

Westdale Infant School

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Happy Friday everybody! We have had a wonderful week in school as it was Children's Mental Health week and we focused on 'Know Yourself, Grow Yourself'. It is such a valuable topic and spending time on our wellbeing and mental health is so important.



Our CookStars saw the week out by baking delicious apple turnover cake and orange and lemon cookies. This was a lovely, warming scent on such a cold afternoon!

Weekly Attendance Update

Year so far: **94.80%** | 3rd – 7th February: **94.08%** | Target: **97%**

Safer Internet Day

Our internet safety day will take place on Tuesday 11th February. Main school families have received an invite via ParentMail this week to come into classes at **2:50pm** to share in this essential learning. It is a great opportunity to see your child's work and support the messages of Safer Internet Day, please do not forget to respond on ParentMail so we have an idea of numbers.



Parents Evening

Thank you for your patience this week as we battled a system error with our Parents Evening bookings. Please contact the office if you are having any problems with securing a slot.

Ladybirds and Butterflies Plea

Please could we ask for any spare boys trousers to be donated to our Reception classes? Thank you for your support.



Upcoming Events

11.02.25

- Safer Internet Day
(Learning Sharing 2:50pm)
- Y2 Art Gallery (2:50pm)

14.02.25

Break Up for Half Term

24.02.25

Return to School

Important Information

Please can we ask all parents and carers to ensure they have up-to-date contact details registered with the office.

School calendar:



Next week's [School Dinners](#) will be **Week 3**. Please note that dinner orders are taken a week in advance.

Children's Mental Health Week 2025

This year's topic is 'Know Yourself, Grow Yourself' and looks at ways we can slow down, take time to check in with our mental health, and raise levels of wellbeing. Each year group took part in activities to support this, and we have loved seeing the ways we can embrace self-awareness and explore what it means to us. This will help children to grow and develop resilience to cope with what life throws at them.

- Our Ladybirds and Butterflies used zones of regulation to help them understand their feelings and made use of different mindfulness techniques, including doodling and yoga, to focus on wellbeing.
- Year One completed a range of activities including colouring, listening to music, making friendship bracelets, mindful breathing, and sensory walks.
- Year Two did some bird modelling during art sessions, made posters about their feelings, took part in cosmic yoga, listened to music in the afternoon, and watched mindful videos.



Please see the posters attached to the round up for more information and we would love to hear if you have any ideas you use at home!



Staff Shout Out

This week we would like to say a big thank you to Miss Burgin, our brilliant Apprentice Teaching Assistant. Miss Burgin plays such an important role in the school's support system, and we really appreciate her patience, hard work and caring nature. We are lucky to have you at Westdale and we look forward to continuing to support your studies!



Lost Property

We still have lots of items in our lost property box with no names on! There are gloves, hats and scarves which we are sure are being missed. Please come and have a look through if you are missing anything and we will put the box out in the playground next week for easy access. There will be a big clear out operation at the end of term! We also have a key and fob that has been handed into the office that was found in the playground.

Unwelcome Visitors!

There have recently been cases of lice and nits in some classes. We know they are a pain. We're sure most of you know the louse is the parasitic insect; the nit is the egg, so it's the lice that jump from head to head – not the nits!

Advice for Treatment

- If you find them, treat with a lotion – see a pharmacist. Please note that one application may not be enough, and you may need to try different types of lotions. I know some people don't like treating young children with harsh lotions but there are alternatives.
- **USE A NIT COMB REGULARLY.** This really does work but needs to be done every day for a week, then once a week to keep the hair free.
- Use conditioner on the hair and don't wash out until you have gone through with the comb.
- Tea tree oil or shampoo is recommended by some people too.
- Really bad cases (I've seen this) will need the nit eggs pulling out by your nails!

There is no need to keep your child off school but if your child has a really bad outbreak of lice, it may be a thoughtful gesture to prevent spreading the problem, to keep your child at home just until you have treated her/him.

Finally, please don't worry about lice and nits. We know they make you want to scratch, it takes time combing through hair and there still is a 'stigma' attached to having them (despite the fact they prefer clean hair) but overall lice and nits are a minor problem – and one we have to learn to live with!

Have a lovely weekend everybody!