



## Newsletter 32 Friday 26th May 2023

Dear Parents and Carers,

I hope that you have had a good week.

### Mrs McNamara

After 14 years at Slimbridge, Mrs McNamara has made the decision to leave so that she can develop her own Play Therapy business. As you'll know, Mrs McNamara is our SENCo, having previously been the Reception Class teacher. She will continue in school as our SENCO until the end of the summer term. We all wish Mrs McNamara the best of luck in her new venture and thank her for all she has done during her time at Slimbridge Primary School.

### Mental Health Week

This week has been our Mental Health Awareness Week in school. We started with a whole school assembly introducing the week and sharing a story about 'Enzo's Egg.'



Throughout the week the children have been learning about ways to support their own well being and mental health.

The children have also taken part in workshops lead by Mandy Johnson on Tuesday, and Leann and SJ from



Creative Change makers lead sessions for Year 3 and Class 5 today.

### Swimming Gala

Yesterday I took four Year 5 and four Year 6 children to the Dursley Schools' swimming gala held at Dursley Pool.

There were nine schools competing altogether and I was very impressed by our children's performance and how well they represented our school. We had several first places, a collection of seconds and some thirds. Certificates will be given out after half term. Well done to the eight children who took part.

### Summer Concert

We are pleased to be hosting a Summer Music Concert this year. Lead by Mrs Carter, it will show case the children's musical talents. We'd like to have representatives from across the school, so if your child is a budding Beethoven or the next Dua Lipa, please encourage them to share their talents with the school community at the concert. More information about how to sign up to follow.

### Sports Day - Thursday 15th June - 1:30pm

I like to let you know about school events as soon as possible so that you can make plans to attend if you wish to. This year's sports day is taking place on Thursday 15th June. Parents are invited to join us on the village playing fields from 1:30pm. Children can be collected from the field at the end of the day.

### Cystic Fibrosis Day 16th June 2023

To mark Cystic Fibrosis week, on Friday 16th June, the School Council invite everyone in school to wear something **yellow**. If you can also donate £1 to support the Cystic Fibrosis Trust, we'd be very grateful.



Have a lovely half term,

*James Taylor*

## Term 5 Monday 17th April - Friday 26th May

Date	Class	Event
Thursday 8th June	KS1 (children only)	KS1 Multi-Skills event at Rednock
Monday 12th June	KS2	District Field Events at Rednock (4-5pm)
Wednesday 14th June	KS2	District Track Events at Dursley Primary (6:30-8:00pm)
Thursday 15th June	Whole School	Sports Day Parents invited to the village field from 1:30pm
Friday 16th June	Whole School	Wear something yellow for Cystic Fibrosis
Monday 26th - 28th June	Year 6	Y6 Residential Visit
Friday 30th June	Whole School	Summer Concert (time tbc - after school)
Wednesday 12th July	Year 6	Rednock Parents' Information Evening
Friday 14th July	Whole School	Bastille Day - Celebration of French language and culture
Wednesday 19th July	Whole School / Year 6	Year 6 Leavers' Assembly (Y6 parents only)
Friday 21st July	Whole School	End of term - school finishes at 1:30pm

**Letters and information for events will be sent out in due course.**

**We are still confirming a few dates and will share them ASAP!**

## Children's Mental Health Week

**Be Mindful**

Mindfulness means noticing what is happening right now. What can you see? What can you hear? How does your body feel? What are you thinking? Take time throughout the day to notice what is happening in the moment.

**Healthy Body, Healthy Mind**

Physical activity, getting enough rest and eating a balanced diet all help to keep your mind healthy as well as your body.

**We Are All Unique**

Remember – you are one of a kind. No one in the whole world is the same as you. Think of three things that make you special.

**Be Kind**

Being kind and taking care of your friends and loved ones helps them to feel happy, and can make you feel happier too!

**Ask for Help**

We don't have to feel happy all the time. It's ok to feel sad. If you ever need someone to talk to, tell a trusted adult like your parent or carer, or grown-up at school.

**Talk about It!**

How are you feeling today? Whether it's a good or a not-so-good feeling, take time to tell someone close to you. It isn't always easy to describe how you feel but it can help to talk about it.

**Make Time for Fun**

Playing and spending time doing hobbies you really enjoy is a great way to keep your mind healthy and happy!

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