



Linchfield Community Primary School

Newsletter

Friday 14th May 2021

Term 6 – Full School Uniform

We are extremely proud of our school uniform and the sense of unity and belonging that it brings.

From the start of Term 6, we would like all children to come to school every day in their full school uniform. This means that all children will need a named PE kit to be in school for them to get changed into on the days that they have PE. **From the start of Term 6, children will no longer be able to come to school in their PE kit for the whole day when they have PE.**

Please see our expectations for full school uniform below:

Green sweatshirt or cardigan, white polo shirt, grey/black trousers or tailored shorts, skirt, pinafore or green and white checked summer dress.

Black school shoes and plain socks/tights must be worn all year. We request that sandals and canvas shoes are not worn, to prevent unnecessary playground accidents. **Trainers and boots are not part of our school uniform and must not be worn to school.**

P.E. Kit should include a white t-shirt, green/black shorts and a pair of plimsolls or trainers. Jogging bottoms and a warm sweater will be needed for the colder months of the year.

All clothing items, PE bags, lunchboxes, water bottles etc must be clearly labelled with your child's name.

Jewellery

Jewellery presents a health and safety risk during the school day. **As such we request that children do not wear jewellery to school unless there is a medical reason. Children should only wear stud earrings in their ears and they must be able to take their own earrings out and put them back in again as they need to be removed for PE lessons. Teachers are no longer allowed to help children remove or insert earrings, nor are they allowed to put tape over their earrings for PE.**

We request that pupils have their ears pierced during the first weeks of the Summer Holidays so that they are able to remove ear rings upon their return to school.

Hair Accessories

If your child has long hair, please ensure that it is tied back neatly for school. **Small, school coloured hair accessories may be worn but large bows and brightly coloured accessories are not part of our school uniform.**

If you have any concerns about providing your child with full school uniform at the start of Term 6, please contact the school beforehand.

Thank you for your continued support and cooperation in this very important aspect of school life.

School Information

Email: enquiries@linchfield-cit.co.uk

Website: <http://www.linchfield.lincs.sch.uk>



@linchfield_cit

facebook

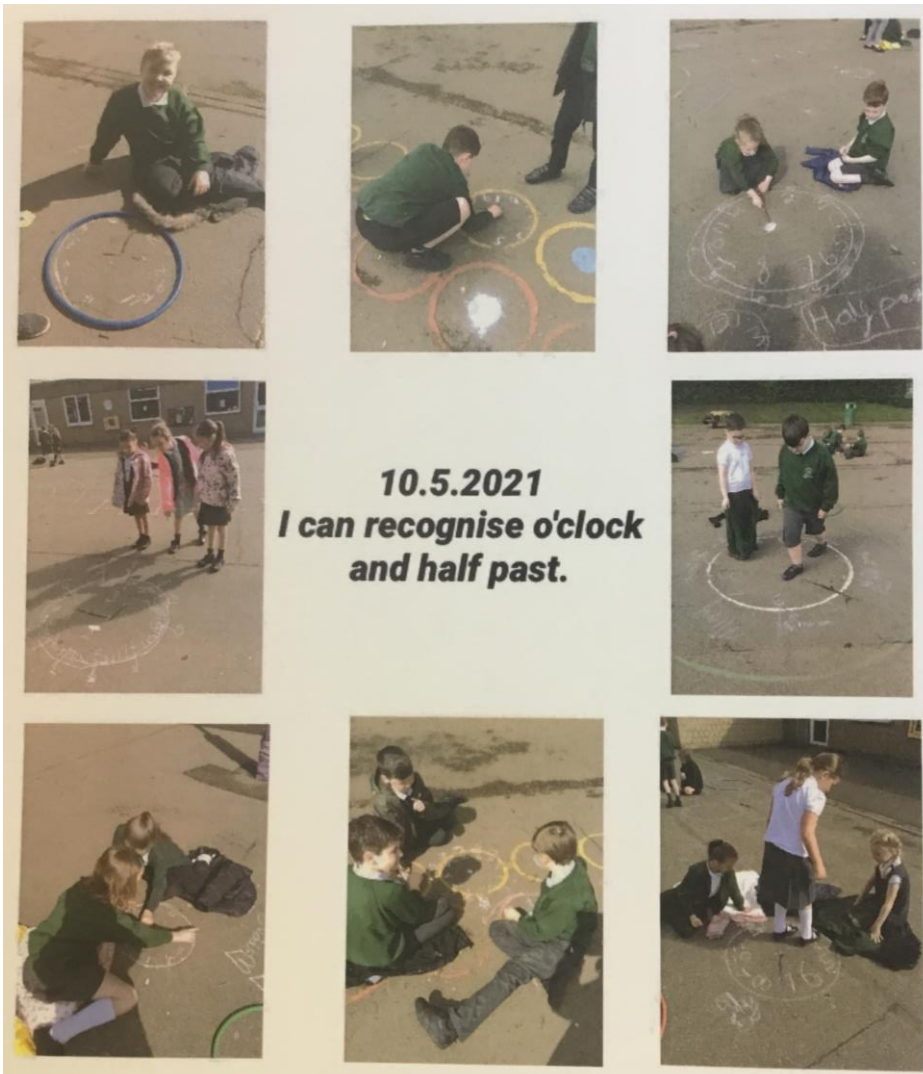
<https://www.facebook.com/Linchfield-Community-Primary-School-103768004798801>

Linchfield Learners

In Year 2, we have linked our African topic with Art this week to produce an African animal mask. We used different media to produce our collage. We have started our new unit of study in maths this week. We are learning how to measure accurately, using non-standard measurements and our 15cm rulers.



Y3 used a vast array of resources to create accurate clocks on the playground. The children used twigs to replicate the different hands of a clock and could find different times on request. Wonderful practical outdoor learning Y3.



Linchfield Learners

In Year 4 this week the children have been extremely busy in all subjects.

In Maths, we have been working on money, decimals and place value. The children were given the challenge to create their own theme park. They were given an amount of money and a list of how much everything would cost. The children were able to decide what they would spend the money on, how much they had left over, how much profit they would make with visitors entering the theme park and how much they would spend on repairs and the upkeep of the theme park. They relished in this activity and were very excited to share the profits and loss within their parks, developing their adding and subtracting skills.

In R.E. Year 4 have been learning about pilgrimages and looked at the Quaker tapestry, they then created their own tapestry piece showing the story of the past year in images. The children produced some fabulous work including clapping for the NHS, Sir Tom, coming back to school and so much more. The children thoroughly enjoyed this activity.

This week we have been fortunate to have used the new laptops on more than one occasion. In English, the children used the new laptops to research information about the digestive system linked to explanation texts. They also researched information linked to water on earth for our topic lesson. The children then produced some fabulous writing and posters with the research they sourced.

Keep up the great work Year 4!



Thank You Mr Sedgwick

Many thanks to Mr Sedgwick for donating two bags of footballs, which are no longer needed by his girl's football team, to the school. I know that the children will make very good use of them.



Mental Health Awareness Week

In a world where
You can be
anything, be
kind.

This week is Mental Health Awareness Week

Mental Health was a subject I spoke a lot about through the pandemic in the newsletters and it is still just as important now. Mental health can affect anyone! Yes, there are people who suffer more with mental health issues and there are people who we believe that they don't. Actually, this isn't the case anyone can suffer it's more of a case these people are probably 'protecting' their mental health so they don't have any issues.

Let's face it, we look after our physical health by paying attention to what we eat, exercising, personal hygiene etc. but our mental health needs looking after too we just forget to do it! So, here's a reminder of what you can do:

- **Connect with other people** - Good relationships are important for your mental wellbeing. They can: help you to build a sense of belonging and self-worth, give you an opportunity to share positive experiences, provide emotional support and allow you to support others.
- **Be physically active** - Being active is not only great for your physical health and fitness. Evidence also shows it can also improve your mental wellbeing by: raising your self-esteem, helping you to set goals or challenges and achieve them causing chemical changes in your brain which can help to positively change your mood.
- **Learn new skills** - Research shows that learning new skills can also improve your mental wellbeing by: boosting self-confidence and raising self-esteem helping you to build a sense of purpose helping you to connect with others. Even if you feel like you do not have enough time, or you may not need to learn new things, there are lots of different ways to bring learning into your life.
- **Give to others** - Research suggests that acts of giving and kindness can help improve your mental wellbeing by: creating positive feelings and a sense of reward, giving you a feeling of purpose and self-worth, helping you connect with other people.
- **Pay attention to the present moment (mindfulness)** - Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you. Some people call this awareness "mindfulness". Mindfulness can help you enjoy life more and understand yourself better. It can positively change the way you feel about life and how you approach challenges.

Mental Health Awareness Week

Further information can be found at: <https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>

Remember to take time for you! Life can be so busy but its ok to not do the housework or forget to do the washing! Taking time to walk, read, rest is probably more important and showing the children it's important to do things we enjoy is great role modelling and it will have a positive impact on their wellbeing too!

There is lots of support online if you need it and its ok not to be ok just talk and tell someone, a problem shared is a problem halved and there is never a problem that can't be solved or made better!

https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week?utm_source=ppc_google&utm_medium=paid_ads&utm_campaign=mhaw21_awareness&gclid=EAIaIQobChMIwairmanG8AIVmO3tCh1b9AEyEAAYASAAEgIeWfD_BwE

<https://www.mind.org.uk/information-support/guides-to-support-and-services/seeking-help-for-a-mental-health-problem/where-to-start/>

<https://www.time-to-change.org.uk/mental-health-and-stigma/help-and-support>

<https://youngminds.org.uk/>

<https://www.centreformentalhealth.org.uk/helplines-and-crisis-contacts>

Take care, Be Kind and remember it's good to talk!

Mrs Roberts 😊

