

14.01.2022

# St. Helena's Weekly Newsletter

Dear Families,

Fantastic news

Despite continuing to live through a pandemic, we have nearly had all the children back to school after the Christmas break - thank you so much. We appreciate people are having to take extra precautions to look after each other but in our little corner of the country, it seems to be paying off. Let's hope we can keep it this way as our children are very busy this term.

Our Reception children are learning about the hidden secrets of the natural world - ask them about ivy, brambles and animal footprints! Year 1 and 2 are investigating the history of toys and met a seventy-year-old teddy this week (nearly as old as me)! If you have any old toys in the loft, we would love to borrow them for our toy museum in school. Year 3 and 4 are learning about the science of sound production - they have also been beatboxing in music and Y5/6 are fathoming the story of evolution, the beginning of the universe and the place of religion in all of this; a very productive learning week for everyone!

Watch out for the children's knowledge organisers to give you a little insight into the important knowledge and vocabulary our children are trying to commit to memory. You could make the facts into a daily quiz, hide some key words around the house or cover up crucial bits to check their understanding. Alongside this, please hear your child read their book and make time for a bedtime story together - it is the best time of all and probably by then, they will be ready to share their day with you.

I have caught up with a few parents this week and it has been lovely to hear news of your children - please do not hesitate to seek me out if you are worried about your child, need some advice, reassurance or just a natter to keep you going during the cold, old days of January.

Warmest wishes

Mrs Belton x

sue.belton@st-helenascofe.lincs.sch.uk

## Reception children starting in September 2022

If your child was born between September 2017 and August 31 2018, they are eligible to start school from September 2022. You can apply online at [www.lincolnshire.gov.uk/schooladmissions](http://www.lincolnshire.gov.uk/schooladmissions) or can telephone 01522 782030. Closing date is January 15 2022.

School is currently looking at organising the following visits:

Y1 and Y2 - visit Lincoln Cathedral to see the Museum of the Moon and the Lincolnshire Life Museum.

Y3 and Y4 - visit The Collection at Lincoln to see The Earth and Egyptian artefacts, then onto Lincoln Cathedral for a tour.

Please keep a look out in the newsletter for more details.

# After School Clubs

Monday	Fun, Food and Fitness for Y3 and Y4 Choir for <b>Y3, 4, 5</b> and 6 - Year 3 please come and join them! You will be taking part in the Music Festival at Spilsby.
Wednesday	STEM club for Y4, 5 and 6
Thursday	Dance Club for Y1 and 2 Girls Football Club for Y5 and 6.
Friday	Drama Club Y3, 4, 5 and 6.

Spaces are still available on all clubs except Drama. If your child would like to join one of the clubs please contact the school office. Choir is now also available to Year 3 children.

# Polite Reminder . . .

For P.E. please provide the following items for your child:

- White T-shirt
- Navy or black shorts
- Trainers

During the winter months, a navy/black/grey tracksuit should be brought when the weather is very cold.

**ALL ARTICLES SHOULD BE CLEARLY  
MARKED WITH THE CHILD'S NAME**

Please provide a drawstring bag for the children to keep their PE kit in. Unfortunately, there is insufficient space for large bags in their lockers.

The Governors discourage the wearing of jewellery to school. It can be a danger and its loss causes distress.

**It is a legal requirement that all jewellery be removed for P.E.**

**Please ensure your child is able to remove their own earrings or they do not wear earrings on P.E. days.**

**Please can you check your child brought home the correct PE kit at Christmas.**

# Sunnyside Garden

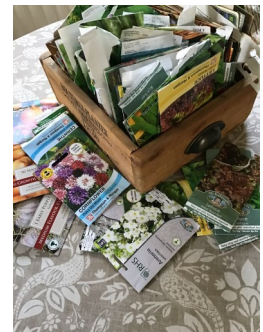
There are still lots of leaves which have fallen off the trees around the garden, so this week I have been outside raking them into piles, collecting them in the wheelbarrow and then adding them to the leaf pile. I only go into the garden during the sunny part of the day as I like to get some fresh air for half an hour.

One other very important task that I have to do this week is sort through all my seed packets and decide which seeds I want to grow again this year. I always keep last years seed packets so that I can remember which seeds grew well and which ones did not. Now I can make my shopping list and go to the garden centre, where the seeds are sold at half price for a few weeks. This saves me a lot of money so is very worthwhile.

Perhaps you could think about growing two or three types of seeds this summer. It is worth buying the seeds now. Think about how much space you have in your garden and which vegetables you like eating the most.

Happy gardening

Love Mrs Fulwood



## Diary Dates 2021/2022

### JANUARY 2022

### FEBRUARY

11th End of Term 3  
21st School Opens - Term 4

### MARCH

31st End of Term 4

### APRIL

1st Staff Training Day  
20th School Opens—Term 5

### MAY

27th End of Term 5

### JUNE

6th School Opens—Term 6

### JULY

22nd End of Term 6



LINCS FM CASH FOR KIDS  
Witham Park  
Wateride South  
Lincoln  
LN5 7JN  
01522 896967  
[www.lincolnfm.co.uk/charity](http://www.lincolnfm.co.uk/charity)

Dear Kate and everyone at St Helena's COFE Primary School,

I would like to say a massive thank you for your wonderful support during Mission Christmas 2021!

Our aim with Mission Christmas is to get a gift to a child living in poverty at risk of waking up to nothing on Christmas Day. We cannot do that without our local communities getting involved by buying a gift or fundraising or offering their services, and we are so lucky with the amazing support we have received across our region.

I would like to take this opportunity to say a HUGE thank you for your support this year. We are so grateful to you for getting all the staff, children and parents involved in collecting toys for us. Thank you for helping us make a difference and we really couldn't do it without you 😊.

I am pleased to say that 11,848 children, living below the poverty line across our region, all woke up to a gift on Christmas Day thanks to the support of you and our community.

Thank you so much once again and wishing you an amazing 2022!

With best wishes,

**Lee Fletcher**  
Charity Fundraising Executive



Cash for Kids - Company No. 6424810 - Registered Charity No. 1122062  
Bauer Radio Ltd. - Company No. 1394141 (England)  
Registered Office: Hampdon House, Falcon Court, Stockton on Tees, TS18 3TS



Happy Birthday

Freddie  
Aisha  
Nehemiah  
Autumn



# Lincolnshire Parent Carer Forum

January 2022

Save the date in your diary

LPCF Week of SEND ( virtually on Zoom)

Monday 24<sup>th</sup> January 2022 to Saturday 29th January

This is your chance to find out more about what Lincolnshire has to offer. We have 16 workshops covering a wide range of subjects and another 10 sessions showcasing what organisations have to offer parents.

To give you an idea of the workshops on offer:-

Liaise – workshops on SEN support and EHC plans

Kooth – demonstrating their Counselling platform

Specialist Teaching Team – concerns over your child's language or literacy

Carers First -Do you want to know more about benefits?

Healthy Minds – workshop on anxiety

Beat it!: using everyday music activities to support communication.

Time for teeth.

Worried about the future? Want to know more about Wills and Trusts?

LCC Team – Transformation in SEND

How to promote healthy bowels and bladders

"How to help your child's learning in school"

The voice of young people with SEND & avoiding the cliff edge – supporting young people and their families to prepare for employment & volunteering

Personal budgets – dispelling the myths

Promoting positive behaviour

Events will be held during the day, evening and on the Saturday giving everyone a chance to participate.

Please encourage parents you work with to participate as we have lots of information and support available.

Professionals are also welcome to attend the sessions too.

To access the many sessions you only have to click on the blue link on the events page or the Week of SEND page. Check it out now. [https://www.lincspcf.org.uk/P\\_Info\\_WeekofSEND.php](https://www.lincspcf.org.uk/P_Info_WeekofSEND.php) or [https://www.lincspcf.org.uk/P\\_Events.php](https://www.lincspcf.org.uk/P_Events.php)

The only workshop /session you have to book for is the workshop on behaviour which will be the last session of the week.

All you have to do is Zoom in!!

Ps – cameras can be on or off and questions can be added to the chat facility.

PPS please ensure your name is on your camera and if possible add that you are a parent or professional ( this will save us time on the day. TY)

PPPS make sure you have a big cuppa!!

Thank you to everyone who have contributed to being part of our Week of SEND – it is even bigger than last year – so thank you so much.

**Please publicise our FREE events below to the parents you work with.**

Parents have to be LPCF members to join the sessions below, but can join up via our website link

[https://www.lincspcf.org.uk/P\\_Subscribe.php](https://www.lincspcf.org.uk/P_Subscribe.php)

### **Juggling the Joys of Parenting**

**Third session on 20<sup>th</sup> January 11.30 – 1pm**

( monthly free workshops for parents and carers on the LPCF membership)

Third session - "**Effective Communication**"

If you are you a parent, grandparent, Carer, relative or friend of a child/adult with special needs or a disability?

...then these workshops are a must for you!

This series is aimed at parent carers who wish to have fun, meet other parent carers that want to make life easier and learn new strategies that can make a very real difference.

Our host Hil Gibb & LPCF will be running monthly virtual sessions - so why not join us. Places are FREE to parents on the LPCF membership.

See the link for more details [https://www.lincspcf.org.uk/DocsLibrary/20211011\\_0547\\_2021juggling\\_the\\_joys.pdf](https://www.lincspcf.org.uk/DocsLibrary/20211011_0547_2021juggling_the_joys.pdf)

Email :[admin @lincspcf.org.uk](mailto:admin@lincspcf.org.uk) to book your place now

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### **Time2talk**

Need a listening ear? Got a little question you want to ask?

Not clear about something or perhaps you just want to share your thoughts with someone with experience of parenting a children with a Disability or additional need?

Join LPCF for these short meet ups for a quick chat to touch base.

**Monday 17<sup>th</sup> January 1pm** – Practice Zoom session for anyone who lacks confidence with Zoom or who wants to ensure they can access the week of SEND.

See events page for link

No need to book - just be first in the waiting room as places are limited.

### **Hypnotherapy with Nicole**

Please encourage parents to join LPCF for a **free** 90-minute Zoom session to help improve mental health & wellbeing.

Nicole from Hummingbird Hypnotherapy will be providing proven techniques to help us make positive changes to our lives.

Relax with like-minded people in a positive atmosphere.

**Topic -New Year – New me!!**

Date: **Thursday 6<sup>th</sup> January 7.30pm**

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**Topic -Moving on from fear**

Date: **Thursday 20<sup>th</sup> January 7.30pm – 9pm.**

**These sessions are for LPCF members only. Please encourage parents to join up on the sign up page of the website.**

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### **Parent Recognition Awards – Special award**

The Tom Cross Memorial Award for Parent Recognition is looking to parents of children with SEND to identify other parents of children with SEND who really stand out. They will have gone that extra mile and deserve some recognition for their efforts or inspiration in helping yourself, your family or child.

They may have been there when they were overwhelmed, they may have provided some practical support or they may have been inspired to change.

Do you know of any parents who would like to nominate another parent on our membership?

For parents to make a nomination they need to be a member of LPCF.

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### **LPCF Outreach Project**

We still have some free capacity if you would like a Zoom visit from one of our volunteers to let your staff or the parents you work with know more about LPCF.

For availability please email [admin@lincspcf.org.uk](mailto:admin@lincspcf.org.uk).



### **Max Cards**

Parents who join our membership and fulfil the criteria are offered a free discount card. The Information page of the LPCF website contains more detail.

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### **Parental resources library**

This page of the LPCF website > information>parental resources gives parents useful documents from other organisations to ensure that parents are kept well informed of what services they can offer. If your organisation has any generic leaflets or brochures in pdf that inform parents about your service or offer of support and wish to support LPCF with this initiative please let us know.

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### **Additions to LPCF website**

- Open letter from Will Quince – see Information> Government ( posted 3.12.21)
  - Achievements page – see Excellence awards and our own LPCF Award
  - New Parents voice will be published shortly in the library.
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### **Please help our Charity – you don't have to be a parent!**

Please help us to help you by using Amazon Smile and Easy fundraising. It doesn't cost you anything but it does help our Charity.

**LPCF Lottery Club** – we have a small lottery club , which helps to raise funds and you can join for either £26 for 6 months or £52 for a year. Monthly prizes are £50, £10 and £5. Winners can be seen on the funding page.

You've got to be in it to win it!!

**Why not bookmark LPCF's website on your browser for easy access.**