

# The Leys Primary and Nursery School Newsletter

☆ Accelerating progress	☆ Enriching wellbeing	☆ Promoting partnerships	26/03/21
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**Back to school Monday 12th April**

Star of the Week	
	Class
Zephaniah	Harlie
Anderson	Natan
Sendak	Olivia
Carle	Afia
Hargreaves	Leo
Ahlberg	Kobi
Dahl	Luca
Freedman	Jamiama
Strong	James
Pratchett	Isabel
Morpurgo	Frankie
Tolkien	Jack
Lewis	Emily
Rosen	Tegan
Shakespeare	Riley
Dickens	Hayden
Kipling	Oscar, Aiden, Karam, Oliver



**Fantastic fun on Red Nose Day!!!!!!**  
**Thank you to all our families who donated 400 cereal boxes which were collected this week by Zac and Paula from the Foodshed food bank in Stevenage! It's the domino effect that makes all the difference!!!!**




**Year 2 solving Maths problems during the Easter Egg Hunt!!**



Class of the week	Nursery
Friendship Cup	Riley S
Headteacher Awards	YEAR
Aimee M	FIVE
Antonia V Rebecca I Shikana D Ivy S Olive R Seamus G Charlotte B Bailey E Luke W Ella W Amber M Oliver M Lennon L Ollie E	THREE
Omar C Zara G Henry B Joel S Erin H Laura S Harry G	TWO
Lilly D	ONE
Oliver E	RECEPTION

**SHOUT OUT**

**A BIG SHOUT OUT this week to all our senior leaders: Mrs Khangura, Mrs Fonseca, Mrs Barr, Dr Christie, and Miss Doherty! As the saying goes, 'it takes a team to build the dream' and we are very fortunate to have such a talented team dedicated**

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to providing the best outcomes for our pupils, their families and staff. I know you all will join me in thanking them for their significant efforts in school all day every day, and knowing my team... during the holidays as well!!!!



## CLASS OF THE WEEK



Sendak class has been learning about Spring. We discussed that there are more daylight hours and we know this because it is light in the morning when we wake up and there is now time to play outside when we get home from school because it is still light. We also went for a walk around the meadow to look for signs of Spring. The children found some daffodils growing, new leaves starting to grow on the bushes and in the distance in the park we could see trees full of blossom.



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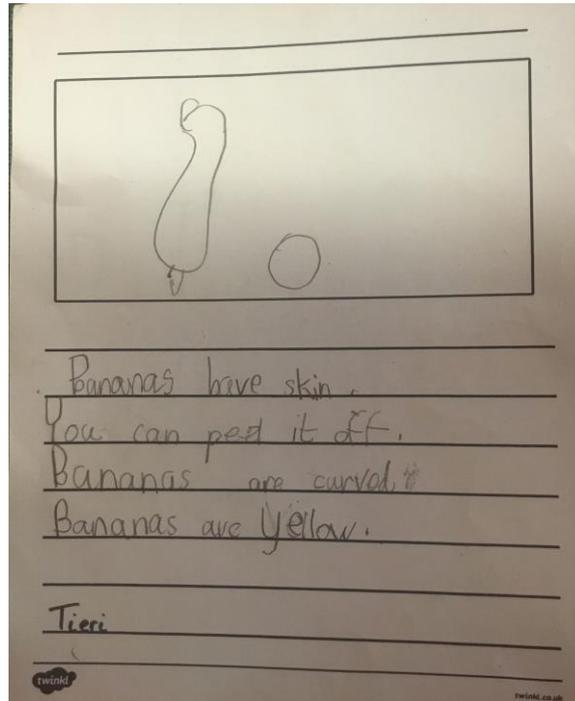
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Writer of the Week-

Tieri  
Anderson Class



After our science experiment about biscuits Tieri has been talking about how biscuits can be unhealthy. He chose to write about a healthy food he likes.



WELLBEING



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## How children think and feel about their bodies can have a huge impact on their wellbeing

A negative body image can lead to low self-esteem, poor mental health and increases the likelihood of disordered eating. [Recent research](#) has found that from as young as 7 years old children can experience emotional distress relating to their weight. We all know that lock down has hit our waistlines, so here are some top tips for promoting a positive body image in your child:

### 1. Focus on health, not weight

When it comes to making changes try working from the inside out. Focusing on making changes for your health and body is a healthier approach than trying to change body shape alone. Encouraging your child to eat well and feel healthy promotes a better relationship with food and shifts the focus away from weight and image.

### 2. Be a positive role model

Try not to make negative comments about your own body image in front of your child. Consider how you talk about your own diet too – eating well should be about being healthy not losing weight.

### 3. Tell your child why they are special

Compliment your child on their inner attributes, not just physical ones. Help boost their self-esteem by giving your child the opportunity to tell you all of the things they are good at. Higher self-esteem improves mental wellbeing and is protective against eating disorders.

### 4. Practice 'everything in moderation'

Try not to label food as good or bad, all food is fine to eat in moderation and teaching your child about a healthy balance of all foods is a good way to promote a healthy relationship with food for now and in the future.

### 5. Limit social media

The Royal Society for Public Health has published that body image dissatisfaction is higher amongst social media users. The NHS recommends that screen time is limited to 2 hours per day, which would include social media usage. Talk to your child about how the images they see on social media may not be 'real'.

### 6. Encourage self-care

Encouraging your child to take care of themselves and respect their body is an important aspect for building their self-worth. This includes eating well, getting enough sleep, managing stress and exercising. Focus on everyday activities that promote these healthy habits.

### 7. Encourage physical activity

Being active not only releases feel good hormones but is also a reminder of the amazing things that the body can do! Try becoming more active as a family and focussing on fun rather than exercise.

### 8. Get help

If you are concerned about your child's weight or mental wellbeing then speak to your doctor or the school nursing service for more support. There is further information for Hertfordshire residents at <https://beezeebodies.com/professionals/teamherts/> where you can sign up for free advice on helping the whole family improve health and fitness and <https://www.sll.co.uk/healthy-hub-stevenage/#main-content> for local Stevenage information.

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## Spiritual, Moral, Social, Cultural and British Values

It has been a busy last week of term at school. We have been focussing on the build up to Easter from outdoor Easter Egg Hunts in the Meadow to learning about the Easter Story in our RE lessons. The children across the school have worked hard out in the Meadow with their peers to solve different challenges to receive a chocolate egg! This was super exciting!! KS1 have been decorating eggs, making Easter masks from paper plates, designing their own Easter eggs and much more! Nursery has been busy doing some Easter cooking. Yummy! What a great end to the spring term.



**Year 6 on the look out!**

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Weather	Fantasy
Animals	Sports fiction
Places to visit	Realistic fiction
Fantasy	Science fiction
Places we know	Humour

Don't forget to book on

 **The Leys Fun and Games Club! Breakfast & After-School Club**

## BREAKFAST CLUB

- Breakfast Club runs from 7.30am to 8:45 am and includes breakfast.
- Breakfast club costs £3.50 per child per day.
- Children must be signed into the club by whoever is bringing them to school.
- Children should not be dropped at the gate and sent into the club on their own. Breakfast on offer includes such choices as: cereal, toast, croissants, fruit, and fruit juices.

## AFTER SCHOOL CLUB

- After School Club runs from 3.15 to 6.00 pm in two sessions:
- 3.15 - 5:00pm Session A £7.00 per day per child
- 3.15 - 6.00 pm Session B £8.50 per day per child
- A snack such as sandwiches, wraps, cheese, biscuits, and fruits are served to all children attending the after-school club.

Planned activities available may include:

- Creative art and crafts activities - painting, drawing, cutting, sticking and model making.
- Free play - activities chosen by your child.

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- Imaginative play - dressing up and role play.
- Messy play - sand water clay and dough
- Outside play - depending on weather.
- Sports activities - organised by our PE staff.
- Various special events - disco, face painting, cooking, movie & popcorn

## Term dates

<p>Start of term: 3 September 2020  <b>Inset day: 2 September</b>  <b>Term: 3 September -23 October</b>  <u>Half term holiday: 26 October 2020 - 30 October 2020</u>  <b>Inset day: 2 November</b>  <b>Term: 3 November -18 December</b>  <b>Occasional Day: 7 December</b>  <u>Christmas holiday: 21 December 2020 - 3 January 2021</u></p>	<p><b>Inset day: 4 January</b>  <b>Term: 5 January - 12 February</b>  <u>Half term holiday: 15 February 2021 - 19 February 2021</u>  <b>Term : 22 February-26 March 2021</b>  <u>Easter holiday: 29 March 2021 - 9th April 2021</u></p>	<p><b>Term: 12 April - 28 May</b>  <u>Half term holiday: 31 May 2021 - 4 June 2021</u>  <b>Inset Day: 7 June</b>  <b>Term: 8 June-21 July</b>  <b>Inset day 22 July</b>  <u>Summer holiday: 23 July 2021 - 31 August 2021</u></p>
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