

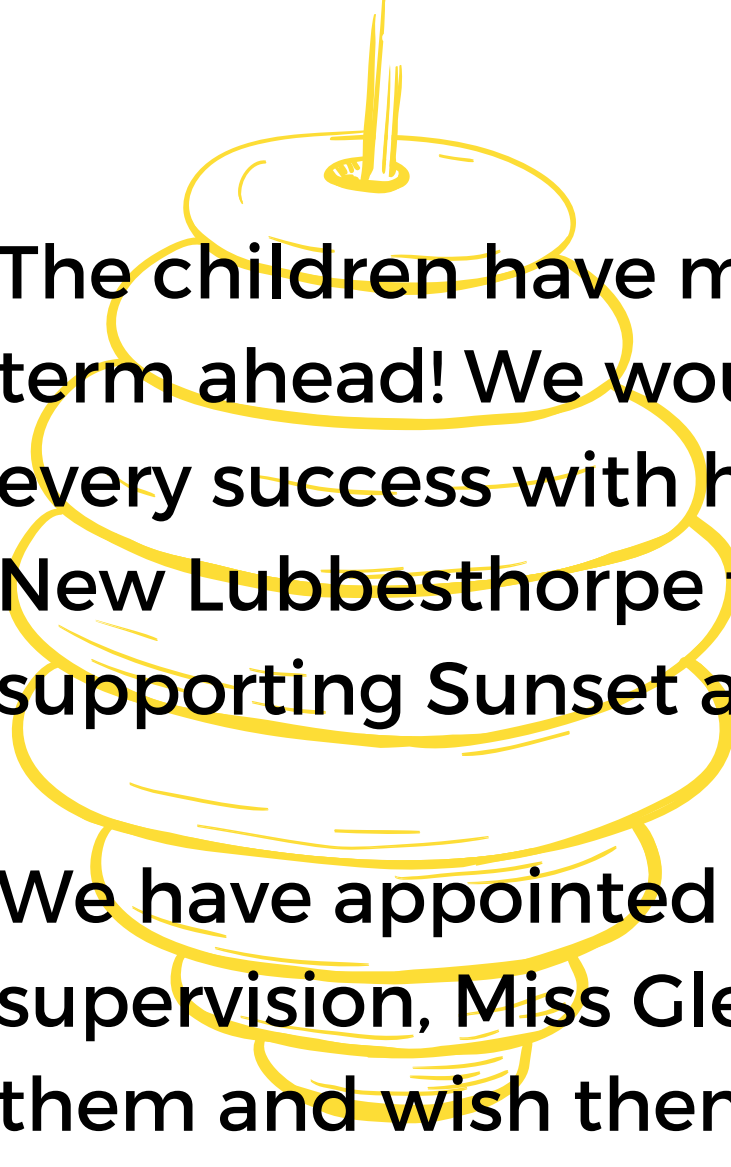
NEW LUBBESTHORPE PRIMARY SCHOOL NEWSLETTER




April 2021



Message from Mr Merry



The children have made a great start to the term and we look forward to the term ahead! We would also like to wish Mrs Fatima our lunchtime supervisor every success with her new job, supporting children within health, as she leaves New Lubbesthorpe thank you for all of your support. Miss King will also be supporting Sunset and Sunrise club moving forward.



We have appointed four new members of staff to support lunchtime supervision, Miss Glen, Miss Lewis, Miss Jones and Miss Thurston. We welcome them and wish them every success as they join our team. We have also appointed 3 teaching members of staff in readiness for the next academic year. Miss Hancock and Miss Daly, both experienced teachers and Miss Brookes who is an NQT (Newly Qualified Teacher) and will be trained using the Early Career Framework (ECF) over the next two years. We will shortly be advertising for Support staff in the near future.

Miss Hackett our headteacher at New Lubbesthorpe from the next academic year is working closely with our staff and governors as we begin to plan ahead.

Nut allergies

There are a number of pupils who have nut allergies within school and we all have a responsibility to support and do our bit to help these pupils through what could be potentially a life threatening condition. With this in mind, can I remind everybody that products with nuts and seeds contained in them are not allowed in school. These products include peanut butter, nutella (chocolate hazelnut spread) and any sweets with nuts in such as Snickers bars, or Ferrero Rocher. Thank you for your cooperation with this matter.

Meet the new Lunchtime supervisors



Miss Glen



Miss Jones



Miss Thurston

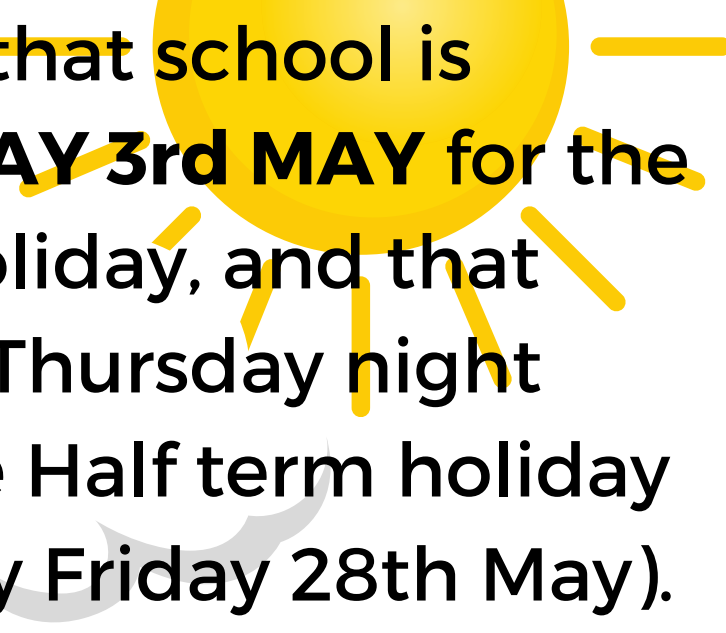


Miss Lewis

Holidays in school time

Our Absence of Leave for Exceptional Circumstances Form for parents who wish to consider taking pupils out of school during term time is now available from the school office or as a download format from our school website. It can be found within our office pages and by clicking on the link, opening the file and printing. We hope this is of some use to those parents who utilise this facility. Attendance of all of our pupils is closely monitored by myself and also by our Attendance officer across the Trust and parents will be informed if their child's attendance goes below 95%.

Half term Holiday



Please be aware that school is closed on **MONDAY 3rd MAY** for the May Day Bank Holiday, and that school closes on Thursday night **27TH MAY** for the Half term holiday (Staff training day Friday 28th May). School will reopen on **MONDAY 7th JUNE**.

Dates for your diary

3rd May

school closed - Bank Holiday

27th May

School closes

7th June

School opens

9th July

School closes



PTA EASTER COMPETITION WINNERS

Well done to all our wonderful children and to the PTA for arranging such fun activities for our children.

We had 2 Easter competitions, 'Name the Bunny' and a fun colouring competition. Well done to everyone who took part, it was very hard choosing the winners!

For our Name the Bunny competition our winners were;

Rabbits: Eddie, who named his Bunny Mr Poppy.

Hares: Aminah, who named her Bunny Lilly Bop Tail.

Koalas: Harry, who named his Bunny Flash.

Kangaroos: Freya, who named her Bunny Nibbles.

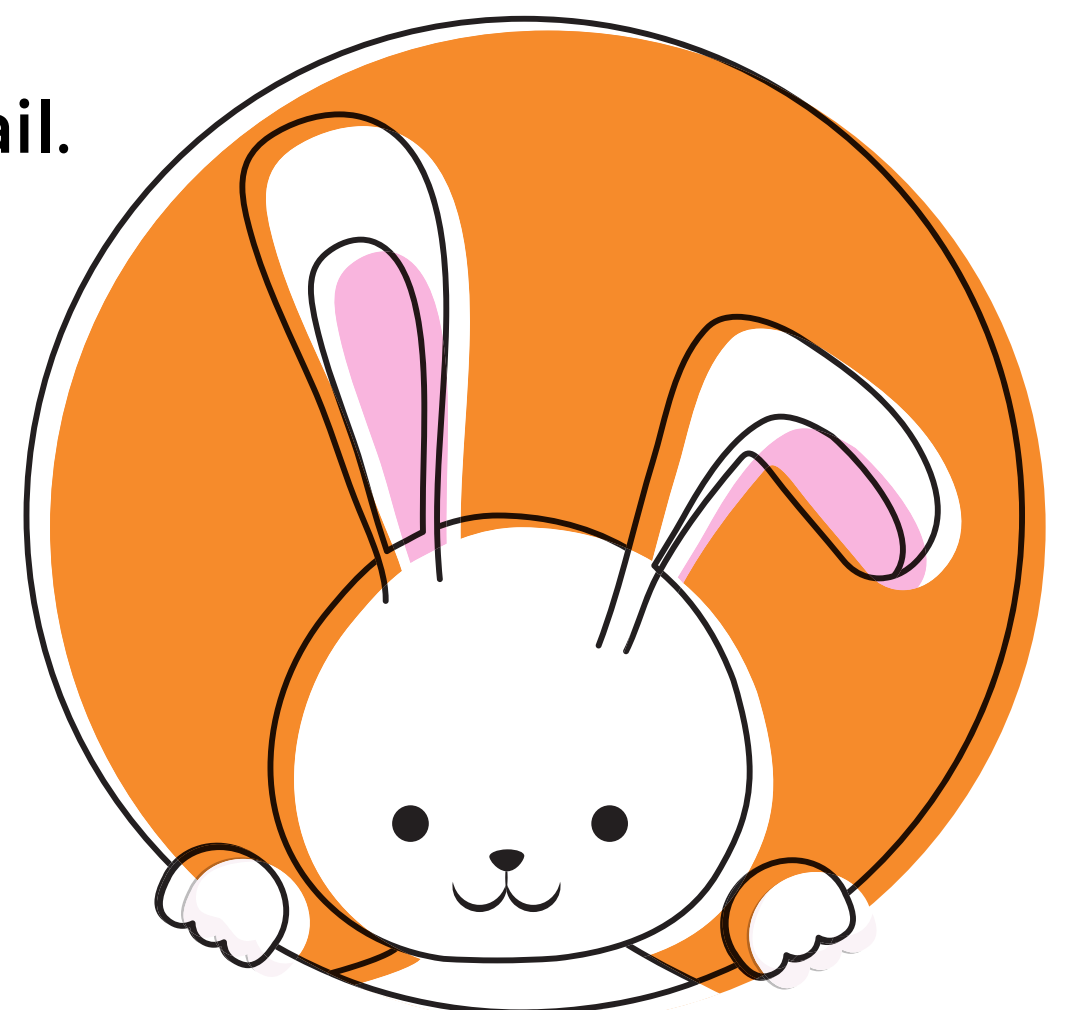
For our Colouring competition our winners were

Rabbits: Bella and Freddie

Hares: Zack and Isla

Koalas: Roman and Freya

Kangaroos: Sofia and Rosarien





Summer is coming!

As the weather is starting to get warmer, please can all parents and carers ensure children are sent in to school with their water bottles, sun hats and sun cream already applied before school. Thank you for your continued support



Fosse Fox - Speedy

We are enormously proud of our year 1 and 2 children at New Lubbesthorpe Primary school for designing our very own school Fosse Fox which was launched on Monday 12th April. Speedy our school fox, along with 24 other foxes can be found outside of M&S at Fosse park.

Our Pupils have been doing lots of different styles of Aboriginal art and inspired by that, their fox Speedy takes its design from dot art, naturalistic art and cross-hatching. The children enjoyed reading the book 'Wombat goes Walkabout' and decorating boomerangs with dot art.

You can find more information on the fosse foxes and speedy here;

<http://fossepark.co.uk/foxes/>

Doesn't Speedy look fantastic!



Leicester Leicestershire Rutland



Top Tips for Top Kids 2021

This leaflet provides details of national and local resources that will help you ensure your child and family eat well, stay active and maintain a healthy weight.

National Resources

Change4Life:

Sign up at www.nhs.uk/change4life/Pages/change-for-life.aspx to receive free support and action plans (including games, wallcharts and puzzles) to help you and your family eat well and move more. You can also call 0300 1234567 or follow Change4Life on Facebook or Twitter.

NHS.uk:

Visit www.nhs.uk/livewell for advice on physical activity, healthy eating and to search for services near you.

Online Body Mass Index (BMI) Calculator:

This tool allows you to check if you, your child and/or other members of the family are a healthy weight for your height. www.nhs.uk/live-well/healthy-weight/bmi-calculator/

Local Information and Services

Healthy Together public health (school) nurses can provide advice and support for you and your child, and can signpost to others who can also help. Contact them via your school office or find out more about the service at: www.leicspart.nhs.uk/service/healthytogether/



Parents and carers can also text the secure text messaging service ChatHealth to contact a Healthy Together public health (school) nurse with questions about any aspects of their child's physical and emotional health, including healthy weight and growth. Alternatively, you can contact your local GP or practice nurse.



The ChatHealth service is available Monday – Friday 9am – 5pm, and during this period messages are responded to within 24 hours.

In Leicester, text: 07520 615381

In Leicestershire and Rutland, text: 07520 615 382



NCMP Activity Sheet 2021

1

Leicester Leicestershire Rutland

Local Information and Services Continued

Visit the Health for Kids website, which offers health advice, interactive quizzes and games for primary school children. There's also a 'grown ups' section with guidance on eating well and staying active. www.healthforkids.co.uk/



Leicester Nutrition & Dietetics Service (LNDS) website gives advice on promoting a healthier diet. Contact the team on 0116 295 0326 or visit the website www.lnds.nhs.uk.

The Weight Management Leicestershire website offers support and guidance to help adults, children and families within Leicestershire achieve and maintain a healthy weight. Contact the team on 0116 305 1574 or 0116 305 2426, Email the team at weightmanagement@leics.gov.uk or visit the website www.leicestershirewms.co.uk.



The Active Rutland Team offer a Rutland Family, Food & Fitness Club to find out more please contact the Team on 01572 720936, or email activerutland@rutland.gov.uk.

You can also ask your local school for information about after-school activities to keep kids active.

Leicester

City Council Sport and Leisure – If you would like to find out about the range of local activities available to your child visit www.leicester.gov.uk/leisure-and-culture/sport-and-leisure.

1000 Tweaks to Feeling Great – Learn how to make small changes to your day-to-day life for a big difference, visit the website www.leicester.gov.uk/1000tweaks.

'Bikeability' Cycle training for children – contact the Cycle Training Coordinator by emailing cycletraining@leicester.gov.uk.

Leicestershire and Rutland

Visit www.lrsport.org/getactive - working in partnership to help support and develop sport, physical activity, and well-being.

Visit www.lrsport.org/children-and-families to find out how to become more active in your local area.



To translate the information on the NHS Choices website into a different language visit: www.nhs.uk/about-us/health-information-in-other-languages/

Top tips to keep your family healthy and happy

change
4life

1 Sugar swaps

Swap fizzy drinks, juice drinks and flavoured milks for water, lower-fat milks and no added sugar drinks.



3 Snack smart

Sugary snacks can all add up! When choosing packaged snacks, stick to two a day max. But remember, fruit and vegetables are always the best snack.



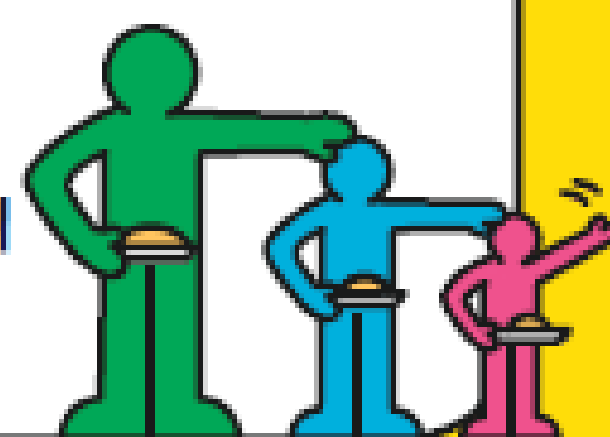
5 Get going every day

Kids need 60 active minutes each day. This can be in short 10 minute bursts throughout the day, try scootering to school, skipping to the shops, or dancing to a song. Keep track of screen time – many parents find it helpful to set a daily limit.



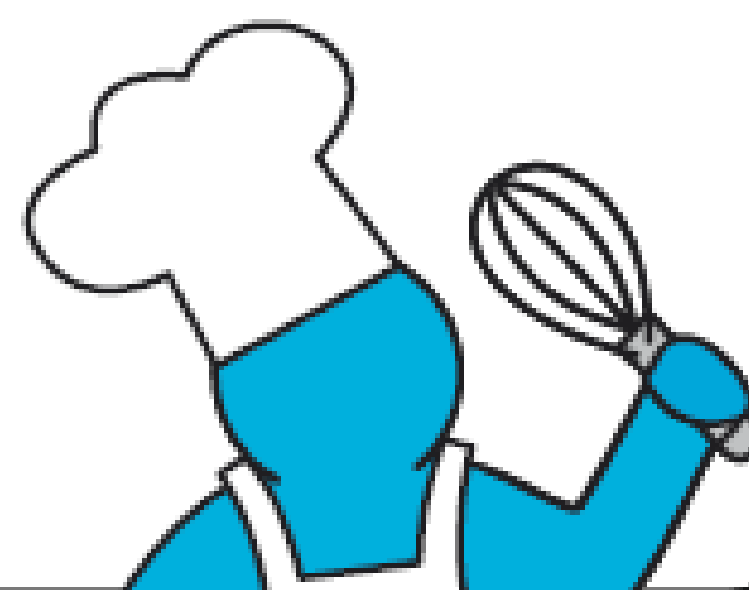
2 Me-sized meals

Remember kids are smaller than adults so give them a smaller portion to begin with, if they're still hungry they'll ask for more.



4 Eating out

When eating out look for child-friendly options that include fruit and vegetables. Try to avoid bigger portion sizes such as "go large" or "supersize" deals.



Want more tips to help you stay healthy and happy?

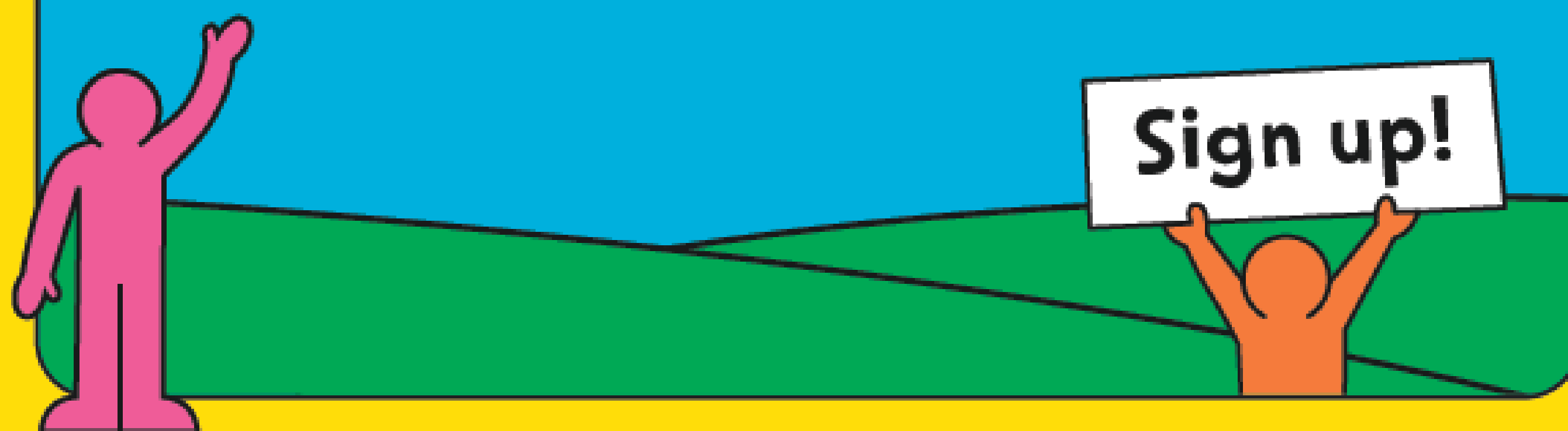
Search Change4Life

Change4Life is here to help

Search Change4Life for lots of:

- Easy tips
- Healthier snack ideas
- Tasty recipes
- Easy lunchbox ideas
- Fun activities

...and much more! Join us to be the first to hear about all the latest hacks, competitions and special offers. Millions of families are making healthier changes with their children – you can, too!



Want to know what's really inside your food and drink?

See for yourself and download our FREE Food Scanner app to find healthier options. Use the 'traffic light' labels to choose more greens and ambers, and cut down on reds.



We're on Facebook and Instagram too and want to hear from you!