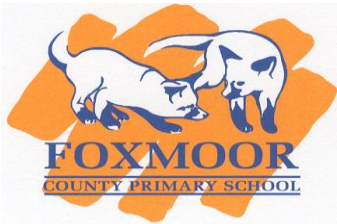


# Foxmoor Flyer



Friday 6<sup>th</sup> July 2018  
Newsletter 33  
**School & Governor contact**  
01453 757251  
01453 758190 (Fax)  
Facebook @foxmoorprimarieschool  
**Family Lives Helpline**  
0808 800 2222  
[www.familylives.org.uk](http://www.familylives.org.uk)  
**Early Help Partnership**  
**Families First Plus. Stroud**  
01452 328130  
[www.glosfamiliesdirectory.org.uk](http://www.glosfamiliesdirectory.org.uk)  
**School Nurse Contact**  
0300 421 8959  
**Early Years & Childcare**  
0800 542 02 02  
**Glos. County Council**  
[www.gloucestershire.gov.uk](http://www.gloucestershire.gov.uk)  
**Friends of Foxmoor (FOF)**  
Facebook:  
friendsoffoxmoorschool  
Contact: Natalie Hombrado  
01453 757251 (school office)

## Diary

### July

9<sup>th</sup> – 13<sup>th</sup> Week 2 School lunches  
9<sup>th</sup> Last Judo session  
16<sup>th</sup> School Production 1pm (Y3, 5 & 6)  
17<sup>th</sup> School Production 1pm (Y4, 5 & 6)  
18<sup>th</sup> School Production 6pm (Y3, 5 & 6)  
19<sup>th</sup> School Production 6pm (Y4, 5 & 6)  
20<sup>th</sup> Leavers' Assembly  
20<sup>th</sup> End of Term  
23<sup>rd</sup> – 25<sup>th</sup> INSET days

### September

3<sup>rd</sup> – 5<sup>th</sup> September INSET days  
6<sup>th</sup> Children return to school

## Clubs

This week has been the last week for clubs apart from Judo which has a final session on Monday (9<sup>th</sup> July) and Jonathan's clubs which will continue until next Wednesday afternoon. There will be a new letter sent out in September regarding next term's clubs.

## Secondary Schools

Today most Year 6 children have been visiting their respective secondary schools ready for September. We hope they enjoyed their day, have found it to be a useful experience and maybe found new friends.

## Football Kit Amnesty

If you still have any Foxmoor football kit at home, please send it in to Mrs Bullingham as soon as possible. The kit is gradually diminishing in school so any returns of mislaid kit will be welcomed. Thank you.

## Book Amnesty

There are also some library books and reading books which have been out for longer than usual and we would ask that a thorough search is made at home for any which may be lurking under beds or on a bookshelf. Please return any books found as soon as possible. We have a standard charge of £7.50 for each book if they cannot be found. Thank you.

## School Production

The Junior children are busy practising for the School Production of 'Charlie and the Chocolate Factory'. All of them are learning the intricacies of each song and dance and Year 6 are also helping to create some of the scenery and costumes. You should by now have received your tickets ready for the performances in just over a week's time. There are a few tickets still available for Monday and Tuesday (1pm) or Wednesday (6pm) if you would like them. Tickets for Thursday evening are sold out.

## Book Club

The last book sale for this academic year will take place next Wednesday. There will be a wide range of books for the children to choose from, all of them brand new. If you would like to make a last minute contribution, please make sure it gets to us by Tuesday morning.



## A-Z of Mindfulness

I is for Invest... in some time for yourself

It is very important to look after your mental health. In this very busy world where we are often rushing around trying to tick everything on our ever growing list, it is easy to forget to take time out for ourselves.

Go and make yourself a drink, sit in a quiet and relaxing place and invest in 10 minutes (more if you have the opportunity) of peace and quiet. Use a breathing technique to relax you. This is a good one called 4-7-8.

Exhale completely through your mouth, making a whoosh sound. Close your mouth and inhale quietly through your nose to a mental count of four. Hold your breath for a count of seven. Exhale completely through your mouth, making a whoosh sound to a count of eight. This is one breath.

Before you know it you will have forgotten what the rushing around was all about and feel more relaxed and in control. 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 'J is for...' It's over to you.