



# Robert Le Kyng Primary School

Newsletter Date — 11th February 2022



RLK are back playing sport! Our football A team sit at the top of the league having won 3 games and losing 1. Our football B team, a squad of 15 have taken part in a competition recently. They also represent us in the Cup competition and are through to the next round.

Year 3 and 4 children have also taken part in 2 football festivals and a competition, playing well and only losing in the final. Our Year 5 and 6 girls have also played in a football festival.

Well done to everyone who has represented us at football with good football and first class sportsmanship.

We have also sent some Year 2 children to a cricket skills day. We have 2 indoor cricket tournaments to look forward to for children across KS2. Our netball A team have played a match, losing narrowly and our netball B team have played in a development festival. We still have a lot more netball to play.

We soon have a Year 6 dance group performing at the Wyvern Theatre; good luck to the boys and girls performing.

Finally, we sent 2 hockey teams to the Swindon Hockey Tournament. In the semi-final our A team beat our B team on penalties. The A team then went on to comfortably win the final against Bridlewood School. Well done! The team now progress to the County Finals.

## Do you recognize these items?

If your child has lost any of the items shown below, please pop along to the office to collect them.



## Covid update

After talking at length with Public Health, we have been made aware that **headaches and tummy upsets are early common symptoms in children** with the Omicron variant of Covid 19. Please monitor your child for any symptoms and do not send them in if they are unwell.

We would be grateful if as many children as possible could continue to complete a lateral flow test at the start of each week if they are able to and if symptomatic please follow up with a PCR. If a member of the household receives a positive result, we would ask you to test your child daily for 7 days. We understand this is not possible for all children but the more children that do, the greater chance we have of minimising infection within the school.

Thank you

Here at RLK children are offered swimming lessons in Year 3. Because we take part in this programme we have a voucher code to offer all pupils for intensive swimming short courses over half term at the Link Centre or Dorcan Recreation Complex.

Voucher Code **HAPPYHOLIDAY** – this gives 25% discount and is valid until 27<sup>th</sup> Feb

Link to booking online

<https://www.betterlessons.org.uk/onlinejoining/home>

### **Link Centre**

Tuesday 22<sup>nd</sup> to Friday 25<sup>th</sup> February

Between 9.00 – 10.00am

### **Dorcan Recreation Complex**

Monday 21<sup>st</sup> to Friday 25<sup>th</sup> February

Between 8.30 – 9.30am



We often have fruit, vegetables and milk left over at the end of each week from the supplies we receive from the Schools Fruit & Veg Scheme and Cool Milk. It will be on a trolley outside the main entrance every Friday and is available to everyone.

**Please help yourself.**



## Parent Support Advisor

### Tips for a Better Bedtime!

In general, primary school aged children need between 10-12 hours of sleep every night. Sleep plays an important role in brain development and gives our brains the day to day ability to function. Lack of sleep makes it harder to concentrate and we can become forgetful and irritable. The right amount of good quality sleep is as important for a child's development as healthy eating and regular exercise!

A good bedtime routine is important for happy, healthy children and happy parents 😊



Stick to a regular time. A consistent time will train your child's brain to recognise that it is tired. If you would like them to stay up slightly later at the weekend, try not to vary it by more than one hour.

Make sure all games consoles, tablets, phones and TV's etc. are switched off at least 1 hour before bedtime. This gives their brain a chance to wind down for sleep. Try calm activities instead like drawing, reading or puzzles.



Start your bedtime routine at least 30 minutes before bedtime. If you can, start with a warm bath, followed by a warm milky drink, which promotes sleep. Nothing containing caffeine and no sugary drinks at least an hour before bed! You might like to read to them while they have their drink, or let them look at a book themselves if they are old enough. Teeth cleaned and then into bed.

Read a book for an agreed number of pages, or take turns and let them read to you. This should be relaxing and not a book they find challenging. Older children may be happy to read to themselves for an agreed amount of time, or prefer to chat about their day.



If they are messing about, don't give it any more attention than necessary. Calmly walk them back to bed, trying to avoid making eye contact or talking to them too much. If this happens regularly have a phrase that you consistently use, such as 'it's bedtime now, good night' when you return them to bed. The same can be used for those children that still get up during the night. Think about your child's bedroom, if it is too dark a night light may reduce anxiety. Soothing gentle music can also help settle a child to sleep.

Reward charts can work well for those children who find bedtime tricky. Have an agreed reward (it shouldn't have to cost you any money, something like watching a film together or going to the park) and let them draw on a smiley face in the morning if bedtime the night before was a success. At the end of the week only have the reward if they've earned it!



[This Photo](#)

For more information see <https://thesleepcharity.org.uk/information-support/children>



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## CHILDREN'S HEALTH

### WINTER YOUNG PERSON'S AND CHILDREN'S CLINIC

- ACHING MUSCLES
- CONTINUOUS COUGH
- HIGH TEMPERATURE
- LOSS OF TASTE OR SMELL
- NEW FATIGUE
- SHORTNESS OF BREATH
- NASAL CONGESTION
- PERSISTENT HEADACHE

**DEDICATED ACUTE ILLNESS CLINIC FOR 2-17 YEAR OLDS**

 **MONDAY - FRIDAY 08:00 - 16:00**

 **01793 709505**

 **TAWHILL MEDICAL CENTRE, SN25 1UH**

We are excited to announce a new service for children living in Swindon lead by an experienced team of GPs and Advanced Clinical Practitioners

We are aware that children are more likely to be unwell during the winter months, therefore have created this service to allow easier access for medical care when needed and ease the demand on local surgeries

#### OTHER SERVICES AVAILABLE FOR MEDICAL ADVICE

##### NHS WEBSITES

[www.nhs.uk/conditions](http://www.nhs.uk/conditions)

...

[www.whenshouldiworry.com](http://www.whenshouldiworry.com)

...

<https://bswccg.nhs.uk/your-health/hospital-care/childrens-health>

##### PHARMACIES

The local pharmacies are a quick and easy way to discuss your symptoms and get treatment plans

##### 111

A 24/7 triage service designed to help assess your current symptoms

<https://111.nhs.uk>

**Team Swindon**





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## Experience an electrifying February Half Term at Swindon's STEAM Museum

STEAM is sparking minds and imaginations this February Half Term with a week-long series of family activities..

**From 19th February: High Voltage - Electrification of the Western Network.** Included with admission.

Electrifying the western railway network has been a mammoth project. STEAM's new special exhibition illuminates the story behind the scheme and explores the obstacles confronted by the engineers.

**Tuesday 22<sup>nd</sup> February: FREE Creative Family Activity Day.**

Get creative with Art on Tour! Take part in linocut making, storytelling and postcard designing!

**Tuesday 22<sup>nd</sup> February: Create a Comic Workshop.** £2 per child.

8 - 13 year olds can take part in a draw-along, create comic-book heroes and villains with illustrator and cartoonist, Jack Brougham.

**Thursday 24<sup>th</sup> February: Buzz Wire Workshop.** £7 per child.

Learn more about electrical circuits with education specialists, STEMWorks. Children can design and build their own personal buzz wire game to take home with them.

**Friday 25<sup>th</sup> February: 'Psst, pass it on!' Morse Code and Semaphore Workshop.** £2 per person, in addition to museum admission.

Children can become code breakers, send their own private messages and uncover clues to find hidden secrets.