



Young News & Views Winter Newsletter

Happy New Year
to all our
Children and Families.



On a Saturday in December lots of excited children and their families came to the Home-Start Christmas Party . They had lots of fun and enjoyed; yummy food, music, games, dancing, face painting, balloons and a visit from Santa!



Thank you to Pinsent Mason's, for kindly donating the money for our Christmas Party.

Children's Mental Health Week 3rd - 9th February 2020

Top tips to keep your Mind Healthy

- Do what you **LOVE**.
- Have **FUN** with friends.
- Be **ACTIVE**
- **EAT** healthy
- Take a **BREAK**.
- **CONNECT** with others.
- **GIGGLE** and **LAUGH**.
- **HELP** out.
- Share a **SMILE**.
- **CELEBRATE** what makes you special

I am Healthy!

I eat a **nutritious breakfast, lunch, dinner** for a **healthy body**. I go to **school** for a **healthy mind**. I **exercise** for a **healthy heart**. I get a lot of **sleep** at **night** for a **healthy body, mind and heart**.



Children's Activities & Events

Rory's Tiger Club Leeds City Museum

Saturday 11th January 2020

11:00 am - 12:15 pm

Messy sessions for under 5s and their carers.



Muddy Monkeys Kirkstall Abbey

Tuesdays 10.00am - 11.00am

Free session with crafts, toys, books and instruments for under 5s and their carers



Superheroes Day Royal Armouries

Half Term 15th - 23rd February

10:00 am - 5:00 pm

Design and build your own superhero armour.



**Leeds Libraries Story Bus Launch, 30 January 2020 12 noon - 2.00pm
Hunslet Community Hub and Library**

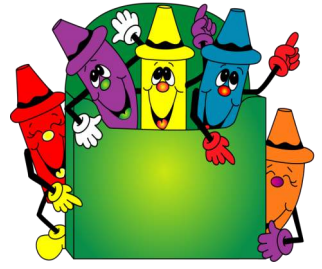
Announcing the introduction of a brand new city wide Story Bus service for babies and children aged 0-5 and their families.

Author and illustrator Nick Sharratt whose illustrations will feature on the new vehicles will be there too.

**Light refreshments will be available.
Please RSVP to leeds.libraries@leeds.gov.uk**



Dot to Dot



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