

TERM I Week 4

| Dates for the Diary | |
|------------------------|--|
| Spooky Autumn Disco | Thursday 21st Octo- ber |
| INSET DAY | Friday 22nd October |
| Half Term | Monday 25th Octo- ber to Fri- day 29th October |

Achievement Awards

This week's winners are:

Reception: Ella and Pheobie

Year I: Rory and Amelie

Year 2: Myles, Isla and Ivy

Year 3: Harrison, Alexa and

Year 4: Oscar and Joseph

Year 5: Lola and Emily

Year 6: Gabriel, Lacie, Alexa

and Ben

Congratulations to all of this week's winners!



There is still time to apply for one of our pupil roles within the academy. There are lots of roles available including Bagel Bar Monitor, Librarian, Reading Buddies and Playground Buddies. All application forms are on our website—apply today!!



News Update

Academy Update

We recently launched our pupil roles and applications for these close on Monday 27th September at 9am. Please ensure these are emailed in to the office by then. Don't forget that we always have bagels available every morning in the playground from 8.30am with a selection of delicious toppings.

WE NEED YOU!

We are about to launch our fundraising events calendar for the year and we would love to see if there are any parents and carers who are able to support us in raising vital funds for the academy and local causes. We have planned a range of events and would welcome any support in running these events, we would also be very happy to hear of any new ideas that we could look at.

Sadly, over the summer break we had a number of break ins and significant damage caused to the academy inside and outside. We continue to replace our much needed equipment but this comes at a high

cost. Our focus is rebuilding and replacing all of our outdoor learning resources.

We also had a number of doors and windows smashed throughout the early years village too.





Road Safety

We are focusing on road safety in classes at the moment to link into the Think! Road Safety government campaign. The children have done some excellent work and have come up with lots of brilliant ideas on how to keep themselves and others safe when out and about.





The children have been making the most of the beautiful autumn weather having great fun in outdoor learning taking part in scavenger hunts, puzzles and challenges.









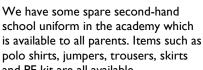
TERM I Week 4

News Update









Spare School Uniform

If you would like any items please contact the office via e-mail on:

fice@robsackwoodprimaryacademy.or g.uk with the name of your child, what items you require and the size. These are free to anyone that wants them.

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NHS

East Sussex School Health and Children's Integrated Therapy Services

Education Futures Trust funded by C

Football Tennis Uni-hockey

be delivering sports sessions across Hastings to improve fitness, health & well-being and to provide opportunities

to meet new people, in a Covid-secure environment. Activities on offer

10-week programme for 7 - 14 year olds from 20th September (excl. half term) @ The Firs, Elphinstone Rd 4-5.30pr from 23rd September (excl. half term) @ The Firs, Elphinstone Rd 4-5.30pr

Bookings Only
Contact: 01424 722241 / office@educationfuturestrust.org

ntact the course leader directly, call Rian on 07375 884031 www.educationfuturestrust.org

Cricket Rounders Dodgeball

f Education Futures Trust



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Mindfulness and relaxation techniques to try with your child/children when they're feeling anxious

Deep breathing activities

Bubble breathing - imagine you are blowing bubbles, slowly.







Square breathing

Star breathing

Figure of eight breathing

Deep belly breathing - proven to increase oxygen to the brain

Senses activities

'3 things you can hear game' Sitting quietly, listen for 3 different sounds. This helps to give children

Name something you can see, hear, smell, touch and taste or try to name 5 things you can see, 4 things you can hear, 3 things you can smell, 2 things you can touch and 1 thing you can taste.

Watching the clouds

Play dough or sand

Fill a bottle with water and sprinkle in some glitter. Shake the bottle and watch the glitter settle.