

Newsletter 24 - 13th May 2022

Headteacher's Note:

Hi everyone,

Firstly, I'd like to say congratulations to all our Year 6 pupils who have completed their SATS this week. We are very proud of their positive attitudes throughout. A big thanks goes to Mrs Wilkinson also, who has worked hard to not only prepare the children, but to ensure that the whole process remained relatively stress free.

By no means is Year 6's learning finished yet however as their writing will be assessed over the next few weeks. However most Y6 pupils will have a short break from the classroom next week as they participate in their residential visit to Pioneer. We wish them a most enjoyable few days of outdoor pursuits and team building exercises.

Well done also to those Year 4 pupils who took part in a Maths challenge at Old Hall School this week. They all did extremely well and acted as superb ambassadors for Albrighton! Mr Sibley, who took them, was very proud.

Kind Regards
Julie Bratt

Value of the Month Honesty & Trust

Dates for your diary



18th to 20th May

Y6 attending Pioneer Centre

Friday 20th May:

Non uniform (smellies
donation)

Tuesday 24th May:

Y5/Y6 Visit to Selly Manor

Thursday 26th May:

Jubilee Celebration

Friday 27th May:

Last day of term

Monday 6th June:

Return to school

Class Heroes:

Skyflyers:

Millie

Ryan

Starships:

Florence

Jenson

Stargazers:

Dahlia

Freddie

Explorers:

Tyler

Lexi

Aeronauts:

Aoifee

Kian

Well
Done!



Star Readers:

Reception Rangers M: Darcy; Reception
Rangers S: Jasmine; Shooting Stars:
George; Racing Rockets: Sapphire; Cosmic
Comets: Elliot; Skyflyers: Milo; Starships:
Gwen; Stargazers: Louisa; Explorers: Isla;
Aeronauts: Tobi.



Star Writers:

Reception Rangers M: Christal; Reception
Rangers S: Mia; Shooting Stars: Hugo;
Racing Rockets: Imogen; Cosmic Comets:
Poppy; Skyflyers: Millie; Starships: Jacob;
Stargazers: Sonny; Explorers: Layla;
Aeronauts: .Evie-Mai



Attendance:

9th to 13th May

Reception	75.0%
Rangers M	
Reception	89.5%
Rangers S	
Shooting Stars	86.3%
Racing Rockets	87.6%
Cosmic Comets	93.9%
Skyflyers	92.0%
Starships	86.5%
Stargazers	95.7%
Explorers	92.7%
Aeronauts	95.3%

Queen's Platinum Jubilee Celebrations



Our Queen's Platinum Jubilee Celebrations - Thursday 26th May

On Thursday 26th May, we invite you to join us at school in celebrating the Queen's Platinum Jubilee at a lunchtime picnic with your children followed by a Summer Fayre.

Our picnic will be held on the school field from 12:00pm- 1.10pm where the children's picnic lunch can either be ordered from the school kitchen or can be brought in from home. After the picnic, children will go back to their classes to be registered and parents will be invited into the classrooms of their children to see the work they have produced while learning about the Queen and her 70 years reign. The

fayre will follow until 3pm with refreshments, games and stalls on offer.

During the afternoon, we will also officially open our Queen's Platinum Jubilee Wellbeing Garden and showcase the STEM projects that children have designed and created, all linked to the Queen.

We are holding a **non-school uniform on Friday 20th May for a donation of smellies** for the toiletry tombola.

If your child requires a **school picnic lunch** on the 26th May, it will need to be **ordered online by Monday 23rd May**.

We do hope to see as many parents, siblings and grandparents join us on the day as possible, to mark this momentous occasion in a way that is fitting. Please confirm your attendance through ParentPay by **Thursday 19th May 2022**.

Help for our Jubilee Celebrations on the 26th May

We are looking for a DJ for our event - someone who will be able to play some music and help us get into the party spirit. If you feel this is something, you can do then please contact the school office.

As part of our fayre, we would like to have a raffle stall. If you feel you or a business, you know could donate a prize then we would be really grateful.

Are you a baker? If so, would you be able to donate some cakes for our refreshment stall?





**OUR READING
CHALLENGE WINNERS
ENJOYED THEIR AFTERNOON
TEA PRIZE**



**WE ENJOYED OUR CAKE WHILE
TALKING ABOUT THE BOOKS
WE LOVE TO READ**





Celebrating 70 Years of Her Majesty Queen Elizabeth II

12-3pm Thursday 26 May 2022

Picnic Lunch ~ Jubilee Wellbeing Garden Opening ~ Fayre





Where has the Queen Been in Albrighton?

Find out where the Queen has been on her visit throughout the village. Every place she has visited, she has left a clue for you to find. Either a letter or a number has been left behind - but what does it say?

When you have collected them all, figure out the message for a chance to win a prize.

Collect a form from school or print out the form below and have a go. When you have completed your form send it back into school with a £1 entry fee, for the chance to win a fantastic prize of Jubilee related goodies.

A winner will be chosen at random.

All entries need to be back at school by Wednesday 25th May.



Mental Health Awareness Week

This week is Mental Health Week with a focus on loneliness. Mental Health Awareness Week is an annual event when there is an opportunity for the whole of the UK to focus on achieving good mental health.



The Mental Health Foundation started the event 21 years ago. Each year the Foundation continues to set the theme, organise and host the week. The event has grown to become one of the biggest awareness weeks across the UK and globally.



Why loneliness?

Loneliness is affecting more and more of us in the UK and has had a huge impact on our physical and mental health during the pandemic. Our connection to other people and our community is fundamental to protecting our mental health and we need to find better ways of tackling the epidemic of loneliness. We can all play a part in this.

So, in May 2022, the focus is on raising awareness of the impact of loneliness on our mental wellbeing and the practical steps we can take to address it.

Reducing loneliness is a major step towards a mentally healthy society.

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>



Mental Health
Foundation

Help and advice on how to cope with loneliness and improve your mental health

Dealing with loneliness can be difficult. But there are things we can all do to cope with loneliness and prevent some of the negative feelings and mental health problems that can come with it. Here are some coping strategies that you might find useful.

1. Try to do some enjoyable things that will keep you busy

One way of trying to manage loneliness is by keeping busy and doing things we enjoy. This might be a hobby such as a bit of gardening, going to the gym or even sorting out your kitchen cupboards, jigsaws, puzzles or knitting.

Small activities can give you energy and positive feelings. It's important these things are fun or fulfilling.

Be careful about working too hard or watching TV shows simply as a distraction. These will only delay or suppress your feelings and could actually make your mental health worse.





2. Try to do things that stimulate your mind

Activities that occupy your mind can help with loneliness. This can include the benefits of taking courses or listening to podcasts on topics from comedy to fitness. This can be stimulating and something as simple as listening to the familiar voice of someone you like can help you feel less lonely.

3. Think about doing a physical activity

Physical exercise can help with loneliness. It can be as simple as having a walk in the park when you're feeling a bit overwhelmed. Alternatively, you could listen to music and do a bit of dancing around your living room. (Be aware of your neighbours though!)

  Facebook & Instagram: @mentalhealthfoundation

 Twitter: @mentalhealth

Together we can tackle loneliness

#IveBeenThere

4. Try to engage with the people you meet in your daily life.

It can be hard to talk to others when you're feeling lonely. However, **trying to connect with the people you meet as you go about your day can be helpful.** Even catching someone's eye and saying "hi" as you walk along can make you feel better. Or it could be about saying hello to the postwoman or postman or going to the shops and talking to the person at the checkout. By sharing a polite greeting – you might find you give someone else a positive lift too.



5. Find people that 'get you'

It can be hard to connect with others when you're feeling lonely. But there are great benefits in finding people who have been through similar experiences to you. **Interacting with others that 'get' you can give you a sense of belonging that may be missing.** People who have been there have found connections in local groups or social media.



6. Spend time with pets

If you are lucky enough to have a pet, it can be a great way of managing loneliness. Not only do animals provide us with unconditional love and support, but they also help to give structure to our days and even encourage us to get out and connect with others. Interaction with pets is also **shown** to help reduce stress levels.

7. Try to use social media in a positive way

Social media can help your mental health. But it can also affect it negatively. **The key is to use it in a positive way. Finding digital communities, you share interests and passions with can help.** Most importantly be aware of how you feel when you use social media and focus on topics and activities that work best for you.



8. Talking therapies can help

Talking through your feelings with a counsellor or therapist can help you cope with your feelings of loneliness. Talking therapy can be hard to get – but if you can find a professional, it can really be of benefit. It'll provide you with a safe space to work through your feelings and thoughts without judgement. Check out your local resources **by visiting the NHS website.**

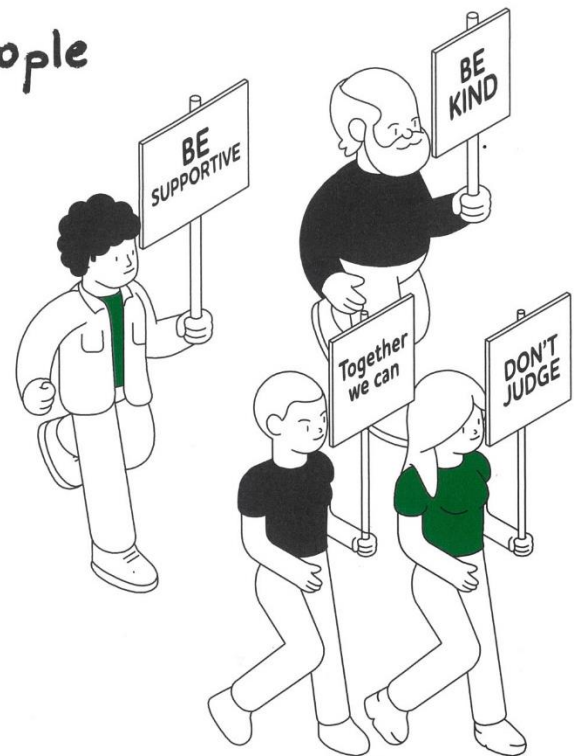
How to support other people who are feeling lonely

1. Don't judge or stigmatise

It's important not to judge or stigmatise people who feel lonely. Stigma around loneliness is a huge barrier to the kind of open and genuine conversations that can help. It's more important to be aware of just how common loneliness is. It's a normal feeling that all of us are likely to experience at some time in our lives. Telling other people that their poor mental health is the reason why they are feeling lonely is really not helpful.

2. Try to make groups welcoming to other people

It can be difficult for people who are feeling lonely to join a group like a club. This might be because people are shy or feel nervous about existing relationships in the group which they don't feel part of. It's important to be aware of this and try to make groups be as welcoming as possible to newcomers. Flexibility around things like how often people attend is also important.



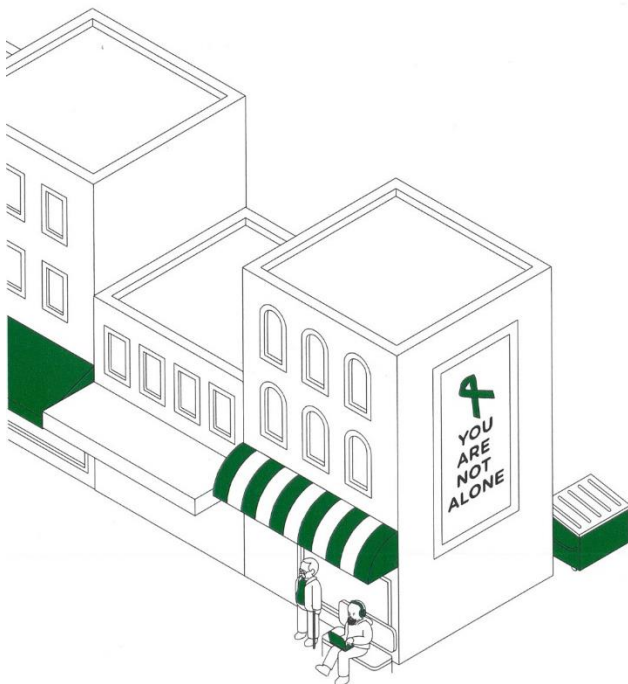
3. Try to listen and show understanding

A great way to help a friend or family member is simply to listen. People who have experienced loneliness relate how they valued friends who really considered what they might enjoy and were even willing to join them in some shared activities. Having an understanding and compassionate approach, and not ignoring the person's experience, will help them to feel heard and understood.

Methodology: These recommendations for coping methods are informed by our review of the published literature, focus groups with people sharing their insights of experience of chronic loneliness, and a survey of Mental Health Foundation OPEN community.

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The Mental Health Foundation is committed to promoting an anti-racist, inclusive community where we can all be ourselves.



Information, Requests and Reminders

Calling Year 6 Parents

Jo Moorman, school TA and parent of a year 6 pupil, would like to arrange an end of Year 6 party at the end of term. If you feel you would be able to support her with this, then please contact her by sending an email to the school office labelled for attention of Jo Moorman- Year 6 party.

Thank you

Calling Keen Gardeners - We Need You

Are you someone who loves to garden and have a spare hour a week where you could help us set up a new gardening club at Albrighton?

Our garden area has been developed by a volunteer group from the RAF and has been transformed into our Wellbeing Garden. To look after the garden and teach children how to care for plants and the environment, we would like to set up a weekly club. If you feel you could spare an hour a week in a lunchtime or after school and could support us with our gardening club, then please email the school office for the attention of Mrs Tearle.



Within our garden we will have an allotment space to grow vegetables. If you have any vegetable plants e.g., tomato plants that you would be willing to donate, please contact the school office.

Jubilee Bank Holiday

In lieu of Queen's Platinum Jubilee on 3 June, school will be breaking up one day earlier for the summer holidays. The last day of the summer term is now Wednesday 20th July.



Summer 2022 Menu - Week 1

	Marvellous Monday	Tasty Tuesday	Wicked Wednesday	Thrilling Thursday	Fruity Friday
MAINS	Chicken Fillet Or Quorn Dippers (v)	Turkey Meatballs & Alfredo sauce Or Veggie Bolognese (v)	Roast Chicken Or Quorn Fillet (v) Or Served with Gravy & a Yorkshire Pudding	Big Breakfast Pork Sausage, scrambled egg Or Veggie sausage, Scrambled egg	Pizza -Cheese & Tomato (v) Or Breaded Fish
SIDES	Flatbread or Mini Waffles Baked Beans Mini corn on the cob Salad bar	Pasta Broccoli Roasted vegetables Salad bar	Roast Potatoes Creamed Potatoes Carrots Peas Butternut squash	Hash brown tots Mushrooms Tomatoes Baked Beans	Skinny fries Sweetcorn Salad bar
DESSERTS	Raisin Flapjack Yoghurts Fruit	Milkshake & a mini-Biscuit Yoghurts Fruit	Banana & Custard Yoghurts Fruit	Blueberry muffin Yoghurts Fruit	Fruity Friday Frozen Desserts Ice cream, smoothies, Ice pops, yogurts
COLD	Plated Ham wrap, fruit, cheese, flapjack	Plated cheese sandwich, fruit, cheese, biscuit	Plated tuna wrap, cucumber, cheese, Banana	Plated Jam sandwich, fruit, cheese, muffin	Plated egg sandwich, fruit, cheese, frozen dessert

