

“MOWDEN MATTERS”



The definitive guide to Pastoral Matters at Mowden Hall School

Feb '24

Dear Parents and Carers,

I hope that everyone enjoyed the half term break and made the most of some better weather. Despite February being a shorter month, with a break in the middle, we still managed to pack in a wide variety of activities focussing on mental health and wellbeing. This edition, I want to focus on some advice being sent our way from a variety of sources, to highlight issues for our young people, which might help at home.

Happy reading,

Mr P. Sturt



An area of interest, certainly as we come to exam season, is sleep for our children and the impact it has on their memory and ability to learn. Watch this video, which explains their sleep cycles and the importance of a tech-free healthy sleep routine. **Click the sleeping child cartoon** for an article on younger children sleep and what they need.

Vodafone have partnered with NSPCC to offer advice to parents and children when it comes to them having access to their own phone / device. Just click the “Trust” logo for more information.



NSPCC

With so much conflict around the world, questions about places like Gaza and Ukraine come up. Unicef have released [THIS ARTICLE](#), aimed at supporting parents with those discussions.





Children of all ages enjoyed learning about how they can make best use of their voice to help their mental health, throughout Mental Health Week. They also spent time researching other young people who have made a difference throughout the world, using books like the ones above. Some even contributed to a school video!!!

Safer Internet Day 2024 | **Tuesday**
6 February

Coordinated by the UK Safer Internet Centre

saferinternetday.org.uk

During Safer Internet Day, Mr Hartley helped younger students to understand how they can protect their identity online.

COMING UP NEXT!

Mr Hartley also taught the older pupils the “Risks of Clicks” in apps such as Youtube - malware, unwanted links to dangerous content... it was an interesting session on Online Safety.

In March, we look forward to learning more about Holi, with the Holi Colour Run (please make sure you complete the online registration form [HERE](#))