

Lambley Primary School

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Tuesday 8th October 2019

'Ready, Respectful & Resilient'

Values

It has been a wonderful first half term back and our work on readiness is having a really positive impact. Having spent time in all classrooms over the last two weeks, I have seen a great work ethic from all the children. They are focused, motivated and engaged with their learning. They should all be proud of the start they have made this year – I know that we all are.

Harvest Festival

I would like to take this opportunity to thank all those who attended our recent Harvest Festival. The children were so pleased to see you all there and enjoyed having the opportunity to share their work and singing with you. I would also like to say a big thank you for all your donations – your very generous offerings will really help the food bank. Thank you.

Clubs and activities outside of school

From talking to the children, I know so many of them are members of clubs and have such interesting hobbies outside of school. As a school, we want to celebrate the children's interests and successes at these clubs. If your child would like to share their hobby with us, then we ask that they bring in a photo, a badge or a certificate of their hobby/club into school by **Monday 14th October**. We will then spend time sharing our interests and learning about each other's hobbies. The school would also like to make a display of these items and so ask that we can keep the photos or certificates for a few weeks to display in school. Thank you for your support with this.

Message from Mrs. Shardlow: It's OK not to be OK!

On Thursday 11th October we are proud to be taking part in **Mental Health Awareness day**. As a school we feel that it is vitally important that children are aware of their own mental health and for us to try and combat the stigma that is attached to mental health and to equip our children with the skills to communicate and support their feelings.

We are asking that children come to school in school uniform wearing yellow accessories - for example socks, face paints, hair bobbles, tights, yellow trainers or a yellow t shirt bringing a £1 donation for MIND charity. Throughout the day children will be taking part in Yoga activities, mindfulness colouring, we will be having talks with a mental health practitioner explaining to children what mental health is. In the afternoon we will be focusing on 2 of the 5 senses and in houses children will be making their own lavender putty and calming glitter jars.

Please could you collect and send in the 500ml size bottles with lids to support this activity.

We believe that safeguarding children is everyone's responsibility.

At Lambley we are committed to keeping our children safe from harm. Lee Christopher, Rebecca Shardlow and Jennifer Swinburne have responsibility for safeguarding & child protection. If we have any concerns reported to us we will always take action to protect a child and inform the relevant agencies.

Thank you in advance for your support with such an important course.
Mrs Shardlow and the Lambley team x

HOW TO SUPPORT YOUR CHILD'S MENTAL HEALTH

@BELIEVEPHQ www.BelievePerform.com

The infographic is centered around a large illustration of a parent with short brown hair hugging a child with short brown hair from behind. The child has their eyes closed and a peaceful expression. The parent is wearing a red t-shirt, and the child is wearing a red dress. Surrounding this central image are 15 circular icons, each representing a tip for supporting a child's mental health. Each icon is accompanied by a bold title and a brief description of the tip.

- LOVE**
Be there for your child and show care and love
- EXERCISE**
Encourage play, exercise and sport
- BEHAVIOUR**
Keep an eye out for any changes in behaviour
- SUPPORT**
Regularly support, encourage and praise your child
- REST TIME**
Help your child to manage stress by building in some rest time.
- BE PROUD**
Tell your child that you are proud of them
- PATIENCE**
Be patient. Don't pressure your child
- HELP**
Don't be afraid to seek help from professionals
- FEELING**
Get to know how your child is feeling
- EDUCATE**
Educate yourself about mental health problems
- PROBLEM SOLVING**
Help your child to effectively problem solve
- LISTEN**
Make sure you take time to listen to what your child has to say
- COPING**
Help your child to learn some simple coping skills such as relaxation
- SYMPTOMS**
Be aware of signs and symptoms
- CONVERSATION**
Encourage your child to engage in conversation
- ENVIRONMENT**
Provide a positive environment for your child where they can thrive

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Message from Mrs. Swinburne: Thursday 17th October – Wear Red Day

Show Racism the Red Card (SRtRC) is the UK's largest anti-racism educational charity. The charity works in schools and other educational settings throughout the UK to offer a whole range of educational training, workshops, resources and activities, all designed to educate young people and adults about the causes and the consequences of racism. This year we invite you to help support this charity on 17th October by wearing an item of red clothing (it can be anything from a sock to head band) and donating £1 to help this worthy cause. All money raised will go directly to the charity to help them continue this essential work on equality for all.

Lee Christopher

Head Teacher

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