

# Ladysmith Federation

## INFANT AND NURSERY SCHOOL NEWS

Friday 23<sup>rd</sup> June 2017

### FEDERATION NEWS

#### Mental Health and Well Being Week

Across the Federation, we will be working on developing a Healthy approach to mental health and well being. This includes the "10 a day". Classes will be exploring ways to stay healthy and well using a range of strategies which we will introduce across the Federation on Monday and celebrate in a Federation assembly on Friday.

<b>10 a day !</b>	<b>Stay active in mind and body</b>
<b>Take a break</b>	<b>Be proud of your very being</b>
<b>Ask for help</b>	<b>Do something you are good at and enjoy</b>
<b>Eat well</b>	<b>Talk about your feelings</b>
<b>Stay hydrated</b>	<b>Actively care for others</b>
<b>Keep in touch with people you care about</b>	

### Ambition Adventure Achievement

#### Sports Day – 23<sup>rd</sup> June 2017 - Ladysmith Junior School Field

Thank you to everyone who supported our Sports Day. The children were incredible and competing in front of an audience, even when they found some of the tasks challenging was a huge achievement!



#### Wanted:

Year 1 still would like Cardboard kitchen tubes for making castles, plastic bottle lids for making 3D flowers and empty drink cartons for making bird feeders. If you have any of these items please pop them into school. Thank you.

#### Fancy A Nappucino?

We are delighted to say that 'Nappy Jen' has moved into our School and together with her colleague, Gill, she will be running a group especially for new parents. Nappuccino is a melting pot of usefulness, cloth nappies, slings and breastfeeding support. The group meet every Wednesday 10-2pm and every Friday 12-2pm. For more information go to [www.exeterbabies.co.uk](http://www.exeterbabies.co.uk) or ring Jen on 07886626093.

### Ambition Adventure Achievement

## Food Technology

Please remember to send in your termly donation to contribute towards the cost of cooking ingredients.

**Reception:** £5 per term please, to cover the cost of their Friday snack (toast and preserves) and their cooking ingredients: **Year 1 and Year 2:** £3 per term please, to cover the cost of their cooking ingredients.



## Fruit Picking

Tanya, our fabulous school cook, uses our produce in the kitchen. Lately the children have been benefitting from the strawberries – straight from the plant to the plate. Although very tempting, please can parents refrain from picking the fruit from the trees in the playground. As part of Forest School learning, we teach the children not to touch berries and it can be confusing for them to see parents doing the opposite!

## Sponsored Skip



Please don't forget to try and get as much sponsorship for our great sponsored skip which will be taking place during the week beginning 26<sup>th</sup> June 2017. This activity is to encourage the children to develop a healthy lifestyle and promote wellbeing. 80% of the proceeds will go to the British Heart Foundation to help them in their research work to save lives and 20% of the money will be used to buy great things to enhance the children's experiences at school. All sponsorship forms and money should be handed into the school by **Friday 30<sup>th</sup> June**. Thank you for your support.

## What will you be?



To celebrate **Receptions** final theme of "Journeys by Sea" they have planned a dressing up day on **Friday 30<sup>th</sup> June**. Children may come dressed up as anything to do with the sea.



## Medieval Banquet

**Year 1** will be holding a medieval banquet on **Friday 30<sup>th</sup> June** with medieval dancing and eating! Please could your child come dressed for the day in their medieval costume.



## LADYSMITH GARDEN PARTY FRIDAY 14<sup>TH</sup> JULY 2017



We have set aside the day of **July 14<sup>th</sup>** to celebrate the summer with parents in our lovely Forest School Area. You are invited at the following times: **Reception from 9.30am, Year 1 and 2 from 2pm onwards**. We will be sharing our art, poetry and singing and selling delicious food made by the children. Look out for the letter with further details which will be out next week.

### Dates for the diary:

26<sup>th</sup> June - Mental Wellbeing Week  
26<sup>th</sup> June - Sponsored Skip (*during this week*)  
26<sup>th</sup> June – Stay and Play (Nursery)  
27<sup>th</sup> June – Stay and Play (Nursery)  
27<sup>th</sup>, 28<sup>th</sup>, 29<sup>th</sup> June – New Parents Meetings (Reception)  
30<sup>th</sup> June – Reception 'Journeys by Sea' Dressing Up Day  
30<sup>th</sup> June - Federation Assembly  
30<sup>th</sup> June - Medieval Banquet YR1 (dress up day)  
3<sup>rd</sup>, 5<sup>th</sup>, 7<sup>th</sup> July – Reception Babbacombe Trip  
4<sup>th</sup> July – Dinner Menu Change (Down On The Farm)  
6<sup>th</sup> July – Transition Day  
7<sup>th</sup> July – Summer Fair 3.30pm onwards  
10<sup>th</sup> July – Book Fair (*all week*)  
10<sup>th</sup> July – Nursery Garden Party  
11<sup>th</sup> July – Stay and Play (Nursery)  
11<sup>th</sup>/12<sup>th</sup>/13<sup>th</sup> July - New Parents Meeting (Reception)  
12<sup>th</sup>/13<sup>th</sup> July – YR1 and YR2 Parents Evening  
14<sup>th</sup> July - Garden Party YRR, YR1 and YR2  
17<sup>th</sup>/18<sup>th</sup>/19<sup>th</sup>/20<sup>th</sup> July – Nursery Parent Consultations  
18<sup>th</sup>/19<sup>th</sup>/20<sup>th</sup> July – Leavers Assemblies and Museum (YR2)  
20<sup>th</sup> July – YR2 Leavers Disco 5:30pm-6:30pm  
21<sup>st</sup> July - Dinner Menu Change (Seaside Menu)  
21<sup>st</sup> July - Last day of term

## Mental Health and Wellbeing at Ladysmith!

Everyone is invited to our  
'Working Together'  
Drop-in-session  
on **Wednesday 28<sup>th</sup> June 2017**  
**2 pm onwards in the Link (Family) Room**



A practitioner from the EH4MH (Early Help for Metal Health) Initiative will be there to share information and ideas. EH4MH is an initiative to promote and support the mental health and wellbeing of children and young people.

Everyone is invited to drop-in and have a cuppa.

## CHILDREN, PARENTS, TEACHERS TOGETHER



See separate letter for an Update on the **Summer Fair on Friday July 7<sup>th</sup>, 2017 (after school)**

If you have any questions either speak to your class rep or email [cptt@ladysmithfederation.net](mailto:cptt@ladysmithfederation.net)

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[www.ladysmithfederation.net](http://www.ladysmithfederation.net)

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