



Hainford VC Primary School  
*Hope, Compassion & Responsibility*  
Newton Road  
Hainford  
Norwich  
NR10 3BQ  
Head of School: Mr Paul Cross  
Telephone: 01603 898359  
Email: [office@hainford.norfolk.sch.uk](mailto:office@hainford.norfolk.sch.uk)  
Web: [www.harnserfed.co.uk](http://www.harnserfed.co.uk)

## Hainford Newsletter

This week is **Children's Mental Health week** while next week sees **Safer Internet Day on February 9<sup>th</sup>**. Both initiatives are there to provide support and guidance to young people and their parents / carers during these challenging times. I would encourage you all to look at the wide range of resources and games that have been created to support everyone during what feels like this never-ending lockdown.

Within school assemblies, time has been used to explore different aspects of mental health and to explore different types of emotions. Next week we will be reviewing the core messages of online safety to help keep everyone safe which is even more important at the moment given the amount of time that children are spending online.

### Children's Mental Health week



<https://www.childrensmentalhealthweek.org.uk/>

Norfolk County Council have recently created the 'Big Norfolk Feel Good Fun pack' which can be downloaded from the school's website: <http://www.harnserfed.co.uk/hainford-vc-primary-school/latest-news-and-updates/childrens-mental-health-week/>

There is also a website <https://www.norfolk.gov.uk/what-we-do-and-how-we-work/campaigns/norfolk-feel-good-fun> that has a wide range of activities and ideas.

If you need access to paper copies then please contact the office.

**Safer Internet Day**



<https://www.saferinternet.org.uk/safer-internet-day/2021>

Please visit the above website for tips and guidance about staying safe online.

**Below are some helpful links for further advice:**

- Net-aware - for support for parents and careers from the NSPCC  
<https://www.net-aware.org.uk/>
- Parent info - for support for parents and carers to keep their children safe online  
<https://parentinfo.org/>
- Thinkuknow - for advice from the National Crime Agency to stay safe online  
<https://www.thinkuknow.co.uk/>

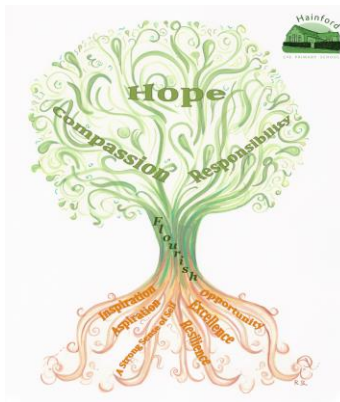
**The 'Value for Life' this half-term is: Compassion**

A Christian Perspective on Compassion:

*Christians believe that their attitudes and actions must reflect the kindness, mercy and compassion of Jesus and the love of God for everyone".(Values for Life).*

As a school, we will be looking to promote a kindness and respect across the school community. We will look at ways we can support others who are at home or at school.

If any members of the wider school community can offer any ideas, or wish to celebrate an example of your child demonstrating this value at home then please contact Mr Cross.



**Thank you for all your support**