

# Grange Juniors News

## Spring Term Newsletter



[www.grange.hants.sch.uk](http://www.grange.hants.sch.uk)

January 2023

Dear Parents

After a very cold and wet start to January, it has been nice to see some sunshine and warmer temperatures again.

We are almost in February which brings a variety of things for the children to be Learning about; including Safer Internet Day, Mental Health Week, Valentines Day and of course the Grange Pancake Race.



We hope that the children will also enjoy spending some time over the half term break working on their project. This half term it is all about the BBC

### VALENTINES DAY COLOURING COMPETITION

Entries for the Valentine colouring competition must be in school by Monday 6th February. The winners will receive a token to spend at the Valentines Day Sale or a goodie bag.

### VALENTINES DAY SALE

Children are invited to bring along their pocket money and purchase a gift at the sale on 7th or 8th February. Prices range from 50p-£3.50p



### CLOTHING BANK

Thank you to everyone who supported our first clothes bank, both those of you who donated and those of you who attended. Our thanks go to the PTA for organising the event and we look forward to the next one.



### MENTAL HEALTH WEEK

As we approach mental health week, we have given you a link to Hampshire Child and Adolescent mental Health Service's, short video about Soothing Rhythm Breathing. This is a 10 minute video which focuses on supporting primary aged children with their mental health.

<https://www.youtube.com/watch?v=vogqBB1Roos>



### WELL DONE



We would like to congratulate Jake Nettleingham for being chosen to play a role in the performances of the Little Mermaid at the Princes Hall Theatre in Aldershot in January. We do love hearing about the achievements of all the children who attend Grange.

