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To all Parents/Carers,

19/1/18

This week's assembly was all about Resilience (<http://www.markeaton.derby.sch.uk/Assemblies>) but, more importantly, how to build resilience. Some useful tips included:

- **Make connections...**go out and meet new people, help someone in need and never be afraid to accept help yourself;
- **Keep things in perspective...**if it's a small problem then make sure it stays that way and don't let it worry you too much;
- **Take care of yourself...**eat well, get plenty of sleep, do exercise.

Having done a very quick straw poll in the assembly it was interesting to see how many children felt they didn't get enough sleep! Maybe it was a Monday morning and everyone was feeling a bit tired after the weekend! Also on this, we are in the process of setting up some workshops for Parents/Carers and sessions in the classrooms for the children about healthy eating and nutrition. One of our Parents, who is a qualified Nutritionist, has volunteered to come into school and talk about this important topic and what changes, if any, people can consider making to their diet or their children's diets. Once this has been confirmed the office will send out a parentmail with all the details.



*We're also hoping to raise the profile even more with some fun artwork surrounding the serving hatch in the hall – here is a sneak preview...*

And finally, I mentioned a while ago that we were hosting an E-Safety Forum for Parents/Carers. The date has finally been confirmed for the 11<sup>th</sup> April 2018 at 6:00pm. Having been to some training by Traci Good, the person who will be leading it, I would highly recommend attending. E-Safety is a huge area and just when you think you're up to speed, something else comes along! We may consider running a film club for children (a bit like the one at the shopping event) so that you're free to make it so we'll let you know nearer to the time.

Have a good weekend,

Mr I. Johnson...

**PS here is the link for our Sponsored Snowdon Climb:**

<https://www.sponsorme.co.uk/ianjohnson/markeaton-midnight-snowdon-challenge.aspx>