

Weekly Newsletter

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www.seven-stars.lancsnafl.ac.uk



14th May 2021

*'Where children
come first'*

Quote of the week:

"I love walking because it clears your mind, enriches the soul, takes away stress, and opens up your eyes to a whole new world" – Claudette Dudley

COVID-19 Reminders

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

And

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).



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.

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.



Skipping Workshops 18th May 2021

As part of our Seven Stars Fitness Champions campaign, we have invited Skipping Workshops Ltd to hold an all day skipping workshop when every child from Reception to Year 6 will have the opportunity to learn a complete range of skipping skills.

"Skipping Workshops" have presented demonstrations in schools over the past 20 years throughout the UK, as well as in Europe and Ireland. They have represented the UK in international skipping events, and have appeared several times on TV, including on Blue Peter, helping to teach Mr Bean to skip, BBC TV news and SMTV Live. Their aim is to encourage children and adults to skip for health, fun and fitness. The team coach will work with groups of children throughout the day, introducing a variety of skipping skills, catering for all children from complete beginners to advance skippers. The gymnastic speed ropes the children will be using during the day will be on sale at home time and for a further period at a cost of £4.50 each. For parents who are interested in skipping with their children, or who simply want some useful exercise themselves, special adult ropes are available at a cost of £6.00 each.

The ropes are made to a high standard, are light and easy to turn and allow children and adults to progress rapidly with their new skipping skills. If you would like to purchase a skipping rope for either yourself or your child, please complete the slip on the letter sent home and return with the correct amount of money in an envelope marked 'Skipping Ropes' which we will then hand to the coach and will send the skipping rope home with your child OR you can come to the school hall (main playground entrance, socially distanced, or outside if it is nice) at 3.30pm with the correct money and purchase your rope then.



Rewards for this week (Well done!)

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

Star of the Week Awards Enthusiasm in work	
Rockets	Jeremy – well done!
Dorado	Noah - for always trying hard
Orion	Kylan - for an amazing attitude towards all aspects of school. Emily - for coming into school really well each morning this week.
Hercules	Bradley - really good engagement in maths when working with money.
Pegasus	Isabelle - for showing amazing lateral thinking during our census topic
Leo	Ruby - a fantastically positive week, giving it 100% in every lesson
Phoenix	Oliver - for some amazing English work about The Piano

Positive Points	
Rockets	Brandon - lots of reading at home
Dorado	Kian
Orion	Thomas
Hercules	Summer
Pegasus	Thomas
Leo	Kaysie, Oscar - (second week in a row for Oscar)
Phoenix	Gift

Fitness Champion	
Rockets	Ella - for excellent skipping
Dorado	Lawson - good PE lesson!
Orion	Mya – super fit!
Hercules	Savannah - 217 skips!
Pegasus	Tinuke - Taking part in Swimming and Gymnastics clubs outside of school
Leo	Leah - for getting really involved in our tennis lessons this week.
Phoenix	Alfie M - for great effort in PE and always showing good sportsmanship

Drawing Therapy

We are beginning to take part in a project run by Miss Moor based on work done in a number of schools across the country linked to drawing.

Drawing therapy is designed to let a child process his or her feelings internally, in a safe environment and at their own pace and is part of our support for children who have been through such a challenging time recently.

We will not be able to do it with every child and we will not be starting it with most children until the new academic year but some older children may be offered some sessions soon and we will be in touch with the parents of any children we think will benefit prior to launching it fully in September.



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) We awarded our first 'Fitness Champion' certificate/award last week to children who took part with enthusiasm in PE lessons, were active playtimes or did something active outside of school. Let us know if your child does anything active outside of school

Social Media behaviour

Can we say a huge thank you to those parents who have posted such lovely comments on Facebook and Social Media about the school. It really helps to receive such encouragements and is a great example of how supportive and amazing our families are in school. Our teachers and TAs do an amazing job and those moments of encouragement and support are priceless.

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.

Sunflowers

Our sunflowers are starting to grow and we are excited to see which is going to be the tallest flower (and if so we will be thinking about why! Was it where they were placed? the Weather conditions?) If you are growing sunflowers at home please send in a photo via Class Dojo (or of any plants / flowers you are growing in your garden or pots)

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.

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!

He will be coming in again on Friday of next week (21st May) and talking to our Year 6 children

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>

Nuts 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.

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

We are all thinking about how to improve our mental health and these are some campaigns and links to ideas to help:

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

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

Lunch Menu (red/green) for Next Week:

Week commencing: 17/05/21			
	Choice 1	Choice 2	Desserts Choice
Monday	French Bread Pizza, Hash Brown, Beans	Selection of Sandwiches, Salad, Crisps	Oaty Biscuit Fruit Yoghurt
Tuesday	Chinese Style Chicken Curry, Vegetable Rice, Naan Bread	Jacket Potato with a Selection of Toppings, Salad	Crepes Fruit Ice Cream
Wednesday	Roast meat sandwich and salad/crisps	Mascarpone Pasta, Tortilla Chips	Strawberry Ice Cream Roll Fruit
Thursday	Meatballs in Gravy, Chips, Peas	Fish Fingers, Chips, Beans	Fruity Jelly with Orange Wedges
Friday	Summer Picnic Mini Sandwich Roll, Vegetarian Sausage Roll, Salad Sticks, Crisps		Summer Dessert Choc Ice

Key Dates:

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****