



# Irthlingborough Nursery and Infant School

Issue 15 May 2021



## PARENT PARTNERSHIP MEETINGS

Thank you to all those who attended parent partnership meetings recently. Our teachers loved speaking to you about the achievements of your child. It has been a difficult year, but the children are progressing well and loving being back with their friends. If you need any more help to support your child at home, please email your child's class teacher. The teachers are all fantastic and have lots of ideas for helping at home too!

## TRANSITIONS

We are starting to plan transitions across the school and for those children moving to IJS for year three, in September. Teachers from IJS will be visiting classes this term, so they can begin to get to know the children.

Our transfer day is **2<sup>nd</sup> July**. On this day:

- Our September Nursery children join us for a play session. (**Usual nursery sessions are closed**)
- Reception children spend time with their new teachers.
- Our current Reception and Year 1 children will move to spend time with the Key Stage 1 team.
- Year 2 children will spend the day at IJS - details of this will be shared with you nearer the time.

We haven't allocated classes yet but as soon as this has been decided you will find out!

**Year 2** - Remember you can sign up your child to a multi skills after school club, through the Arbor portal or by phoning the office.

**Mondays:** Penguin Class



**Wednesdays:** Giraffe Class



**Thursdays:** Zebra Class



## DATES FOR THE DIARY

Please [check our calendar](#) on the website.

## TREK TO TOKYO

To commemorate the start of the Tokyo Olympics, we are embarking on a huge challenge for our little people and would welcome all of our families to support.

We wanted all our children to do something incredible in these strange times, so we have planned **a walk from Irthlingborough to Tokyo!!** We will have stops in London, Paris, Munich, Barcelona, Rome, Athens, Moscow, Seoul and finally Tokyo.

**We will be getting there virtually so don't panic, no passports or quarantine will be needed!**



We will be running, walking, dancing, skipping our way to Tokyo. We have worked out the average time to walk each distance. We have **2,568** hours of trekking to do. That is about 9 hours per child in school, so no easy task!!



Along our journey we will be finding out about other Olympic countries. The children will receive certificates with information about each country, as we arrive.

We hope to finish by **9<sup>th</sup> July**, which is the end of our Japanese arts week.

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](#)

We hope that the Olympics go ahead in Tokyo but even if they don't we want this challenge to inspire our children, to exercise more, work as a team and strive for things which may seem difficult.

We have a **Just Giving Page**, where you can sponsor your child and share with your friends and family to be part of our journey!

<https://www.justgiving.com/crowdfunding/inistrektotokyo>

We would love to see your photographs on Twitter too using the hashtag **#INISTrektoTokyo**.

We will be using the funds raised to refurbish the Galleon play ship in the playground, which looks very tired at the moment.

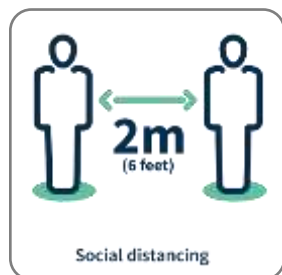
Our PTA are supporting us with the challenge. If you would like to join this group and help with more activities and events, please phone the school office or email [inisoffice@iflt.org.uk](mailto:inisoffice@iflt.org.uk)

## Smarties

Thank you to all those who have returned or donated to our **Smarties** challenge as we have raised over £400. This money will go towards improving our outdoor learning spaces.

### REMEMBER WE STILL HAVE COVID RESTRICTIONS IN SCHOOL AND ON THE SITE

- One way system
- Social distance
- Wear a face covering
- Keep to the staggered times



### MENTAL HEALTH WEEK 10<sup>TH</sup> – 16<sup>TH</sup> MAY

This is mental health week across the country. There are times in all our lives when things can feel too much, whether its worries with our family, stresses at work or worries with money or accommodation. There is help and support out there for everyone.



We all need help now and again to keep our mental health stable and like our physical health we may need treatment from medical professionals. **Never be worried about asking for support.**

Here are some websites and apps which you may find helpful:

The **Mental Health Foundation**, advocates getting out in nature to boost positive mental health.

[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)



**Mind** supports the fight for good quality mental health support for all. Not everyone has friends and family able to support them. [We all have the right to help!](#)



A **Place 2 Be** is one of the best support websites for parents, carers and children, regarding supporting mental health.



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## Five steps to wellbeing from [Coram Life Education](#):

- 1 Take notice of the world around you
- 2 Be creative
- 3 Be active
- 4 Give to others
- 5 Connect with others

There are several apps that can be used to support mindfulness, meditation, and restful sleep.

**Headspace** offers support for meditation, sleep and mindfulness. You can also find short sessions to follow on Netflix with Headspace.



**Chill Panda** Learn to relax, manage your worries and improve your well being with Chill Panda. The app measures your heart rate and suggests tasks to suit your state of mind. Tasks include simple breathing techniques and light exercises to take your mind off your worries.



**Catch It** - Learn how to manage feelings like anxiety and depression with Catch It. The app will teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve mental wellbeing.



**My Possible Self** - Take control of your thoughts, feelings and behaviour with this app. Use learning modules to manage fear, anxiety and tackle unhelpful thoughts. Use the app to record your experiences and track your symptoms to further understand your own mental health.



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## SUPPORTING GEROGIA

Georgia, former pupil at INIS, runs 11k in celebration of 11th birthday to raise money for National Literacy Trust! Click on the link to sponsor Georgia.

[www.justgiving.com/fundraising/book-dragon](https://www.justgiving.com/fundraising/book-dragon)

Hi I'm Georgia. I'm 11 years old and I am training to run 11km by the end of May for the **National Literacy Trust** because everyone should have the opportunity to read



<https://www.justgiving.com/fundraising/book-dragon>

Reading has fuelled my dreams and imagination forever and I want to live in a world where everyone has access to books and can be inspired just as I have. Every penny raised will make a big difference to disadvantaged children who need support.

Every time I train, I will recommend a book that has inspired me this year to push on and achieve more! The more I train the more recommendations I will make :)

Thank you for taking the time to read this, it would mean the world if you could donate what you can or share with your friends and family.

Love Georgia – AKA the Book Dragon x



The **National Literacy Trust** have lots of helpful hints for reading with your child, along with reading related activities.



[Explore them here!](#)

**We need pants and socks in school for our spare clothes box.**



## NUMBER DAY FOR THE NSPCC ACROSS OUR SCHOOL

Thank you to all the families who joined in with our NSPCC Number day on Friday 7<sup>th</sup> May! Our children wore mufti, many with different digits and engaged in lots of learning around numbers. The children learnt lots and had number fun. Thank you to all those families who donated to the NSPCC.



Thank you parents – we raised over **£260** for the **NSPCC** on our number day!

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