

Place2Be's

CHILDREN'S  
MENTAL HEALTH  
WEEK

9-15  
FEB  
2026



Manor Park  
CE (VC) First School



*Love for God ~ Love for Each Other ~ Love for Learning*

# Weekly Newsletter

Friday 13th February 2026

Dear Families,

As we come to the end of this half term, I would like to take a moment to thank you for your continued support. It has been a busy and productive few weeks, and I am incredibly proud of all that the children have achieved. In particular, I am so proud of the love for God, love for each other and love for learning they show each and every day. These values are at the heart of our school community and are evident in their attitudes, their actions and the way they support one another.

We are still awaiting our Ofsted report and will, of course, share it with you all as soon as we have received it. Thank you for your continued patience and support.

We now look ahead to the season of Lent, which is a special and reflective time in the Church's year. Lent encourages us to pause, reflect and think about how we can grow — in faith, in kindness and in our care for others. Over the coming weeks, the children will be learning about the meaning of Lent through prayer,

reflection and acts of service. We will be encouraging them to consider small but meaningful ways they can make a positive difference, both in school and at home.

Important Reminder: The school day begins promptly at 8:45am. Gates open at 8:30am for KS1 and 8:35am for KS2 to allow children time to enter school calmly and be ready to learn. From Spring 2, the KS2 gate will close at 8:50am. Thank you very much for ensuring that your child arrives on time each day — a punctual start makes a real difference to their confidence, routine and learning.

As always, thank you for working in partnership with us. The strength of our school community lies in the support, encouragement and shared values we offer our children together.

We wish you all a restful break and look forward to welcoming everyone back refreshed for the new half term.

With best wishes,  
Manor Park First School



# Manor Park CE (VC) First School



Love for God ~ Love for Each Other ~ Love for Learning

## HIGHLIGHTS of the WEEK



🚓🌟 We had an AMAZING day at preschool and EYFS with a special visit from our local police officers!



### Save the Date

- 13th February Open afternoon @ 2:45pm - 3:15pm
- 16th -20<sup>th</sup> February Half Term**
- 23rd February Diversity Mel parent workshop
- 25<sup>th</sup> February Parents' Evening
- 25<sup>th</sup> February Diversity Mel assembly and workshops
- 26<sup>th</sup> February Parents' Evening
- 26th February Diversity Mel assembly and workshops
- 2nd March Y2-4 Chance to shine / All Stars engagement day
- 5th March World Book Day
- 5th March Speech and language therapist parent drop ins
- 6th - 15<sup>th</sup> March British Science Week
- 9<sup>th</sup> March SEND parent meetings
- 13th - 29<sup>th</sup> March Keep Britain Tidy: Great Big School Clean
- 17th March Y4 rehearsal and concert at THS
- 23rd-25th March Y4 Hooke Court
- 26th March Easter Church Service @ 1:45pm
- 27th March End of Spring Term**

*\*Further detailed information will be sent out via Arbor for specific events closer to the time.*





# Manor Park

CE (VC) First School



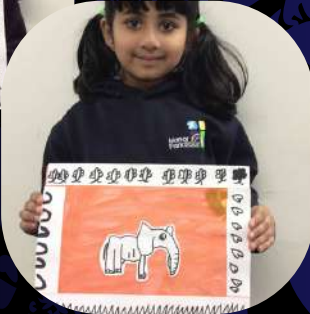
*Love for God ~ Love for Each Other ~ Love for Learning*

## HIGHLIGHTS of the WEEK

Ash Class in Year 2 finalised their Tingatinga inspired art pieces.



Beech Class in Year 4 have been working hard on their own Frida Kahlo inspired self portraits. Stage 2: using paint to create different tones to show the effect of layering.



Our after school Curling Club has been a great success this half term! The children have developed some excellent techniques and accuracy!



We are so impressed by our Year One artists. Inspired by Van Gogh's 'Starry Night', the children have used paints and pastels to produced their own masterpieces.



Our Happiness Heroes led a wonderful assembly for Children's Mental Health Week.



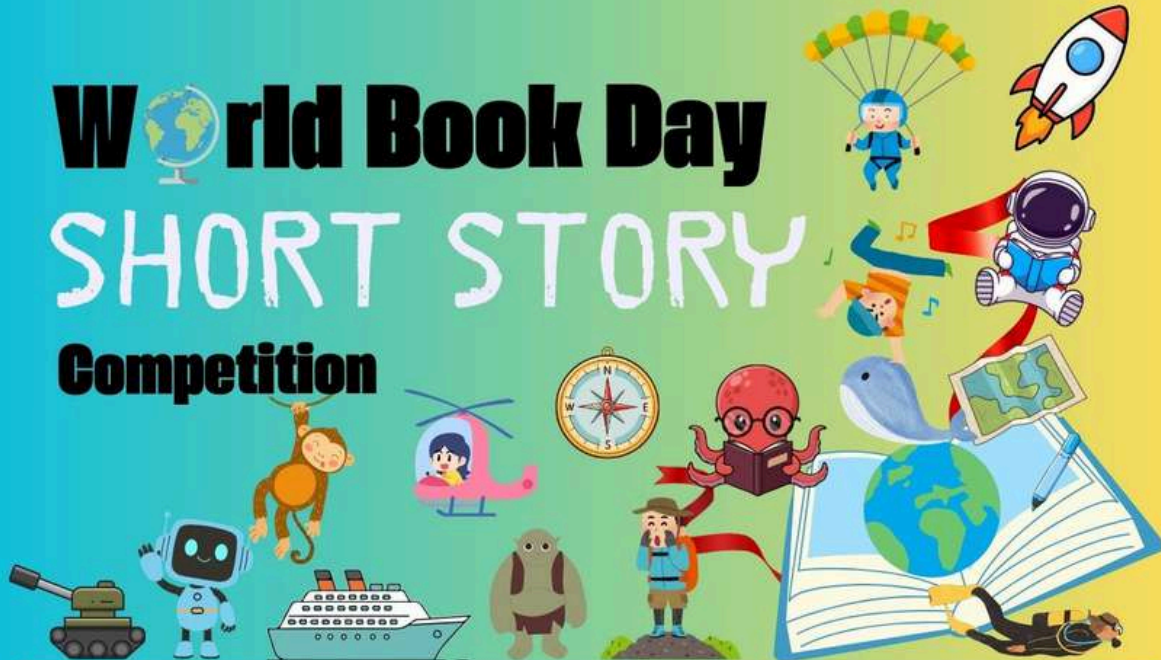


# Manor Park

CE (VC) First School



*Love for God ~ Love for Each Other ~ Love for Learning*



# World Book Day

## SHORT STORY

### Competition

#### Does your child love writing and creating amazing stories?

Could they be the next big children's author, like Laurence Anholt, J.K. Rowling or Roald Dahl? You never know...the next bestselling storyteller might be sitting at your kitchen table right now!

#### Exciting Prizes to Be Won!

Our lucky winners will receive a **beautiful signed book by Laurence Anholt plus a £10 Lifestyle Voucher to spend at a shop of your choice.**

#### How to enter...

To enter, write or type a short story of no more than 250 words. Let your imagination set sail.

- Send your creative writing by email to [comps@localfoodlinks.org.uk](mailto:comps@localfoodlinks.org.uk). We can accept the following file types: Word, PDF, or in the body of an email.
- Or post your entry to: Natasha Elliott, Unit 17 St Michael's Trading Estate, Bridport, DT6 3RR
- **Deadline: Wednesday 4th March 2026**
- Don't forget to include your name, school, year group and age with your entry.

We can't wait to read your amazing adventures!



Fresh, Healthy, Tasty School Meals



Laurence Anholt



# Manor Park



CE (VC) First School

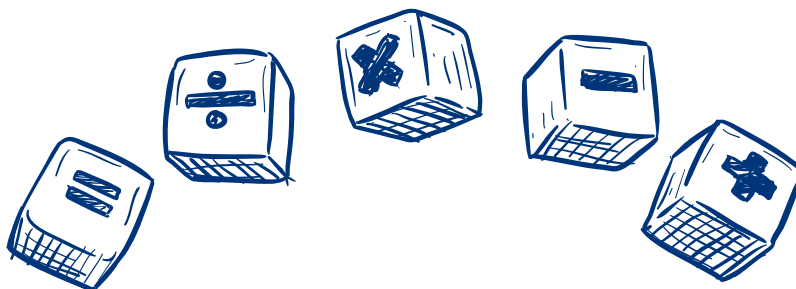
*Love for God ~ Love for Each Other ~ Love for Learning*

# Why Multiplication

# Table Fluency Matters

## Why does your child need to know their times tables?

- **Builds a strong maths foundation:** Times tables are the building blocks for many maths topics like division, fractions, and measurement.
- **Speeds up problem solving:** When children know their facts quickly, they can focus on solving tricky problems without getting stuck.
- **Boosts confidence:** Fluency helps reduce anxiety and makes maths more enjoyable.





# Free book Every month!



Do you live in or near Dorchester and have a baby, or a child under five? **Imagination Dorchester** offers a free book every month!

All children enrolled in **Imagination Dorchester** receive a book in the post every month until their 5th birthday. Every book is personally addressed to each individual child. All book titles are published by the Penguin Random House group and are carefully selected by a panel of experts in early childhood literacy and reading.

Enrol online today by completing a short form.

<https://imaginationdorchester.net>



*\*\*\*If the form says "your postcode is not eligible", please tell a member of the Early Years team and they will contact Imagination Dorchester to get your postcode added to list, so that you can try again.\*\*\**

## 10 Top Tips for Parents and Educators

# FOSTERING A SENSE OF BELONGING

Feeling a genuine sense of belonging is essential for the emotional and social development of children and young people. Belonging significantly boosts self-esteem, resilience, and mental wellbeing, reducing feelings of isolation and anxiety. This guide provides practical strategies to help parents and educators cultivate inclusive environments, enhancing both academic outcomes and overall happiness among young people.

### 1 CELEBRATE INDIVIDUAL DIFFERENCES

Acknowledge and celebrate the uniqueness of every child. Promoting diversity and inclusion creates an environment where differences are valued rather than stigmatised. This acceptance empowers children to confidently express their identities and feel genuinely included, fostering a robust sense of belonging within both school and home settings.



### 2 CONSISTENT COMMUNICATION

Regularly communicate and actively listen to children, showing genuine interest in their thoughts and experiences. Creating open communication channels helps young people feel heard and valued. This approach not only builds trust but also reinforces children's perception of themselves as a vital part of their family, school and community.



### 3 MEANINGFUL PARTICIPATION

Give children opportunities to actively participate and contribute, whether in classrooms, at home, or in community activities. Meaningful participation helps children feel their input matters, reinforcing a sense of purpose and value. Including them in decisions and responsibilities enhances their self-worth, promoting a deeper sense of belonging and inclusion.



### 4 FOSTER STRONG RELATIONSHIPS

Support and encourage positive relationships between peers, educators, and families. Strong, healthy relationships significantly impact a child's sense of belonging, providing emotional support and reducing feelings of loneliness. Facilitate social interactions through group activities, teamwork, and collaborative learning to strengthen these vital connections.



### 5 CREATE INCLUSIVE SPACES

Design environments that reflect diversity and are welcoming for everyone. Inclusive spaces where all children see themselves represented can dramatically improve their feelings of safety and acceptance. Consider classroom displays, books, and resources that celebrate various cultures, abilities, and backgrounds to visibly reinforce inclusivity and belonging.



### 6 MODEL POSITIVE BEHAVIOUR

Adults play a crucial role by demonstrating inclusive, empathetic, and respectful behaviours. Modelling positive interactions and attitudes sets a clear standard for children to follow. Children are likely to replicate inclusive behaviour, creating a supportive community atmosphere where everyone feels accepted and valued for who they are.



### 7 BUILD EMOTIONAL LITERACY

Teach and encourage emotional expression and understanding among children. Developing emotional literacy enables young people to articulate their feelings and empathise with others. An emotionally intelligent environment cultivates mutual respect and compassion, fostering a deeper sense of belonging and interpersonal connection within groups.



### 8 SUPPORT PEER MENTORSHIP

Encourage peer mentorship or buddy systems within educational settings. Peer support enhances feelings of connectedness and security, reducing feelings of isolation. When children support one another, they naturally build community bonds, nurturing a supportive culture where belonging and friendship thrive.



### 9 RECOGNISE EFFORTS REGULARLY

Consistently acknowledge children's contributions and achievements, however small. Recognition reinforces a child's understanding that their presence and efforts are important. Celebrating individual and collective successes helps cultivate a positive environment where children feel acknowledged, motivated, and deeply connected to peers and adults around them.



### 10 ADDRESS BULLYING PROMPTLY

Quickly address any incidents of bullying. Promptly intervening demonstrates a clear commitment to an inclusive and safe environment. Creating a culture where incidents are swiftly and effectively addressed reinforces trust, security, and a sense of belonging for everyone involved.



## Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd and Director for Wellbeing and Family Services at Leigh Trust. With extensive experience in systemic mental health in schools, she supports educational leaders across the UK to develop inclusive, resilient, and supportive learning environments. Anna is also the lead expert for mental health at The National College.



#WakeUpWednesday®

The National College®

Source: See full reference list on guide page at: [nationalcollege.com/guides/fostering-a-sense-of-belonging](https://nationalcollege.com/guides/fostering-a-sense-of-belonging)



easyfundraising



# Help raise money for Manor Park First School

Sign up to easyfundraising  
and retailers will donate to our  
school every time you shop online  
- at no extra cost to you!

[www.easyfundraising.org.uk/causes/buds-of-manor-park/](http://www.easyfundraising.org.uk/causes/buds-of-manor-park/)

Sign up for free today!



amazon.co.uk John Lewis ebay

Booking.com Argos Expedia.co.uk

next DEBENHAMS M&S  
EST. 1884

Sainsbury's ASOS discover fashion online moonpig

JUST EAT SCREWFIX Viking

Boden GAP sky trainline



# Open Day!

Visit us on  
Thursday 26<sup>th</sup>  
February or  
Tuesday 3<sup>rd</sup> March  
from 10:45am

Are you looking for a preschool place for your child from September 2026?



We are delighted to invite you to our school on **Thursday 26<sup>th</sup> February** and **Tuesday 3<sup>rd</sup> March** from 10:45am, where you will have the opportunity to: have a tour with Mrs Sterck, our Head of School; meet our enthusiastic Early Years team; and see the excellent provision we offer to ensure your child reaches their full potential.

\*If you are unable to attend on the above dates, please call the school office to make an appointment at a time to suit you.

To book a tour, please contact the school office on 01305 268741 or email [office@manorpark.wessex.ac](mailto:office@manorpark.wessex.ac)



@manorparkflrst



ManorParkDorchester

# Eco Warriors' Monthly Top Tips



## Biodiversity

We can plant flowers to help bees and butterflies



## Healthy Living

We can eat healthy food



## Global Citizenship

We can learn about people around the world



## Energy

We can turn off lights when we leave a room



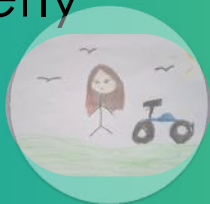
## Water

We can turn taps off properly



## Litter

We can put litter in the bin



## Transport

We can walk to school when possible



## Waste

We can reduce our waste



## Marine

We can keep litter away from rivers and the sea



# Events

## IN THE COMMUNITY



- Tuesday 17 February
- Corn Exchange
- 11am, doors open 10.30am
- £10/£30 family ticket

### 2026 Bug Trail!

AT THE WALLED GARDEN MORETON

Follow your map.  
Explore the gardens.  
Complete the quiz.  
Find the ladybirds.  
Claim your prize!

On every day from  
Saturday 7<sup>th</sup> Feb - Sunday 22<sup>nd</sup> Feb

Maps £3



No booking required! 1 prize per map. Find out more on our website and social media | [walledgardenmoreton.co.uk](http://walledgardenmoreton.co.uk)



### ARIEL & MOANNA BRUNCH

14 THE FEB

10AM-12PM  
£15 PER CHILD

INCLUDES KIDS BRUNCH AND HOT CHOCOLATE  
BRUNCH MENU AVAILABLE FOR ADULTS  
PAYMENT IN FULL REQUIRED ON BOOKING

BOOK EARLY TO AVOID DISAPPOINTMENT  
01305 814 470

### A town-wide dinosaur takeover

Saturday 14th February

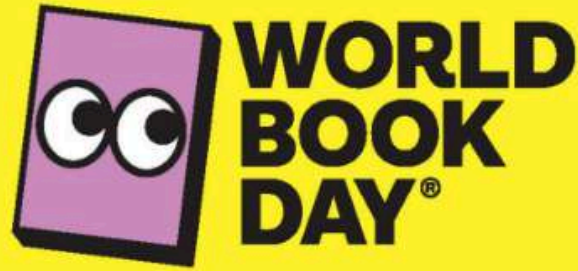
The day begins at 10.00am, when three large animatronic dinosaurs, including a T-Rex, Raptor and Allosaurus, arrive in the town centre outside the White Hart on New Bond Street.

The dinosaurs will roam the streets, creating surprise moments for visitors and shoppers.

At 12.30pm, the dinosaurs head to the beach ahead of the Dino Run warm-up, where hundreds of runners, many in fancy dress, will gather at the Pavilion end of the beach.

From 2.00pm to 4.00pm, the dinosaurs will continue to make appearances along St Thomas Street and New Bond Street.





## TREASURE HUNT

Can you find the characters?



A New Outdoor Adventure...

1. HUNT for markers in the map Zones.

2. COLLECT and reveal characters in 3D.

3. FIND letters and crack the secret code!

10 CHARACTERS | 1 SECRET PHRASE

12<sup>TH</sup> FEB - 15<sup>TH</sup> MARCH 2026

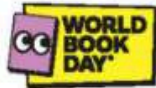
[HighStreetSafari.com/WorldBookDay](http://HighStreetSafari.com/WorldBookDay)

£50 BOOK TOKENS TO BE WON!

10 TO WIN • T&CS APPLY

NATIONAL BOOK tokens

Brought to you by:



Official Host Partners:



Running until the 15th March, the #worldbookday2026 #HighStreetSafari goes live in **Dorchester!** The Dorchester BID has secured Dorchester as one of the limited number of locations in the UK to participate in this family treasure hunt!

You will find 10 yellow posters in windows around town but we will give you a clue that you might want to start looking at the library!

Prizes of £50 book tokens to win but above all, some fun activity for your children over half term!



*Love for God ~ Love for Each Other ~ Love for Learning*



Attendance  
Reception – Year 4:  
**92.8%**

*Attendance Winners  
this week are...*

EYFS  
Maple Class: 91.8%  
K.S.1  
Ash Class: 95.0%  
K.S.2  
Oak and Sycamore Class: 96.5%

*“Love is a safe place of shelter,  
For it never stops believing the best for  
others. Love never takes failure as defeat,  
for it never gives up. Love never stops  
Loving. 1 Corinthians 13: 7-8*

**01305 268741**

**[www.manorpark.dorset.sch.uk](http://www.manorpark.dorset.sch.uk)**



**@manorparkfirst**



**ManorParkDorchester**

