A chance to rest and unwind;
- To spend time with other members of the family.

The Eventbrite link to book Redcar and Cleveland's Join Us and Join Us 1:1 February Holiday Programme is now live. Please click on the following link to book or view the dates/venues. <https://www.eventbrite.co.uk/o/redcar-amp-cleveland-borough-council-8020722776>

Support for Parents and Carers

Please also find attached information about support for parents and carers with promoting positive behaviour, and about a discount card available to families of children with special educational needs.

WESTGARTH WEEKLY

Mindfulness for Men

Do you know men in need of something extra to help manage their own wellbeing? Perhaps alongside the other supports they get such as medications, therapies or otherwise for mental health? Are they ready to find an approach that empowers them to help them focus on the here, the now and taking control of their lives? Are they courageous individuals willing to try something a little bit different, that might be a stepping stone to real change?

Don't let the men who you know, who may benefit from this free funded programme miss out!

Share the link <https://www.focusdaytraining.co.uk/mindfulness-for-men> so that they can sign up. Full details below.

Mindfulness for Men

Mindfulness Based Living Course - MBLC - Free

16th February for 8 weeks

6.30 - 8.30pm On-line, Zoom

Why learn meditation?

Train your brain over time

Manage difficult states of mind

Build a sense of internal well-being

Pay attention to others and yourself

Respond wisely instead of reacting

Positive mental tool kit for life

Commitment and practice essential.

Booking link:

www.focusdaytraining.co.uk/mindfulness-for-men



FOCUS DAY
TRAINING



REGISTERED TEACHER
NOVEMBER 2021 - NOVEMBER 2022



MBLC Approved
Teacher 2021-22
mindfulnessassociation.net

SOUTH
TEES
WELLBEING
NETWORK

Hear from Jon Lee who leads the men's only course as mindfulness tutor at <https://youtu.be/Y6vtqx5Wbn8>

"I've personally done the course and it helped me massively. As someone who experiences anxiety and depression, the skills I learnt during the course are so helpful to self-manage unhelpful thoughts or worrying, and much more, helping me to keep my mind present and not in the future or past too much. Over time, this regular practice isn't just about meditation, for me personally, it's much more about how you catch your thoughts and almost self-negotiate and reason with your thoughts to stop them crowding you mind-set. It's changed my thinking over time and allowed me to stay more in my more natural positive mind-set." Richie Andrew, BoroManCan.

Wishing you all a lovely weekend.

Yours sincerely,

Mrs J Woodhead
Headteacher