

Weekly Newsletter

01772 422503

www.seven-stars.lancsnafl.ac.uk



7th May 2021

*'Where children
come first'*

Quote of the week:

'We can improve our relationships with others by leaps and bounds if we become encouragers instead of critics' (Joyce Meyer)

Fitness Champions

Being active and keeping fit is crucial for all our children so they can enjoy a happy, healthy and long life. Children who are active are often more engaged in their learning (helpful chemicals are released into the brain) AND they feel good about themselves (which helps them with their behaviour and confidence).



Therefore we are encouraging our children to become more active by introducing over the Summer term a 'Fitness Champion' certificate/award that will be for any child in class who has either shown enthusiasm and effort in their PE lessons, completed a fitness challenge at playtime (e.g. lots of skips) or been active in any other way noticed by the teachers/staff in school (you can also tell us via Class Dojo if your child has done something active outside of school).

PE Kits

As part of keeping active we are doing a lot of sport in school (inside and outside) as well as our PE lessons. PLEASE make sure your child has got a PE kit in school (we do not expect parents to go out and buy a new PE kit - just any T-shirt, shorts and trainers/pumps is OK) It is not hygienic for children to do PE in the same clothes they have to then wear for the rest of the day and it is also not safe. Some children are saying they do not have a PE kit in school and are therefore not able to take part. PE is part of the national curriculum and we need to get our children into good habits.



Money Owing

Mrs Pullin has been doing the difficult job of contacting parents who owe money from various things over the last few months.

If you do owe any amount of money please either pay the full amount or if you are struggling at the moment talk to Mrs Pullin (01772 422503) about a payment plan. This will be dealt with confidentially and with sensitivity. We can also advise how to claim for free school meals, tax free childcare and nursery funding. If any parents owe money then they are not able to access the breakfast or after-school clubs until they have settled the bill, nor can we provide a school dinner if parents/carers owe money for dinners (a packed lunch will need to be brought in).

Laptops

If you still have a laptop that was loaned to you during lockdown please return it to school as soon as you can so we can use them with the children for their learning - thank you.



Mental Health Awareness Week

We all have mental health just as we all have physical health, and we need to take care of it in order to function at our best and prevent ill-health. Good mental health is about experiencing positive psychological and emotional well-being. When you feel good mentally, you feel much more able to achieve your goals and enjoy life. Good mental health builds resilience, and if you are feeling more resilient, you're able to cope better with what life throws at you. Next week we will be having a bit of a focus on Mental Health awareness as part of Mental Health awareness week (see the links below to the national campaign and our school web-site with lots of links and resources). <https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

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<https://www.seven-stars.lancsngfl.ac.uk/behaviour-support/mental-health-well-being>

Rewards for this week (Well done!)

Well done to all the children who have been noticed for enthusiasm

Star of the Week Awards - 07.05.21 Enthusiasm in work	
Dorado	Holly - for always trying her best and working hard
Orion	Jensen – brilliant working
Hercules	Millie - for working hard on her independent tasks
Pegasus	Lexi - for producing some fabulous English
Leo	Oscar - Excellent contributions in class and making sensible decisions at break times.
Phoenix	Alfie – excellent attitude to work

Positive Points – 07.05.21	
Dorado	Tiberius
Orion	Lucas
Hercules	Derry
Pegasus	Reuben
Leo	Oscar and Bethany
Phoenix	Harry

Fitness Champion	
Dorado	Lucas - who climbed Black Combe in the Lake District at the weekend.
Orion	Aurelia – fantastic sporting fitness
Hercules	Isabelle - 147 skips!!!
Pegasus	Lola – always on the move!
Leo	Harry - Excellent attitude in PE, attends after school Boxing club then goes straight to his swimming lesson.
Phoenix	Libby - super skipper

Social Media Behaviour

We have been made aware of some inappropriate behaviour on social media by a tiny minority of our parents/carers.

As a school we cannot 'police' social media or be responsible for things that people choose to post on-line. However, we do expect parents/carers to model good behaviour on-line to their children and towards others.

Nasty comments or response about or to other parents/carers is clearly unkind and the opposite of what we are teaching our children.

We advise that you block anyone making such comments.

Likewise comments, and even allegations, about staff members is unacceptable and if we are made aware of this then as a school we will be contacting our Legal department to consider actions to take.

The vast majority of our parents are supportive and happy about school but if any parents do have concerns then there are procedures (on our school web-site) that should be followed and we encourage all parents to contact the school directly if you need to raise any issues (rather than bringing things up on social media). This includes anything your child might say to you. If they tell you something that has raised a concern for you do not assume they are telling you the whole story but get in touch with school (via Dojo or by phone call) and politely make the staff aware of what your child has said so they can chat to you about it. We will always contact you if there has been a serious incident in school but will not be in touch over small things that have happened and have been dealt with.

COVID-19 Reminders

Can adults please remember to WEAR FACE COVERINGS ON THE SCHOOL GROUNDS &

If any child is ill we will need to send them home and a child or adult in school has any of the main symptoms (high temperature, persistent cough and/or loss of taste & smell) then they should go for a PCR test at the nearest test centre (not a Lateral Flow home Test).

Money Matters

Brian from 'Money Matters' came into Year 5 (Leo class) this week and took them through a workshop about how to manage money and helped them to understand the value of budgeting. Such a crucial lesson and the children listened brilliantly!

For any parents/carers who need support with their finances we have some useful links on our school web-site. Go to:

<https://www.seven-stars.lancsngfl.ac.uk/parents/family-support>

Morning Snack

A big thank you to the Leyland Community Network who have provided toasters for every class as well as bread/crumpets and other healthy snacks.

Each class is now able to provide a piece of toast or morning snack for the children in their class most days and it is free of charge thanks to this generous provision.

The Link for the Community Network is below (it is run by volunteers so if you are available to help get in touch with them).

<https://www.facebook.com/CNOSLeyland/>



[Community Network and Outreach Service - Home | Facebook](https://www.facebook.com/CNOSLeyland/)

Community Network and Outreach Service, Leyland, Lancashire. 4.3K likes. This is a not for profit Community Hub that supports all members of the community and other services/agencies in need but also...

www.facebook.com

DO NOT RIDE BIKES & SCOOTERS on the school ground

Despite the notices on the gates there are still people riding bikes and scooters on the school grounds. This is dangerous as we have very young children often running round or some family members with disabilities. Please treat our school grounds like any shopping centre, and push bikes or scooters until you get out of the school grounds.

Skipping Workshops 18th May 2021

Skipping develops cardiovascular (heart) and muscular endurance and strength, as well as agility and co-ordination.

Skipping improves balance and can help reduce the risk of falls.

Skipping for 10 minutes has the same benefit to health as a 45 minute **hard run**.

Increases personal development through physical exercise at playtimes.

The workshops will:

- Helps boost confidence and self esteem.
- Encourages us all to feel successful and have fun.
- Encourages teamwork and co-operation.
- Promotes high levels of physical fitness.

Sunflowers

Most of the children have now planted their sunflower seeds. Thank you to the Leyland Community Network for providing us with pots and sunflower seeds for every child in school. We will take photos and put on Facebook of any sunflowers that grow and will announce the winner of the tallest sunflower once they are fully grown.

Wall Art

Our wall artist is waiting for some nice weather and will start to paint the artwork designed by our children onto the wall by our greenhouse. Once again thank you to the Leyland Community Network for organising this for us to make our school look bright and beautiful.

Red and Green lunches

Our Red and Green lunch system seems to be working well and the children are enjoying their choices. Thank you to Dawn and Kerri who have been a person down but still producing delicious meals!

Lunch menu for next week:

Weeks commencing: 10/05/21			
	Choice 1	Choice 2	Desserts Choice
Monday	All Day Brunch, Sausage Omelette, Hash Brown, Beans	Hot Panini Melts, Tuna, Cheese, Couscous, Salad	Muffin Yoghurt Fruit
Tuesday	BBQ Chicken Wrap, New Potatoes, Corn on the Cob	Cheese Whirl, Herby Diced Potatoes, Beans	Fresh Fruit Medley Vanilla Cream
Wednesday	Roast Pork in Gravy, Roast Potatoes, Seasonal Vegetables, Stuffing	Selection of Sandwiches, Salad, Crisps	Chocolate Cookie Fruit
Thursday	Chicken Tikka Curry, Mixed Vegetable Rice, Naan Bread	Jacket Potato with a Selection of Toppings, Salad	Cheese & Crackers Fruit Yoghurt
Friday	Homemade Pizza Slice, Chips, Peas	Vegetarian Sausage Rolls, Chips, Beans	Vanilla Ice Cream Fruit

Nut Free

Just a reminder that we are a nut-free school. This is because we have children in school (and some staff) who are allergic to nuts. We do have children with other allergies and are closely monitoring those. Please let us know if your child has any allergies so we can be aware and monitor the situation. Please do not send in anything containing nuts in your child's packed lunch if possible. We realise this can be inconvenient but with so many children having allergies we do need to work together to be as careful as we can.



Key Dates:

Monday 10th May - **Mental Health Awareness Week** and Mental Health Day on Friday 14th May

Monday 17th May - Walk to School fortnight & power-walking challenge (part of our getting fit series of events)

Tuesday 18th May - Skipping Workshop with skipping coaches

Friday 28th May - Shining Stars Assembly and break up for half term (at the usual time)

TUESDAY 8th June - return to school

Friday 11th June (until 11th July) - Euro 2020/21 football tournament activities (exploring other countries and cultures)

Thursday 24th June - new Reception 2021 parents meetings (1.30pm OR 4pm)

Tuesday 29th June - possible Sports day for Years 1 to 6

Wednesday 30th June - possible Sports day for Nursery and Reception

Thursday 1st July - Reports go out to all parents via Class Dojo

Friday 2nd July - Class Swap over morning and most of Year 6 visit their High School

Many thanks for your support - *Mr Mitchell*

REMEMBER TO VISIT OUR WEBSITE (class and school information)

Remember to like us on Facebook ****If you have changed your contact details, need to update medical information or any other personal details please let us know in the office so we can update our records****