



Children’s wellbeing is closely bound to their parents’ wellbeing. Find out how to improve your wellbeing and, consequently, your children’s.

Parents’ Wellbeing

It’s not just the children in our families that we need to support; as parents we must look after ourselves too.

Here are some of the best practices you can use to help improve the wellbeing of their children:

- Share your worries as a parent and seek out support from friends and family
- Live a healthy lifestyle by eating well, exercising, having fun and getting enough sleep
- Stay well informed by finding out more about topics that may concern you
- Never stop talking and listening to your child through good times and bad.

How you can support family life

The most important tool for successful family life is recognising the importance of quality time together and shared experiences. This can include family mealtimes - preparing meals and setting the table together, turning off technology and talking to each other about your days or shared activities.

There are a range of activities that are often good to do together and help shape the way our children think and see themselves in our community such as: offering opportunities to earn pocket money and encouraging children to save some of it; avoiding adverts for consumer goods and helping children identify what really matters in their lives.

Acknowledging your own stress is important to do as everyone will be affected by stress to a greater or lesser extent. Stress is not necessarily a bad thing, as it motivates us and helps us perform and achieve. Too much stress can lead to many problems including anxiety, irritability, a tendency to drink or smoke more, temper outbursts and much more. These can all affect family life. As part of our commitment to our parents, we have initiated a few events, such as this wellbeing section in the Newsletter and the parent workshops. If you have any other ideas for helping to support the wellbeing and

mental health of both our pupils and parents, please contact the office via email. Many thanks for your support

Half-term homework

Children will bring home some Active Reading homework for the holiday. One of the activities is to read a book in the strangest place you can think of! We’d love to see some photos and would like to publish them in the newsletter after half-term but will need parental consent – please see the information below for more details.

ACTIVE READING

Active Movement can be done anywhere, anytime - even when reading! To mark the end of the Active Reading event, we want you to complete the challenges below. Parents can get involved as well. You should do each once but you can do them as many times as you like. Ask a parent to sign your sheet as you do each one.

Reading Movement	Parent signature
Spend 15 minutes a day (at least) in one go standing to read a book, magazine, comic or i-pad	
Read to your parents for 10 minutes whilst standing up	
Stand up for 10 minutes to read part of a book or news article with a word about an activity or movement in the title	
Ask your parent to read to you for 10 minutes whilst you are standing up (they can stand up, too!)	
Read a book in the strangest place you can think of. Supply a picture to school and you could win extra house points as well. Email pics to office@lhspa.org.uk Please state if you are happy for pictures to be shared via social media and on our newsletter when emailing.	

PE and Sports Update

☆ Year 5/6 Quad Kids Athletics event took place on Monday this week at Langley Grammar School, which saw our 3 teams compete to the highest standard. The 'A' Team took 1st place, the 'B' Team claimed 3rd place, with 'C' Team in 9th place of 16 teams. There were 2 year 4 students in the B team – they did extremely well for a year 5/6 competition! Not only that but two of our team members won individual medals (bronze and silver) for being best individual athlete. A fantastic effort from all involved. It means that we go on to the Berkshire finals in June. Picture of all 3 teams with medals below.

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Issue: 29

24th May 2019

☆ The Year 3/4 Slough Girls Football Cup Final saw an 8-0 victory over Western House on 16th May. A fantastic result!



☆ The Infant Athletics on 8th May saw Year 2 achieve a Silver medal for 2nd place.
☆ A Pentathlon Swimming event on 14 May saw a team of all ages take part at Stoke Mandeville. We came away with bronze!

Sports Week

Here is the timetable for sports days:

w/c 17 th June	9:10am - 10:10am approx	1.45pm - 2:45pm approx
Monday 17 th	Year 1	Year 3
Tuesday 18 th	Reception RB RD	Reception RG RK
Wednesday 19 th	Nursery AM	Year 4
Thursday 20 th	Year 2	Nursery PM
Friday 21 st	Year 5	Year 6

Birthday Treats

We are happy for parents to provide treats for the class when their children are celebrating a birthday. However, some of our children can't have Haribo (or similar) sweets for religious purposes, and this often results in staff rushing to the shop to make sure those children don't miss out (out of their own pocket which can be expensive!) Please bear this in mind when providing sweets for the class – thank you

Special Request

For art this term, Year 1 need some materials that you may have lying around your house! We need:

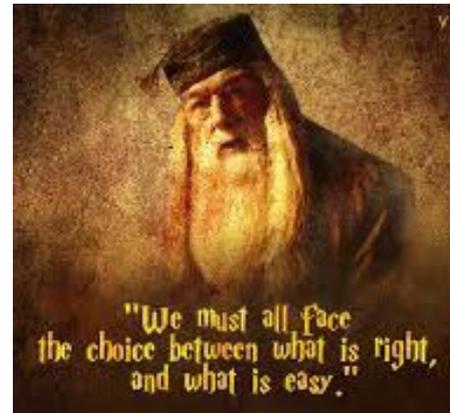
- Old CDs
- Bottle Tops (any size or colour)
- Old wellies

If they could be brought to 1W, that would be fabulous!
Thank you

Maths Masters by Kabinesh (Year 6)



Thought for the Week:




Charity No.1170539

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EYFS Head-teacher Awards given to one child for achievement

RB	Pierre Albrecht	for	His enthusiasm for reading
RD	Savanna Toombs		Writing a wonderful story
RG	Raya Asif		Working so hard during phonics
RK	Abraham Mensah		Being a kind friend

EYFS Praise Awards given to two children for achievement

Blue	All the children in Nursery	for	Participating so well in our outdoor P.E sessions this week.
Yellow			
Green			
Red			
RB	Ryan Vishwakarma	for	His lovely speaking
	Roble Ahmed		Playing so nicely with new friends
RD	Stanley Leggett		Producing great works of art
	Nigel Coff		Working hard with learning how to write his numbers
RG	Swara Mane		Great progress in phonics and writing
	Rihaan Jayanthi		Super listening during maths sessions
RK	Alison Sahaye		Trying hard with phonics
	Dauud Dar		Enthusiastically trying new activities

KS1 Head-Teacher Awards given to one child for achievement

1B	Alysha Zimmermann-Jalap
1K	Lexie Galvin
1R	Minnah Kaleem
1W	Emily Doherty
2G	Jack Kelly
2H	Abdullah Khurram
2M	Bella Needham
2R	Zoravar Bisran



Well done to RK, 2M & 2G who all had 100% attendance last week. They all get to look after Alfie Bear this week.

KS1 Praise Awards given to two children for achievement

1B	Tilly winter	for	Always being so polite
	Mesum Zaidi		Always working hard
1K	Perinban Kovenden		Top quality work in maths
	Zoha Janjua		Super effort with her sounds
1R	Robert Reeves		Consistently making good progress in phonics
	Muhammed Haroon		Producing the best art work during IPC lessons
	Aaliya Muhiadin		
1W	Arbi Spahia		Consistently making good choices in the playground
	Lian Mohammad		Working hard in all areas of learning
2G	Aadam Hussain		Working hard on making his writing interesting.
	Aarohi Nandekar		Always trying to help her classmates
2H	Ava-Mae Traynor		Consistent effort in everything she does.
	Jamal Jones-Fadayomi		Effort in topic.
2M	Henry Hood		Excellent work in English
	Nuhaa Deqow		All round great effort in lessons
2R	Bianca Danek		Trying really hard in English
	Hania Akhtar		Super English including great use of suffixes.

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KS2 Praise Awards given to two children for achievement

3A	Pa-Modou Mbye	for	Having an improved attitude and concentration.
	Libbie Dowling		Her excellent descriptive writing in English.
3K	Archie Messenger		Excellent maths work this week measuring length
	Emily Cummins		Improved handwriting
3R	Avanish Sindhu		Excellent maths this week
	Bailey Findley		Trying hard in all lessons
3T	Kiann Sheridan		Improved effort with his homework
	Daniel Iwe		
4J	Oliver Kroliczek		Their brilliant reading and sharing vocabulary with the class
	Kelsey Shambare		
4M	Beau Fuller		Super detail in her diary entry
	Jamie Gjoni		Excellent work in science this week
4O	Aayush Singh		Fantastic maths reasoning skills
	Jaylen Davis		Making positive choices in class and on the playground.
4R	Malik Braimah		Making sensible decisions to improve his behaviour.
	Ore Akinyeme		Her great investigation about wrapping materials for chocolate.
5A	Hashir Siddique		Making extra effort in each lesson – well done.
	Zaid Maniar		Checking his work before handing in his book
5J	David Romel		Designing a very creative vehicle for a journey to the centre of the earth
	Yesna Hanifi		Writing a fantastic set of instructions for extended writing
5L	Siobhan O'Connor		Having lovely manners at all times
	Ayman Mohammed		Taking part during English lessons
5O	Zaighum Nawaz		Encouraging others to join in on the library trip
	Thomas Brown		Completing more work in maths lessons and trying reasoning problems
6D	Scarlet Clifford		Being an enthusiastic member of 6D – always bringing fun and laughter to the class
	Alexandra Connor		Being resilient and doing her best through the challenges of SATs
6J	Mia Bell		Her great contributions in class
	Ellie Simmonds		Being conscientious and always wanting to do her best.
6P	Navjeet Kaur	Being such a wonderful role model and her excellent attitude towards her studies	
	Kemarai Simms	Making me laugh every day!	
6S	Hamza Gull	Hard work during SATS week and being a good friend to all in 6S	
	Param Srivastava	Being a better friend and showing more maturity	

KS2 Head-Teacher Awards given to one child for achievement

3A	Tatu Mushotsi	for	An excellent adventure story.
3K	Nathaniel Okyere		Challenging himself during swimming lessons to jump off the diving board!
3R	Shanae Ruan		Being a kind friend and coming to school with a smile all week.
3T	Ryahn Edwards		Having an excellent attitude towards his PE lessons
4J	Emily Laws		Her excellent effort and contributions in lessons.
4M	Joseph Chanakira		Having a wonderful attitude towards maths lessons, always taking part and sharing his ideas.
4O	Rhylee Leggett		Rhylee is very cheerful and happy to come to school. He has been wearing a broad smile for the past 2 weeks.
4R	Freddie Maccuish		He is enjoying lessons, especially our new topic 'the chocolate project'. He also seems more engaged in PE lessons. Well done Freddie!
5A	Adam Oukriss		Giving 100% in each lesson. Keep it up Adam!
5J	Zainab Akhtar		For being a brilliant and helpful member of 5J
5O	Lucia Lucas		Being a whizz at drawing a fractions diagram.
5L	Hiba Sheikh		An excellent vehicle design to get to the centre of the earth
6D	Maryanne Akinyemi		For being that mature pupil that Lynch Hill is always looking out for. You are a true Ambassador, an inspiring leader and an encouraging pupil to be around.
6J	Ameera Salim		Her sociable, friendly and helpful outlook
6P	Maimie McNally		Her commitment to sport and her wonderful effort and improvement in maths
6S	Cheryl Ntettou		Her hard work during SATs week and willingness to help in year 6



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Wednesday 19 th	Nursery AM	Year 4
Thursday 20 th	Year 2	Nursery PM
Friday 21 st	Year 5	Year 6

Term Dates 2018/19

Summer 2019

Half Term	Mon 27 th to Fri 31 st May
Pupils Return	Mon 3 rd June
Term Ends	Thurs 18 th July 1.30pm

Nursery End of Term is the day before the main school dates. Nursery is open until 1.30pm for Extended nursery children to come in on that last day of term.

Important Dates...

Y3 Trip : Wed 12th June
Y6 Trip: Thur 13th June
Class photos: Fri 14th June
Sports week : Mon 17th – Fri 21st June
Y5 trip: Tue 18th June
Y1 Trip: Wed 19th June
Y2 Trip: Wed 26th June
Y4 Trip: Thur 27th June
Transition Day/Meet the Teacher: Tues 2nd July
Reception Trip: Thur 4th and Fri 5th July
Y6 Production: Wed 10th July
Y6 Prom: Fri 12th July

Prize Days:

Reception: Mon 15th July, 9.30am
KS1: Tues 16th July, 9.30am
KS2: Wed 17th July, 11am

All dates for 2019-20 are on the website

Useful information

In the lobby outside the office, you can find a selection of forms: Leave of Absence, applications for free school meals, Funzone, extended nursery and the newsletter. Please help yourself!

Please be aware that...

Fridays' meal debts are uploaded to the School Money system on a Monday.

Week 1				
Monday	Tuesday	Wednesday	Thursday	Friday
Beef casserole Mixed vegetables Crusty roll	Jacket potato with tuna, cheese or beans	Roast gammon Roast potatoes Green beans	Pizza Corn on the cob Carrot sticks	Fishcake Chips Peas
Vegetable arrabiata Mixed veg Crusty roll	Jacket potato with cheese and beans	Macaroni cheese Green beans	Cheese and Tomato pizza Corn on the cob Carrot sticks	Cheese and onion slice Chips Peas
Jacket Potato with choice of fillings				
Fruit jelly	Chocolate sponge with custard	Apple crumble and custard	Fresh fruit slices and shortbread	Blueberry muffin
Fresh Fruit				
Juice Cartons / Milkshake / Water				

Have a lovely half-term holiday.