# □ Ladysmith Federation Infant and Nursery Newsletter ﴾ Friday 26th June 2020

## Ambition

We have got some special visitors that have arrived at school this week. The fairies have come to stay in our garden. Our ambition is to spot one!



#### Adventure



This week we want you to be Animal Detectives. Whilst you're outside explore what is around. If you find anything curious take a picture or a drawing and send it to us. Make sure that you include the student's first name, age and school and send it to Emily from the education team by the deadline of Sunday 28th June eba-

con@devonwildlifetrust.org

# Achievement

The nursery children have also been busy planting this year. The blackcurrant and fig tree are in



# Dear Parents and Carers,

We hope that you have had an opportunity to enjoy the beautiful weather with your families this week. A gentle reminder that if you are bringing your child into school you need to apply high factor sun cream before school that will last all day, a



sun hat and a named water bottle. In this weeks Newsletter you will find plenty of parenting tips and advice.





Ladysmith Infant and Nursery School 01392 271596 www.ladysmithfederation.net



# Children and Families

#### **30 Days Wild**

#### Can you do something wild everyday in

June? This June, join thousands of people across Devon taking part in our annual nature challenge, 30 Days Wild! We want you to do one wild thing a day throughout the whole month: for your health, wellbeing and for the planet. That's 30 simple, fun, and exciting Random Acts of Wildness.

Years one and two are going to be using 30 Days Wild in their learning drops each week throughout June.



If you would like to build upon this and have a go at more of the activities then download your free activity pack by using the link below. The activities on Seesaw will develop and extend the 30 Day Wild cards further so you don't need to worry if you have already done them. Have fun and get wild! https://action.wildlifetrusts.org/page/57739/petition/1



#### FREE Solihull Parenting Courses

If you would like some support with the behaviour of your child during this period. Devon Local Maternity System have purchased a multi-user licence for four Solihull Approach online courses, for all parents and parents-to-be. This is available for all Devon families and covers pregnancy to 19.

- Understanding your pregnancy, birth, labour and your baby
- Understanding your baby
- Understanding your child
- Understanding your teenagers brain

Please follow the link to the courses <u>www.inourplace.co.uk</u> -You will need to use the access code **TAMAR**.to get the FREE courses

#### Take Five

#### Parenting Hints & Tips from Sandy Williams (Family Support Worker) & Helen Keenor (SENDCO)

Sometimes we can feel overwhelmed by the things that are happening in our lives. We all need to be a bit kinder to ourselves, and take a little break, when we can. We would like to share a few ideas but would also love to hear any suggestions of things that work for you too!

This week, why not try:

- Taking a break from what you are doing, and do something physical – going for a walk, skipping, dancing, playing a ball game etc.
- Children love routine maybe plan out your day together, drawing a simple picture for each part of your plan.
- Maybe spend time in the garden, or other outside space - planting seeds, going on a bug hunt, making pictures on the ground with sticks, leaves and stones etc.
- Have a go at learning a song or a new dance routine
- Write ideas for treats/things you would like to do on a piece of paper, and put them in a jar, or box, to be picked out when you need a boost.

# Information and Advice for Parents

## Free School Meals – During Summer Holiday Period

Children in England who are eligible for free school meals will receive a **six-week food voucher to cover the summer holiday period, to the value of £90** after a campaign by Manchester United and England footballer Marcus Rashford.

The criteria for free school meals is as follows; Income Support ,Income-based Jobseeker's Allowance, income-related Employment and Support Allowance ,support under Part VI of the Immigration and Asylum Act 1999,Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190) Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit Universal Credit - if you apply on or after 1 April 2018 your household income must be less than £7,400 a year (after tax and not including any benefits you get)

You can make a quick application online where their eligibility can be assessed immediately via the <u>Devon Citizens Portal</u>

## **Staying in Touch**

- Our website—<u>http://www.ladysmithfederation.net/web</u> (Parent letters and remote learning)
- For admin and other enquiries: <u>infant.admin@ladysmithfederation.net</u>
- Tapestry (Nursery and Reception) and Seesaw (Year One and Two)
- Our Learning support email addresses: <u>receptionsupport@ladysmithfederation.net</u> <u>year1support@ladysmithfederation.net</u>

Don't forget to check Parent Letters on the website to find the most up to date information: <u>http://</u><u>www.ladysmithfederation.net/web/recent\_school\_letters/281945</u> and our Remote Learning section where there is further information on learning support.

# **Staying Healthy and Happy**

TALKWORKS IMPROVING YOUR MENTAL AND PHYSICAL WELLBEING 0300 555 3344

**TALKWORKS** is a free, confidential, NHS talking therapy service helping you to feel better and giving you the tools and techniques to improve your mental and physical wellbeing.

TALKWORKS.dpt.nhs.uk

@DPT\_TALKWORKS

#### Food Bank

St Mathews Church in Newtown is delivering weekly parcels for those in need of food and toiletries. This is available to people living in the Exeter area.

#### https://www.stmattsexeter.org/lyn





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# Year 2 parents - A message from Mr Wilkinson at the Junior School.

If, having watched the clip of the virtual school tour, you feel that your child would benefit from a tour of the school, we are able to offer some small group tours over the coming weeks. For anybody wishing to visit the school, we are organising socially distanced tours with groups of up to 6. Each child is only able to bring one adult and so 3 children and 3 adults will join either Mr Broad or myself after school one day from 24th June. If you would like to join one of these tours, please send the names of the two people attending the tour to Mr Broad at

dbroad@ladysmithfederation.net

#### Water Safety

This summer, our Lifeguards can't be on every beach, meaning a heightened water safety risk to beach goers. We are asking you to help us share some important messages with your child Please use the link for RNLI <u>Beach Safety</u> <u>Campaign</u>. It is vital every one of us takes responsibility for our own, and our families', safety

If you're looking for ways to engage, educate and entertain your children at home, play our Water Safety Wednesday series <u>Water Safety</u> <u>from Home resources</u> are perfect for primary school-aged children







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