



Holland House School

Dear Parents,

This week was Children's Mental Health Week and the school has been supporting this in a variety of ways in the virtual classroom! For my part, I am delighted to see and hear of such positivism in the face of these difficult times and glad to see so many classes setting simple goals as a foundation for good mental health. An aspect of the school's ethos has long been that true happiness itself cannot be experienced simply through play but through the joy of achievement and the thrill of creative effort. Well done to all the HHS pupils for their efforts and achievements this week!

Y6 started the week thinking carefully about the title 'What makes you, you?'. They thought about their likes and dislikes, their interests and hobbies and the wonderful qualities they possess. They all noticed that they liked to express themselves in different ways and that it's important to be proud about our differences. As part of one of their PSHE lessons, the children completed a one-minute squiggle. They were then challenged to find as many different images as they could within it. Many of the class were surprised to find how many they could spot – proving that creativity is all around us, even in the smallest of places! Year 6 would like to challenge all of you to take your pen or pencil for a one-minute squiggle and see what you can find!

Y5 Looked at ways of expressing themselves through art, colour and dance; I hear rumour of a choreography inspired by the Jerusalem dancers when we get back to school! They looked at the importance of gratitude and considered all the things they were grateful during these challenging times.

Y4 have been completing a daily gratitude diary to relaxing music and learning how to manage negative thoughts by turning them to positive ones. They too have looked at creative expression as an outlet for emotions with many interesting Show & Tell sessions. Special thanks to Anya who has prepared her own Mental health presentation for the class!

Y3 have spent the week reflecting on aspirations outside the classroom: what hobby or activity can we find the time for that would make us happy? These included baking, writing their own recipe book, running with a sibling and even writing a covid diary.

Y2 After lots of discussion, Y2 made posters to encourage healthy living and set themselves goals. They listened to Swan Lake and interpreted this in their own ways: through dance, drawing or the emotions the music made them feel. They will be extending the activities next week to include daily gratitude diaries of all the things around them that they are thankful for.

Y1 have been watching videos that help the children learn the vocabulary needed to express emotions, particularly when feeling worried or sad about things. Pupils looked at times when they had felt nervous or worried about things and then what they did to feel better. The children spoke of all the things they were grateful for which including seeing their families more and doing more things together such as an online painting session as a family.

YR Our youngest pupils are using creative expression as a tool to keep themselves happy, healthy and well with exciting show and tells, including creative art works, Lego models, Bollywood dancing, recounting baking exploits in the kitchen etc. To extend the focus on mental health next week, they will be keep a daily gratitude diary to draw attention to all the special things in their lives despite the lockdown.

Wishing you all a wonderful, happy, healthy weekend

Emily Brown

CERTIFICATES AWARDED THIS WEEK

Caitlin Cheeks Y1

Aarav Patel Y1

Nissi-Dabira Jabaru Y6

Emma Shah Y6

Deeya Sadhwani R

Miraan Sakhuja R

Laila Noraiee Y3

Arav Patel Y3

Enzo Daoud Y4

Amber Patel Y4

Yash Makwana Y2

Kush Thakore Y2



QOTW

It's not how
we make
mistakes but
how we
correct them
that defines
us.