



World Mental Health Day

World Mental Health day was on Saturday 12th October. This is a day when mental health issues are highlighted but we should all take note of mental health all of the time. It is as important as physical health to keep us actively engaged with the things we want and need to do. Many people have had struggles specifically related to the pandemic, in these unprecedented times but there is support out there. Please find a link that may help to support your own mental health as if you feel mentally strong you are more likely to be able to support children who may have their own struggles. www.mentalhealth.org.uk

Mental Health Top Tips

What is good mental health?

Looking after your mental health is not something we should just do if we are struggling, or feeling low, anxious or stressed. It's actually something we should think about all the time and really invest in, just like with our physical health.

Having good mental health can help us sleep better, feel better, enable us to do the things we want to do, and help us have more positive relationships with those around us. We do not need to wait until we're struggling.

Looking after our mental health is not only good for us now, it can also help us deal with and manage difficult times in the future. Over time, it may also reduce our risk of physical health problems.

There are lots of things we can do to look after our mental health and wellbeing every day – make a start with these 6 top tips.

1. Reframe unhelpful thoughts

The way we think, feel and behave are linked. Sometimes we develop patterns of thoughts or behaviours that are unhelpful so recognising them, and taking steps to think about things differently, can improve your mental health and wellbeing.

If you have any safeguarding concerns please contact the school on 01933 654900, the local authority [Report a concern to NCC](#) or NSPCC [Report a concern to NSPCC](#)

2. Be in the present

If we take time to be aware of ourselves and be in the present moment, noticing our own thoughts and feelings, and the world around us, we can gain a better perspective. Sometimes this is known as being more mindful. Mindfulness and meditation help you to be in the present.

3. Get good sleep

Good-quality sleep makes a big difference to how we feel mentally and physically, so it's important to get enough.

4. Connect with others

Spending quality time with friends or family, talking to someone about how we are feeling or finding ways to help other people can all help stop you from feeling lonely and improve your mental health and wellbeing. This can be online, by phone or seeing someone in person.

Make time to connect social contact is good for your mental health – even if you do not feel like engaging with other people when you are low or anxious.

5. Live a healthy life

Being active, enjoying the outdoors and having a healthy, balanced diet all impact how we feel. Also,

binning bad habits like smoking, and cutting down on alcohol and caffeine can have a positive effect on our mood.

6. Do something for yourself

From enjoying your favourite hobby, learning something new or simply taking time to relax, it's important to do things that make you happy. Try a new hobby or learn a new skill

Setting goals and learning new skills can be a great way to meet people, build your self-esteem and feel a sense of achievement.

For each of these six areas there is a short video you can watch to help it all make sense. Please click on the following link and it will take you to the NHS -Every Mind Matters website where you can find the videos and much more. [NHS Every Mind Matters](https://www.nhs.uk/every-mind-matters/)



You can find help at school or at your local GP surgery.

Telephone: 01933 654900
Email: inisooffice@iflt.org.uk

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Dates for the diary

15 th October (On the website)	Reading and phonics workshop via Zoom for Reception and KS1
23 rd October	Home learning to come in New homework goes out
23 rd October	Break up for the Autumn break
2 nd November 1.15pm – 5pm	Parent partnership meetings See how you child has settled and is progressing.
3 rd November (Tuesday)	Return to school
4 th November 3.30pm-5.20pm	Parent partnership meetings See how you child has settled and is progressing.

Dropping off and Pick Ups

We seem to be developing some good routines and on the whole parents are socially distancing. We recommend that you wear a mask on site as there are places where it is difficult to social distance. We have moved some of the cones from the far side of the school to try and help these areas flow better. We are asking Tiger Class parents to stand to the side under the undercover area to the left of the classroom door as you look at it. Penguin parents, if you can stand to the left of the classroom door near the end of the school building, this will help too. We have also been alerted to a nest of wasps in this area of the school, please take care until we can have it removed.

We are looking to refresh our signs around the school site as we still need to observe the government Covid Safe guidance.



KEEP OUR COMMUNITY SAFE

Pupil Premium

Remember to check if your child is eligible for Pupil Premium. Check out the information below:



If you are receiving **any one of the awards** listed below then you are eligible for the pupil premium grant:




- Income Support
- Income based Job Seekers Allowance
- Income related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- The guaranteed element of State Pension Credit
- 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)
- Universal Credit

The voucher **can be used to pay for:**

- Trips and visits
- Payment for clubs
- Uniform such as a new sweatshirts/cardigans or PE T-shirts (£30 maximum).
- Books from the school book fair (maximum £20).
- School milk (if your child is over 5 years of age).
- School photographs (maximum £20)
- Snack

What can I use the voucher for?



 Call 01604 366656	 Apply online	 Text 'FSM' followed by your full name, National Insurance Number, your child's name and school name to 60622
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Parent Partnership meetings

We have a new booking system for our parent partnership meetings via our school portal Arbor. Parents will be able to book the time that they want directly onto the system. Parents will need to download an app or use the Arbor website to access the portal and book on line. We are opening our booking system early to ensure if we have any issues these can be sorted out in time.

We will have two sessions. The afternoon of Monday 2nd November. This is a teacher training day so your child may be with you, which is fine for them to be part of the meeting and Wednesday 4th November with time slots after the school day. You will need a tablet, smart phone or laptop to make these meetings work successfully. Please email your class teacher if you do not have any of these and they will arrange a telephone consultation at a different time.

Please note Mrs Grocock and Mrs Wright, in Tiger Class, will have their first session on Wednesday 4th November 9.10am-12.10pm

and the second session will be Wednesday after school the same as the rest of the teachers.

Kingswood meals

We are very excited to be reintroducing hot meals for all our children. Please remember these are free for all our children so if you haven't tried them before please do next term. Some bubbles will continue to eat in the hall and the other bubbles will have the hot meals delivered to their classrooms.

Kingswood can cater for allergies so please contact them if your child has allergies. Please remember if you are sending your child in with a packed lunch not to send nut products such as peanut butter or Nutella as we have a number of children in our classes with serious nut allergies. Thank you for thinking of others too when preparing your child's lunches. You are keeping everyone safe!



Snacks (Reception to Year 2)

We still find our children benefit from a daily snack. They have a plain biscuit or savoury snack and have access to fruit too throughout the day, as we are part of the fruit for school scheme. We use the money raised for the snacks but also for ingredients for cooking, playdough and treats for your children throughout the year. We do not ask for very much money for anything else. Please can you remember to send the money in a named envelope.

Half term = £7

Autumn term = £10

Whole year = £30

PTA

It is our PTA annual general on Monday 19th October at 9.15am in the school hall. We want to keep a thriving PTA group in these challenging times. Please email the office at inisooffice@iflt.org.uk if you would like to attend. We welcome any new members.

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NURSERY CHILDREN HAVE HAD A GREAT START!

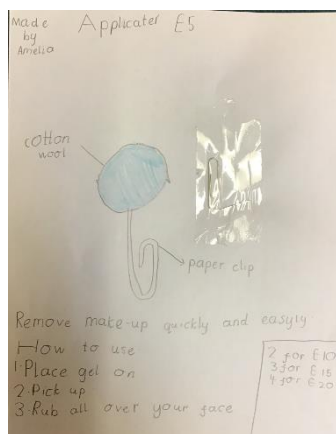


The Nursery children have done some fantastic learning inside and outside! We love that the children are practicing washing their hands in play, balancing and making tea!

For more information visit our website: <https://www.irthlingborough-inf.northants.sch.uk/home>

YEAR TWO

Amazing designs from our Year Two children. What would you use a paperclip for?



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The children are really developing their writing with imagination, great vocabulary and developing strength with chair press ups and timed balancing activities!



Year two working hard inside and out and having lots of fun!

Look out for our Reading workshops coming to our website very soon. These will help parents to support reading and particularly phonic skills at home.

Please help us keep everyone safe at school by keeping to your class time. We still have many parents arriving far too early, before the gates are open. Children will not be deemed as being late until after 9.10am. If you do not have older children at IJS, starting early, you do not need to be on site before 8.50am as this is the time of the first class opening. Please keep a two metre distance on site and where you cannot do this, wear a face covering.

[Click here to go to our Twitter feed on our website](#)

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