



Friday 15th June 2018
 Newsletter 30
School & Governor contact
 01453 757251
 01453 758190 (Fax)
 Facebook @foxmoorprimaryschool
Family Lives Helpline
 0808 800 2222
www.familylives.org.uk
**Early Help Partnership
 Families First Plus. Stroud**
 01452 328130
www.glosfamiliesdirectory.org.uk
School Nurse Contact
 0300 421 8959
Early Years & Childcare
 0800 542 02 02
Glos. County Council
www.gloucestershire.gov.uk
Friends of Foxmoor (FOF)
 Facebook:
 friendsoffoxmoorschool
 Contact: Natalie Hombrado
 01453 757251 (school office)

Diary

June
 18th – 22nd Week 2 School lunches
 19th, 26th & 3rd July Tumble Time
 18th – 20th Life Education Bus
 18th -29th Bikeability (Year 5)
 21st Jiu Jitsu Workshop (Years 3 & 4)
 22nd Year 4 Camp out
 25th Final of Great British Dance Off
 Competition
 27th Sports Day
July
 6th Year 5 STEM Experience
 16th – 19th School Production
 20th Leavers' Assembly
 20th End of Term
 23rd – 25th INSET days
September
 3rd – 5th September INSET days

INSET days

Don't forget to note your diaries with the dates of our INSET days. The last three days of this school year (23rd – 25th July) will be INSET days along with the first three days of the next academic year (3rd – 5th September).

Foxmoor Flyer

Summer Fete

Thank you to our Friends of Foxmoor committee and other parents who worked tirelessly, not only on the day but leading up to the fete, to make the day a success and so enjoyable for everyone.

Judo

Harrison Wittke, Year 6, took part in a competition in Kidderminster recently and came away with a bronze medal. Well done Harrison.

Rainforest Trips

Children from every year in the school have visited 'The Living Rainforest' this week. This will form the basis of much of the work taking place back at school over the next few weeks.

Tumble Time

Some of the children who are joining us in September enjoyed their first Tumble Time session on Tuesday afternoon. They joined Mrs Wyatt in the hall for some fun on the apparatus and also visited the library for a story. If your child is one of those waiting to start in September's reception class can you ensure all the necessary paperwork is returned to the school office as soon as possible please? We look forward to welcoming you again on Tuesday for the second Tumble Time session.

Outdoor and Orienteering Club

There will be no Outdoor and Orienteering Club next week (Friday 22nd) as Year 4 will be having their annual 'camp out' later in the day.



Swimming

A few payments for swimming sessions for the second half of this term are still outstanding. Please send any monies into Mrs Montague so that she can finalise the accounts soon. Thank you.

A-Z of Mindfulness



Mind Full, or Mindful?

Mindfulness is "Paying attention in a particular way, on purpose, in the present moment, without judgement".

Ways to be mindful in nature. It can be easy to rush through life without stopping to notice much. When we become more aware of the present moment, we begin to experience afresh things we have been taking for granted.

F is for Forest Bathing

'Bathing' in this sense means a fully immersive experience of woodlands - no costumes needed!

Go and sit quietly in a wooded glade – slow down, relax and engage with the woodland around you. Listen to the sound of the leaves, smell the fragrance of ferns and fungus and observe the play of dappled light on the forest floor. Studies show that relaxing in woodland can have many health benefits such as reduced stress, an improved immune system, lower blood pressure, increased energy levels and better sleep!

We would like to feature tips A-Z each week in the Foxmoor Flyer and would love your suggestions. Please send your ideas to Mrs Montague. Next issue will be 'G is for...' It's over to you.