




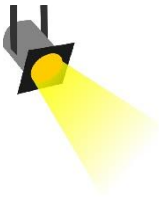


Newsletter – Friday 26th June 2026

Next week's menu is Week 1

<p>Celebrations!</p> <p>We did not hold an All Star assembly this week, due to our Rocksteady Concert.</p> <p>Monster Points A huge Well Done to the following children:</p>  <p>125 Monster Points: Rigby, Robyn, Isabelle, Stanley</p> <p>150 Monster Points: Dylan</p> <p>175 Monster Points: Paula</p> <p>Rainbow Reading Awards Well done to the following children for all the reading at home.</p>   <p>Anyone who has received a Rainbow Reading Award this week will be in our final All Stars Assembly on Thursday 9th July.</p> <p>Red: Safiyaah, Oska Orange: Christopher, Oska, Alfie Yellow: Oska Green: Frankie, Mila Violet: Freddie GOLD: Keira, Thaviru</p> <p>New Menu & Snack Menu We will be introducing a new three-week rotating lunch menu. Please find the menu on the school website or on WEDUC.</p> <p>We will also be introducing a new snack menu from August 2026, offering a refreshed selection of snacks for the children to enjoy. Juice will continue to be available alongside the snack option, however as part of these changes, we will no longer be offering milkshakes from August 2026.</p>	<p>Summer Disco</p>  <p>We are delighted to invite the children from Year R and Year 1 to our Summer Disco, taking place on Thursday 2nd July from 3:15pm to 4:30pm in the school hall.</p> <ul style="list-style-type: none"> • Ticket Price: £2.00 per child • Tickets: Must be purchased via ParentPay – if you are having troubles with Parent Pay please come and speak to the school office. <p>Additional items will be available to purchase at the disco. Without payment we will be unable to issue tickets.</p> <p>Year 2 Leavers Disco</p>  <p>We will be hosting a disco for all the children in Year 2 to mark the occasion of them completing their time with us, the disco is on Tuesday 7th July from 4.30pm to 6.30pm (Parents to collect by 6.30pm)</p> <ul style="list-style-type: none"> • Ticket Price: £5.00 per child • Tickets: Must be purchased via ParentPay – if you are having troubles with Parent Pay please come and speak to the school office. <p>Without payment we will be unable to issue tickets.</p> <p>Dates for your diary</p> <p>Thursday 2nd July – New Class Induction AM Thursday 2nd July – Year 2 Leavers Assembly 2pm Thursday 2nd July – Summer Disco – Year R & Year 1 Friday 3rd July – New Class Induction All Day Tuesday 7th July – Year 2 Leavers Disco Thursday 9th July – Summer Concert – Thorpe Acre Infants – 9am Thursday 9th July – Last Day of School</p>
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Spotlight on Learning

Year R

This week in a very hot Squirrel class we have been focusing on our topic of The Seaside! We have really enjoyed the story of Lucy and Tom at the Seaside which we couldn't believe was written before Mrs Taylor was born!

We have really enjoyed keeping cool in the paddling pool and the children have been practising getting themselves dressed!

In Maths we have been working on patterns and we are now very good at this!

Year 1

In English, we have been using past tense verbs. We are going to be writing our own recounts of our trip to the Great Central Railway.

In Maths, we have been learning about time. We have ordered events into before and after. We then moved onto naming the days of the week in order and the month of the year. The months of the year have been a little tricky! We would appreciate you helping us practice the names in order.

In History, we have used our knowledge to compare the difference between holidays in the past (Thomas Cook's time) and holidays today. We were amazed how people had to go and physically buy a ticket rather than making a booking online!

Year 2

In English we have been writing letters to our new teachers telling them about our strengths, what we're proud of and the things we do to be a good friend.

In Maths, we have finished our work on statistics by making pictograms where symbols represent 2, 5 or 10 votes.

In Science, we have checked on the results of our bean plant experiment and had some surprising results!

In RE, we have been comparing sacred places and looking at similarities and differences for churches, synagogues and mosques.

Summer Holiday Wellbeing Pack



**Looking after yourself
this summer**

How to look after your health during summer

It is the end of the school year! As we head into the summer break, it may feel like there's endless sunny days to enjoy. But what if sometimes you get bored, feel lonely or the weather is wet for days on end? You might like to try some of the fun ideas in this booklet to support you with feeling healthier and happier over summer.

Mini Activity:

Write down a list of things that help you feel calm or connected during summer.

Examples:

- Being outdoors
- Dancing
- Eating ice cream
- Listening to music
- Studying

How can you include these in your routine this summer?

This Summer Holiday Wellbeing Pack is here to help you feel happy, calm and safe during the school holidays. It includes fun activities, helpful tips and ideas to look after yourself, stay connected with others and enjoy your summer. Have a great break!



Behavioural Activation

It can feel hard to get started with something, especially if you feel unmotivated. You know that 'can't be bothered' feeling? It is called apathy. It can leave you feeling stuck in your ways or thoughts.



The good news is that we can trick our brains into getting motivated. You just have to start, even if you don't feel like doing it.

- 1 Begin with things you enjoy or find rewarding. The way it is easier to get started and start building motivation.
- 2 Create a small goal that you can achieve.
- 3 Celebrate small wins and build your next goal.

1 I want to leave my room and go to the park.



2 I'll start by spending time in the garden.

3 Now I'll walk five minutes towards the park.

1

2

3

2

Being outside

Getting outside and spending time with others can help you to feel happy and connected. This page gives you fun ideas to enjoy time with friends and family, and helps you think about who you can reach out to this summer.



Mini Activity:

Let's go on a summer walk.

Go outside and use your senses to explore:

- Find five things you can see
- Find four things you can hear
- Find three things you can feel
- Find two things you can smell
- Find one thing you can taste



This can help you feel calm, focused and relaxed.

Activity:

After your walk, use what you noticed to create something! You could draw or write about your favourite things that you saw or heard.

Being outside is a great way to connect with nature which is known to improve mental health.

Why not...

- eat a meal outdoors?
- meet a friend for a walk?
- hang out with friends or family?
- see if there's some outdoor gym equipment at a park near you?
- try a new outdoor activity, like kite flying?
- paint pebbles to hide outside for others to find?

Getting there

Travelling can feel exciting but going somewhere new can sometimes feel worrying. The advice on this page helps you stay calm, safe and confident on your journey.



Make your own game:

Playing a game can help you distract your mind if travelling makes you nervous or help to pass the time if you get bored!

Draw or create game cards or design a board game.



Work with your travel buddies to figure out the aim of the game and the rules or make up a game each and decide which is most fun.

Games to play on the way!

Alphabet Categories

Think of a category such as movies, sports, celebrities. Take turns to name something or someone from the topic going through the alphabet. For movies, it might go:

A Bug's Life

Bee Movie

Chicken Run

Despicable Me

Categories - linking letters

For a trickier version The last letter of a word has to be the first letter of the next word. How it works for food:

Bread / **D**oughnut / **T**acos / **S**amosa

Going places

Going to different places can be fun and exploring somewhere new can help you feel happy and confident. This page shares ideas of local places to explore safely and enjoy time with others.



Want to explore a new place over summer? From space to kings, castles to coal mining, Leicester, Leicestershire and Rutland has it all! Here are some ideas of places to visit that are fun and accessible.



- Local leisure centre
- Library
- Museum
- Foxton Locks
- Bradgate Park
- Rutland Water
- The Guildhall
- The Space Centre
- The Carillon Tower
- Oakham Castle

Find more places to visit in Leicester and Leicestershire:

<https://visitleicester.info/>



Find more places to visit in Rutland:

<https://discover-rutland.co.uk/>



Staying in

Home can be a safe space to help you feel calm. This page shares ideas how you can relax, have fun on rainy days and look after your feelings indoors.



Mini Activity:

Reorganise some of your room. Clearing away clutter can reduce stress and anxiety. Maybe there's clothes or things you no longer need that could be sold or donated. Acts of kindness, including donating, can improve self worth. This means when you do something kind, you feel good too.



Get growing!

You can grow all sorts of things on a sunny windowsill. You don't even need soil! Cress can be grown on a plate with some cotton wool or inside an egg shell.

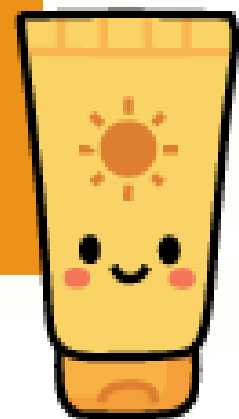
If flowers are more your thing and you have some outside space, sunflowers are really easy to grow. You can start them off in a paper pot on your sunniest windowsill.

Make a paper pot by taking the inside of a toilet roll and snipping the ends so you can fold this in on itself to make a base. Fill this with soil and plant your seed about 1 cm deep. Make sure the soil doesn't dry out.

When it has two sets of leaves, you can plant the whole paper tube in the soil outside.

Looking after yourself

Looking after your body helps your mind feel good too. This page shares simple ways to stay safe and healthy while taking care of your feelings.



Staying in

Sometimes when we are staying inside at home, we get bored. To prevent boredom creeping in, why not try:



- Indoor camping - build a tent with sheets or towels.
- Movie marathon - settle in with fruit or popcorn to watch an old favourite.
- Start a journal - this could be in a notebook or as a digital project.
- Learn a new skill, such as drawing, painting or baking.
- Learn about staying safe online

<https://www.healthforteens.co.uk/lifestyle/looking-after-yourself-online/>

Going out

- If you have a mobile phone, make sure it is fully charged.
- Go with a trusted adult or make sure they know where you are.
- Use sun protection - a hat, sunglasses and sun cream.
- Know how to get help if you need it.
- Make sure you stick to the rules that your family have for being outside.

Summer is the time that insects are everywhere. You might want to consider mosquito spray and check for ticks if you've been in long grass.



What will you do?

On the spaces below, write or draw examples of the things you could try from this booklet or add your own ideas!



Getting there

Being outside

Staying in

Going places

Looking after
yourself

Going back to school



Getting ready for returning to school

Whether you are returning to your current school or starting a brand new school, it is important to think about how to be safe on your way to and from school. Make sure you and your family are clear what the rules are for travelling to and from school.

You could get together with friends to chat about what you are looking forward to or nervous about this year.

During the summer holidays, our sleep routine can change or become more flexible. It is important to get back into a routine before you start school so you feel good. www.healthforteens.co.uk/lifestyle/sleeping/

Getting ready for going to a new school

How will you get to your new school? It's a good idea to try out the route to your new school. That might mean checking out where the bus stop is and finding friends you can walk with.

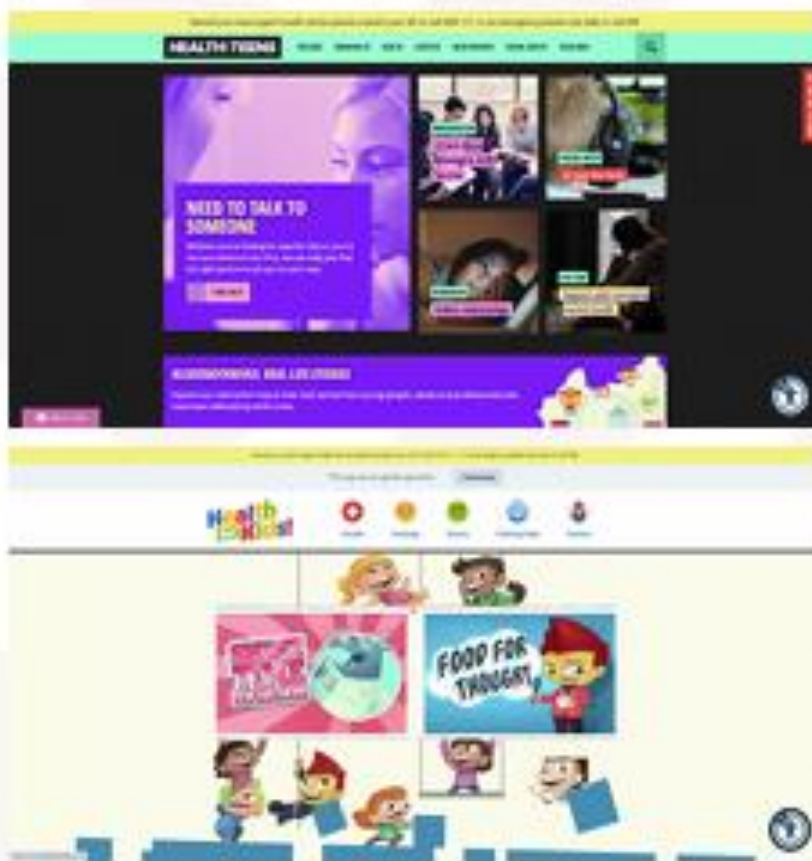
Are there things you'll need to get, such as school uniform or different equipment for lessons?



For more information, videos and support on starting secondary school, you can visit www.healthforkids.co.uk/feelings/ or scan this QR code.

Check out our Health For websites

Our Health For Kids and Health For Teens websites are full of NHS approved content for children and young people. Find helpful top tips and local advice to support your mental and physical health.



HEALTH FOR TEENS

 **healthforteens_leicester**

**Health
for Kids!**

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Need more support?

If things feel tough this summer, you can use these services for extra support.

HEALTH TEENS



[Health for Teens](https://www.healthforteens.co.uk) is a website, written by NHS staff, that shares information on health and wellbeing. It covers lots of different topics. This website also has articles created by CAMHS staff, providing advice on topics including mental health conditions, self care and healthy living.
www.healthforteens.co.uk



[Health for Kids](https://www.healthforkids.co.uk/) is a website, written by NHS staff that shares information on health and wellbeing. It covers lots of different topics. This is written for primary school aged children.
<https://www.healthforkids.co.uk/>



[Tellmi](https://www.tellmi.help/what-is-tellmi) is an online safe and anonymous space for young people (11 years and older) to discuss their feelings, seek support and receive counselling when necessary. It is available 365 days a year.
www.tellmi.help/what-is-tellmi

If you need urgent mental health support, 24/7 support is available over the phone. Call [NHS 111](https://www.nhs.uk/111), selecting the mental health crisis option 2. This number is open 24 hours a day and is totally free and confidential. You can also text 0748 063 5199 and they will get back to you within 4 hours. If there is an immediate threat to life, dial 999. If you are deaf and have urgent mental health needs, you can use the NHS 111 British Sign Language service:
www.signvideo.co.uk/nhs111.