



One family, belonging, believing and learning together.
Romans 12v5 'So in Christ we, though many, form one
body, and each member belongs to all the others'.



If you don't like to read, you haven't found the right book.'

J.K Rowling

Maybe try this author: Malorie Blackman – the right book might just be here.

Malorie Blackman has written over sixty books for children and young adults. Many of her books have also been adapted for stage and television, including a BAFTA-award-winning BBC production of *Pig-Heart Boy*.

In 2008 Malorie received an OBE for her services to children's literature, and between 2013 and 2015 she was the Children's Laureate. Most recently, Malorie wrote for the Doctor Who series on BBC One.

Here are just a few of the books she has written: *Cloud Busting* · *Unheard Voices* · *Pig Heart Boy* · *Ellie and the Cat* · *We're Going to Find the Monster* · *Hacker* · *Noughts and Crosses*.

Fundraising

Well done to all staff who completed the 15km (actually 16.5km!!) Moonlight walk in aid of St John's Hospice. Thank you to parents and Governors for their kind donations. [click here](#) if you would like to donate.

Edinburgh

We are really excited to take our lovely Y6 children to Edinburgh next week. They will be taking part in a range of activities based on history, art and science:

Dynamic Earth Science Museum
National Museum of Scotland
Festival Theatre; Life of Pi
Edinburgh Castle

Open top bus tour.

We will be catching the 8:09am train from Lancaster train station on Tuesday and will arrive back in Lancaster at 6:57pm on Wednesday.

Please make sure your child is at Lancaster train station at 7:40am on Tuesday.

Enhancement activities

Our teachers always work incredibly hard to enhance our curriculum and this week has been no different.

Diamond and Ruby class had a lovely day at Lakeland Wildlife Oasis, in spite of getting soaked. They learnt all about rainforests, plants and different creatures and got the opportunity to hold a cockroach – ugh!

Some of our Y5 scientists travelled to Leck Primary School on Thursday for an Olympic-themed science day. They took part in a range of science workshops and enjoyed a packed lunch in the sunshine.

Thank you to all staff who made these events possible.



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Sporty stuff

Our Y3/4 hockey team played brilliantly at Carnforth High School on Tuesday in their first ever hockey tournament for school. They played as a team, showed great sportsmanship and managed to score some goals along the way. Well done to all the players and thank you to Mrs Pollitt, Mr Legg and Richard (George, Alexander and Grace's Grandpa) for their help and support.

Yesterday, our Y5/6 cricket team played at Torrisholme Cricket Club and managed to win the tournament. They played brilliantly, winning 6 matches in a row to be crowned Heysham and Morecambe cricket champions. Well done to all.

Next Monday, our KS1 cross country team, as well as Y4/5/6 children take part in the Lancaster and Morecambe cross country competition in Overton. Good luck to all.

VIPs

A massive CSP well done to all our super VIPs this week.

Diamond - Charlotte C For being a wonderfully kind member of the class to her class peers. Well done Charlotte!

Ruby – Oscar BD for outstanding behaviour on our school trip and giving excellent answers in the habitats lesson.

Topaz – Beatrice L for always being a kind and considerate member of our class and always working hard to produce her best work.

Emerald - Jacob Y for excellent work on position, direction and angles in maths this week. Well done!

Sapphire – Michael For showcasing his phenomenal Mythical Greek knowledge, providing excellent facts and information in our English lessons.

Amethyst – Scarlet T for being a wonderful person to teach – you are kind, helpful and have worked so hard this year – thank you.

Before and After school

Once you have picked your child up, it becomes your responsibility to keep them safe. Please ensure you keep an eye on them whilst in school grounds – we have lots of children running off across the field to the mound where parents can't see them. Children also need supervising when on the outdoor playground as adult supervision is part of our risk assessment for this.

Also, please don't let your child scoot or cycle on the cinder track as it is causing damage. Thank you for your cooperation,

Roof

We have managed to secure funding to replace the roofs on Topaz, Emerald and Sapphire classes over summer. This is much needed as a lot of the fascias and soffits are rotten and the tiles are broken. We will update in due course but this might lead to some disruption and Emerald class gate at the end of term.

Summer production

The Key Stage Two summer production requires a few large pieces of cardboard as soon as possible. Please contact the office if you can help.

10 Top Tips for Parents and Educators

PROMOTING PHYSICAL WELLBEING

Physical activity isn't only beneficial for our bodies; it also plays a role in promoting mental wellbeing. With both the Euros and the Olympics this summer, it's an opportunity to engage young people in regular exercise which can reduce stress, improve mood and boost self-esteem. Despite these benefits, many children face barriers to participating in physical activity.

1 MAKE IT FUN



Incorporate activities that children enjoy, such as playing games or dancing. Encourage participation in team sports or group activities to foster social connections and a sense of belonging.

2 MIX MOVEMENT WITH LEARNING



Educational settings can incorporate movement breaks and physical activities to enhance focus, concentration and cognitive function. Embedding exercise into the curriculum can also reinforce learning and stimulate creativity. 'Revision walks' with podcasts and flashcards can benefit older learners.

3 CREATE OPPORTUNITIES

Provide clear chances for physical activity throughout the day, both indoors and outdoors. Schools can encourage active play during breaks and at lunchtimes, while limiting screen time at home can help keep children up and about.

4 PROVIDE POSITIVE REINFORCEMENT



Praise and encourage children for their efforts and achievements in physical activity. Recognise their progress and celebrate their successes to reinforce positive behaviours. Educators could do this in several ways, such as applauding their efforts at assemblies or celebrating their accomplishments in newsletters.

5 VARIETY IS KEY



Introduce a selection of physical activities to keep children engaged and prevent boredom. From swimming and cycling to yoga and martial arts, trying different types of exercise can help children to discover what they enjoy most.

6 ENJOYMENT OVER COMPETITION



Encourage children to focus on the enjoyment of physical activity rather than winning or achieving perfection. Emphasise effort, improvement and having fun rather than outcomes, to minimise the amount of stress that children can sometimes associate with sports and other competitions.

7 SET REALISTIC GOALS



Help children set achievable physical activity targets based on their interests, abilities and preferences. Celebrate their progress and successes to maintain motivation and enthusiasm.

8 MAKE IT ACCESSIBLE



Ensure that children have access to safe, suitable spaces for exercise at home, at school and in the community. Advocate for inclusive environments which accommodate diverse needs and abilities. Be a change maker in your community if facilities aren't already available.

9 LEAD BY EXAMPLE



Parents and carers can be positive role models by prioritising their own exercise and involving children in their fitness routines. Gentle walks, bike rides or sports activities can be wonderful opportunities for bonding and staying active together.

10 ENCOURAGE PERSISTENCE



Help children develop resilience and perseverance by encouraging them to overcome challenges and setbacks in physical activity. Teach them the importance of perseverance and the value of effort in achieving their goals.

Meet Our Expert

Adam Gillett is a learning and development specialist who, as well as working for Minds Ahead, is associate vice principal for personal development at a large secondary school in Barnsley. He was asked to be part of an expert research group for the Department for Education, one of only three school leaders to be asked to do so.



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