



We have had new email addresses this week rolled out across RLK and have a new email address for all correspondence which is

**[officerlk@robertlekyng.bluekitetrust.org](mailto:officerlk@robertlekyng.bluekitetrust.org)**

## Do you really need to drive your car right up to the school gates?

The amount of traffic using Westcott Street is increasing daily. Cars are mounting pavements in a bid to get as close as possible to the school and some drivers are performing 3 point turns in the road with little or no regard to pupils and parents crossing. We also routinely have cars parked on double yellow lines or blocking dropped curbs. Please be considerate to all and DO NOT drive down Westcott Street unless you have a disability which means you cannot walk for the last 5 minutes of your journey. The safety of our children, parents & staff is paramount.

Your cooperation would be greatly appreciated. Thank you



This year the Swindon Food Collective are focusing on ensuring people have enough food related products, toiletries & cleaning products to keep families safe and well within their homes. Items most in need are

Cleaning cloths/Anti Bac wipes	Household Cleaners	Laundry pods / power / liquid/conditioner
Wash & Go 2in1 Shampoo / Conditioner	Deodorant (male & female)	Toothpaste & Toothbrushes
Surface Cleaners	Toilet Rolls	<b>Tinned</b> Tomatoes / Tinned Vegetables
Biscuits / Cereals	Tinned Fruit	Pasta Sauces
Tinned Meats / Tinned fish	Tinned Potatoes	Small Jars of Coffee / 1L of Squash
Tinned Puddings	Tinned Soup	Small Bags of Sugar

Please bring any donations to school by **17th October 2023**.

Thank you



# Parent Support Advisor

Earlier this year we held a very successful Family Links course here, to help parents tackle those tricky situations and challenging behaviour that comes along from time to time and to just generally have a happier home. The next course run by the trust will be held at Brookfield school. If you're unsure whether you would benefit from attending, please pop in for a chat and I can talk you through the kinds of topics it will cover. I can also reserve you a space if you would like. I thoroughly recommend it!

On Monday 16<sup>th</sup> October, Swindon Borough Council will be holding another cost of living roadshow at the Central library from 10.30-4pm. Speak to the experts to receive advice and guidance on reducing your debt and maximising your income, as well as tips to make healthy meals on a budget.

Warm and Safe Wiltshire and the Centre for Sustainable Energy will be on hand to help people with ways to save energy as well as providing tips for getting their homes ready for the winter ahead.

Citizens Advice Swindon will have its Advice and Financial First Aiders available to advise people on ways they could reduce their outgoings or increase their income.

Find more support on the Swindon Borough Council website [www.swindon.gov.uk](http://www.swindon.gov.uk)

**FAMILY LINKS**  
The Centre for Emotional Health

Family Links-  
The Nurturing  
Programme

Join us for a 10 week course which supports you to get the best out of family life. We cover a range of topics such as recognising, understanding and managing big feelings, implementing boundaries and routines and creating a more harmonious home!

With  
**The Lighthouse Team**

AT BROOK FIELD  
PRIMARY SCHOOL  
(SN5 5SB)-OPEN  
TO ALL BLUE KITE  
TRUST PARENTS

Thursdays 1pm-3pm  
Starting Nov 2nd  
(excluding school holidays)

Spaces are limited. To reserve a place or for more information please contact us on:  
vdavidebluekitetrust.org  
OR gwoollenbluekitetrust.org

**SWINDON'S**

**COST OF LIVING ROADSHOW**

**FREE TO ATTEND**

As always, I am here to offer support & advice to all parents of children here at RLK. Parents/carers do not need to be referred but instead can contact me directly via the school office, or by emailing [psa@robertlekyng.swindon.sch.uk](mailto:psa@robertlekyng.swindon.sch.uk)

Drop in sessions happen every Tuesday. Please email me or ring the office if you would like to book a slot to discuss any issues, big or small, regarding parenting.



## RLK Safeguarding Newsletter

This week was World Mental Health day and across the school we talked about the importance of looking after your mental health. This is true for everyone, adults as well as children, and to mark the day the Samaritans have put together some tips for looking after your mental health and wellbeing. If you would like more information or resources to support yourself or your child, the Samaritans website [www.samaritans.org](http://www.samaritans.org) has more advice. For young people or advice on how to support a young person [www.youngminds.org.uk](http://www.youngminds.org.uk) has some excellent resources.

#WorldMentalHealthDay

## Tips for looking after your mental health and wellbeing



Here are some tips and resources to help you look after your mental health and wellbeing.

- **Keep to a routine.**  
Planning your day can help you feel grounded if you're feeling uncertain about the future. Try to prioritise eating well, getting plenty of sleep and exercising – taking a short walk outside at lunchtime can be a great place to start.
- **Spend time outdoors.**  
Whatever way you can, taking some time to enjoy the outdoors can have a positive effect on your mood. **Our nature and mental health webpage has lots of tips for different ways to enjoy nature both inside and outside.**
- **Talk about how you're feeling.**  
Talking can help put things into perspective and help us feel less isolated. It can be hard to reach out but talking to a trusted friend, colleague or family member could really help.
- **Make time for yourself.**  
It could be something creative, playing sports or taking a copy of the paper to a park for half an hour in the sun. Even stepping away and taking a five-minute break over a cup of tea can help you relax and recharge.
- **Take a break from the news and social media.**  
If you find it hard to stay offline, prioritising other activities can help you switch off. Try turning off your notifications or leaving your phone in another room for a few hours. If your job involves lots of screen time, taking a break away from your devices after work might help you relax.
- **Try a relaxation exercise.**  
Sometimes something simple like **controlled breathing** can help us feel calmer. **Muscle relaxation exercises** can also help reduce feelings of stress or anxiety. If you can, find a quiet space and try out these exercises. They're easy to remember and can be used while you are out and about.
- **Pay attention to how you are feeling.**  
Our **self-help web app** can help you track your mood and includes practical tips and techniques to help you look after your emotional health.



**SAMARITANS**  
A registered charity

Whatever you're facing, we're here to listen.

Call free day or night on  
**116 123**  
Email  
[jo@samaritans.org](mailto:jo@samaritans.org)



Can you find all the hidden spooky clues  
and claim your prize?

## Wiltshire Treehouse Halloween Hunt

Wednesday 25th October 2023  
2pm – 4pm

£3.50  
per child

Old Town Gardens, Quarry Rd,  
Swindon, SN1 4EN

To avoid disappointment, book your ticket in advance at  
<https://wthhalloween2023.eventbrite.co.uk>



Grief support for children and young people  
in Swindon and Wiltshire  
Registered Charity No: 1159719

01793 987105 | [admin@wiltshiretreehouse.org.uk](mailto:admin@wiltshiretreehouse.org.uk)  
[www.wiltshiretreehouse.org.uk](http://www.wiltshiretreehouse.org.uk)

Come and join Wiltshire Treehouse (if you dare!) for a fun packed Halloween Hunt in Town Gardens, Old Town Swindon on Wednesday 25th October, 2 – 4pm!

Meet us at the band stand to collect your trail map, search out the spooky clues hidden in the park and claim your prize. All funds raised go to support bereaved children, young people and their families in the Swindon and Wiltshire areas.

***Fancy dress optional but of course very much encouraged!***

We recommend pre-booking your tickets via Eventbrite to avoid disappointment: <https://wthhalloween2023.eventbrite.co.uk>

£3.50 per child - supervising adults included in the cost. Visit <https://www.wiltshiretreehouse.org.uk/fundraising/halloween-hunt-2023> for further details.

Before the summer holidays, our STEM club took part in a sustainable transport challenge which involved them working in groups to research sustainable technology and modes of transportation. This then led to them visiting and presenting their projects to other schools at the University of Bath. The children and Mrs Abson then submitted all of their hard work as an application for green Blue Peter badges which celebrates children's work around environmental issues. After a few months of waiting, we are pleased to say that the children have now received their badges! Well done team.



**JOIN US FOR  
FRIENDS'  
FAMILY  
FIREWORKS FUN**

**FRIDAY  
3 NOVEMBER, 2023  
AT 6 PM**

Wichelstowe Trinity Learning Campus,  
Peglars Way, Swindon, SN1 7DA

Tickets £7 (purchase online)  
Free for pre-school children

- LOW NOISE FIREWORKS
- FOOD STALLS
- OUTSIDE BAR
- SPARKLERS AND S'MORES

Entry by ticket only - no tickets will be sold on the night

Friends of Wichelstowe Trinity Learning Campus

W: [fowtlc.org.uk](http://fowtlc.org.uk) | E: [fowtlc@dbat.org.uk](mailto:fowtlc@dbat.org.uk)



**SWINDON CHEERLEADING**



**CLASSES FOR KIDS**  
CHEERLEADING CLASSES FROM RECREATIONAL SESSIONS TO COMPETITIVE TEAMS FOR ALL ABILITY LEVELS.

**INCLUSIVE CLASSES**  
WE HAVE CLASSES FOR EVERYONE! WE PRIDE OURSELVES ON CREATING AN ENVIRONMENT WHERE EVERY ATHLETE IS VALUED AND IS ABLE TO PARTICIPATE TO THE BEST OF THEIR ABILITY. CREATING GREAT PROGRESSION ROUTES DEPENDING ON WHAT YOUR ATHLETE WANTS TO ACHIEVE! OUR CHEER FOR FUN CLASSES ARE A GREAT PLACE TO START AND ATHLETES CAN THEN PROGRESS ONTO OUR COMPETITION TEAMS.

**CONTACT US TODAY!**  
[www.swindonlightningcheerleading.com](http://www.swindonlightningcheerleading.com)  
@swindon\_lightning\_cheer



SCAN TO REGISTER!

Kingfisher/Deanery are having a family friendly firework display on Friday 3rd November.

Tickets can be purchased through their website [www.FOWTLC.org.uk](http://www.FOWTLC.org.uk)



We are proud to be supporting the Royal British Legion's Poppy Appeal this year and will be selling poppy merchandise in the main office.

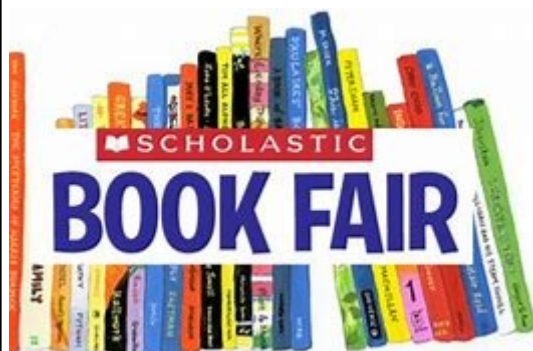




## Supporters

**Reading for Pleasure** - At RLK we are always trying to find ways of promoting reading for pleasure. The children have timetabled visits to the library during the school week and they can also visit the library during lunchtime to borrow books or spend some quiet time reading. Last year we also opened the library after school so that parents could come in and share books with your children. **We are delighted to announce that from Monday 16<sup>th</sup> October the library will be open every Monday after school until 4p.m.** Mrs Ward, our Parent Support Advisor will be available in the library during that time.

Looking for something different to read with your children? Why not visit your local public library? It costs nothing to join and you and your family can join in person at the library or online. Why not visit [Swindon.gov.uk/libraries](http://Swindon.gov.uk/libraries) for more information. Your nearest library is Central library near the Town Hall at Regent Circus.



### Book Fair

The book fair will be returning to school in November. **It will be held in the hall after school on Tuesday 7<sup>th</sup>, Friday 10<sup>th</sup> and Monday 13<sup>th</sup> November.** As always, the children will be given the opportunity to look at the books beforehand during the school day. More information about the books available will be sent out after half term.

**The Supporters Christmas Fair will be held on Saturday 9<sup>th</sup> December from 2pm to 4pm.**

Please let us know if you or a company you work for is able to donate a prize for the prize draw. Look out for more information after the half term break about donations for the different stalls.



### **Date of next Supporters Meeting**

The Supporters AGM will be held on **Thursday 19<sup>th</sup> October at 3.30 pm** in the school library. We are always keen to have new people come along to see what we do.

Thank you

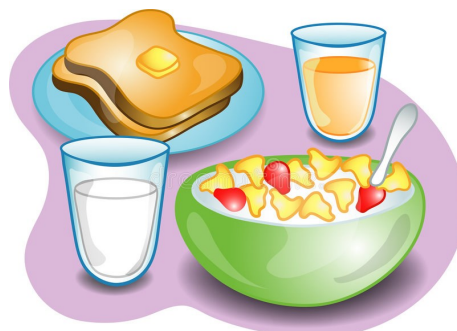
The Robert le Kyng School Supporters



Our breakfast club is open from 8am every school day. To book a space please contact the school office.

A number of different activities are available each day and of course breakfast.

Booking and paying in advance for the next term attracts a 20% discount on the price.



Did you know that we have a Facebook page?



Just search for 'Robert le Kyng Primary School' on Facebook, look for the RLK school logo and select 'Like' to follow our page.

We use this page for general updates, photos and sharing of useful education based Facebook links.



Please note that the main platform for school communication is Parentmail, telephone calls and the school office email address. (The Facebook page does not allow messages between parents and school and any personal posts added will be removed)



## **TD DAYS**

The remaining TD days for this school year have been finalized. They are :

Monday 30th October 2023

Wednesday 3rd January 2024

Monday 19th February 2024

Thursday 28th March 2024

Friday 28th June 2024