

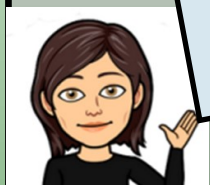
Welcome back,

I hope you have had a wonderful half term and have come back to school well rested and ready for all that the final term of the year brings. Please do look at the list of upcoming events and important activities coming up this term. As you can see it's a busy term at school.

May saw our Year 6 children complete their end of Key Stage 2 tests. We were so impressed with the maturity, resilience and positivity the children showed during this testing week. Thanks go to the Year 6 staff team who made sure they were so well prepared as well as ensuring they all had a delicious breakfast each day before the tests.

Looking forward to continuing to work with you this last term.

Kind Regards



Group	% Attend
Year R	94.4
Year 1	95.3
Year 2	96.2
Year 3	96.3
Year 4	92.2
Year 5	95.5
Year 6	95.6
Totals	95.1

Key Dates

Fri 14th June – Class 6 Assembly – 9.30am

Thur 20th June – FoBHS non-uniform day

Tues 18th June - Eid Celebration and special meal

Fri 21st June – Year 1 Library trip

Fri 21st June Class 4 Assembly – 9.30am

Fri 21st June – FoBHS Summer fair – 3.30-5pm

Tue 25th June – F/S and KS1 Sports day – AM

Wed 26th June – Yrs 3&4 Sports day – AM

Wed 26th June – SEN coffee morning – 9am

Mon 1st July - Culture day (dress up)

Tue 2nd July – FoBHS Disco – F/S and KS1

Wed 3rd July – FoBHS Disco – KS2

Wed 3rd July – Year 6 Leavers trip

Fri 5th July – Lionheart Pride event Optional

Thur 11th July – Year 6 Leavers assembly

Fri 12th July – school closes for summer



Driving children to school is seen as the most convenient choice for parents with busy lives. Many parents take the view that by driving their children to school they are keeping them safe. Yet the combination of each individual decision means an increase in vehicle traffic and congestion particularly at the school gate.

Many children now miss out on the opportunity to develop vital road safety skills with their parents on the way to school. They fail to build up confidence and learn the ability to manage risk walking around their local community. Walking can improve overall fitness levels in children and adults. It is a cheap low impact way to exercise. Getting active in our daily lives can have a big impact on health issues such as obesity.

We realise that there are some parents/carers who have no alternative but to drive their children to school, however, many are driving short distances where walking is a real option. Even those who have to drive to school can do their bit by parking away from the school entrance and walking for part of the journey.

What can you do to help keep everyone safe around the school gates?

Please don't:

- **Block the road - emergency vehicles and other traffic may need access**
- **Park on yellow lines, zig-zags or block the school entrance**
- **Park on the pavement, across dropped kerbs or residents' driveways**
- **Park opposite or within 10 metres of a junction**

Park where you will cause inconvenience to other road users

These changes make a real difference to the congestion around schools, making the school run less stressful and far safer for everyone. Not only that but they will help your child's education. Research has shown that children who walk or cycle to school are more receptive to learning at the start of the school day than those who travel to school by car.

Trips and Events

Year 1 absolutely loved their trip to Twycross Zoo. The Zoo is home to 500 animals of over 100 species and the only UK zoo which is home to all four species of great apes.

Thank you to all parents and volunteers for helping and hope you enjoyed it as much as we did.

Twycross Zoo 



Meet the Premises Team



Mrs Kulwant Basra

Premises Officer

Mr Mark Cass

Premises Manager

Miss Monika Zeidi

Premises Officer

Whether its the beginning or the end of the day our Premises team are Always working hard to keep everyone who comes into school safe and happy. Mr Cass takes care of all the maintenance and Health and Safety at

Wellbeing Club

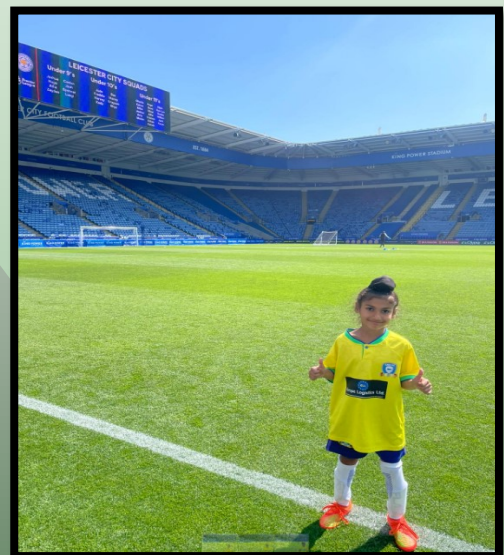
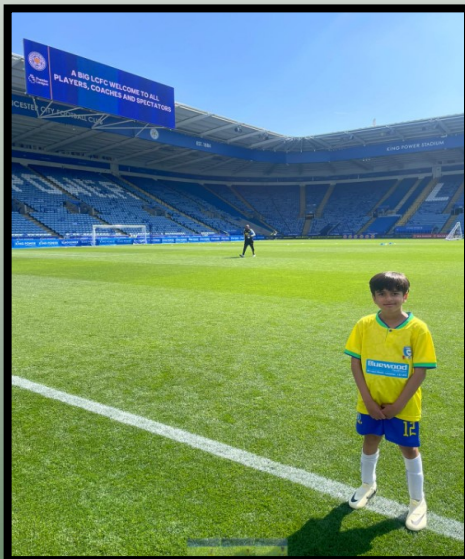


The Wellbeing club had a visit from Active Anita who joined us as we walked around the field . The children were able to collect items from a scavenger hunt list or use their senses to appreciate being outside. We had a lovely session and the sun joined us too.

Sports News



**Well
Done!**



GNG FC Under 8's took 10 children to play football against the LCFC pre-academy on pitch at the King Power Stadium, GNG were 1 of only 2 local clubs that were invited to this event. We are so proud of Kirat Badyal, Xorra Dayal and Aaryav Tanna.

Summer Holiday Support

NEWSLETTER

JUNE 2024

STAYING ACTIVE FOR LESS

We all know the benefits of being physically active for both your body and mind. However, the current cost of living crisis has meant that household budgets have been squeezed and many families are struggling to pay for costly clubs and activities to keep children and young people active, happy and healthy.

Our Stay Active for Less page has tonnes of physical activity ideas and games that don't cost a thing and are suitable for the whole family to enjoy. Check it out **HERE!**



Did you know?

You use **200** muscles every time you take a step! Light exercise, such as walking, is scientifically proven to make us feel **happier!** 😊

HELP & SUPPORT DIRECTORY

- **Childline** (information and advice for young people): **0800 1111**
- **FRANK** (confidential support and advice about drugs): Phone: **0300 123 6600** Textline: **82111**
- **MENCAP** (Learning Disability Helpline): **0808 808 111**
- **The Mix** (Crisis messenger service): Text THEMIX to **85258**
- **Samaritans** (open 24/7 for young people and adults to talk about troubles): **116 123**
- **SHOUT** (Confidential text support with people struggling to cope): **85258**
- **Anxiety UK** (Advice and support for people experiencing anxiety): Phone **03444 775 774** Textline: **07537 416 905**
- **BEAT** (helpline and webchat for young people experiencing eating problems): Phone **0808 801 0677**
Website: beateatingdisorders.co.uk
- **Papyrus HOPELINEUK** (Support and advice for under 35s experiencing suicidal thoughts): Phone **0800 068**
Textline: **07860 039967**
- **Refuge** (Help and support for women, children and young people experiencing domestic abuse): **0808 200 0247**

LGBTQ+ Support

- **Mermaids UK** (support for transgender, nonbinary and gender diverse people up to 18 years old): **0808 801 0400**
- **The Proud Trust** (support for LGBTQIA+): Phone **0161 660 3347** Webchat theproudtrust.org
- **Stonewall** (LGBTQIA+ information and support about coming out) **0800 050 2020**

Grief Support

- **Child Bereavement UK** (Help for children, young people and parents): **0800 028 8840**
- **Hope Again** (Support when losing someone close): **0808 808 1677**

ENCOURAGING HEALTHY EATING HABITS

The summer holidays can often lead to additional stresses for parents. With constant requests for snacks, especially on a budget, it can be difficult to ensure children and young people are eating a healthy and balanced diet.

The NHS Healthier families website has lots of quick and easy DIY snacks you can make [here](#). Research has shown that allowing children to get involved with food preparation encourages them to eat a wider variety of foods. It's also fun and a great activity to do together!

Money saving expert Martin Lewis has a comprehensive list of restaurants and cafes who are offering discounts or kids eat free incentives over the summer holidays, find out more [here](#)! Tesco Food has lots of fantastic budget friendly family recipes to try [here](#).

Change4Life have lots of information on healthy food swaps to help cut down on the amount of sugar consumed. Check it out [here](#)!



THE TRUSSELL TRUST RUNS THE LARGEST NETWORK OF FOOD BANKS IN THE UK, GIVING EMERGENCY FOOD AND SUPPORT TO PEOPLE IN CRISIS. FIND LOCAL SUPPORT AND INFORMATION [HERE](#)

WELL-BEING SUPPORT

There are a number of services and charities that can offer advice and support on all areas of young peoples mental health. Click on the logos to head straight to their website.

- Key June dates**
- Pride Month
 - Bike Week 10-16th June
 - BNF Healthy Eating Week 10-14th June
 - Men's Health Week 10-16th June
 - Learning Disability Week 17-23rd June



YOUNG MINDS
fighting for young people's mental health



Changing childhoods.
Changing lives.



Click [here](#) to find information about services across Leicester, Leicestershire & Rutland that provide support for your mental health and wellbeing.



Did you know?

1 in 6 children aged 5-16 are likely to have a mental health problem.

Source The Children's Society

THE JOY APP HAS A HOST OF ACTIVITIES AND SUPPORT WITHIN YOUR LOCAL COMMUNITY.

CLICK [HERE](#) TO FIND OUT MORE!



LET'S GET SOCIAL

