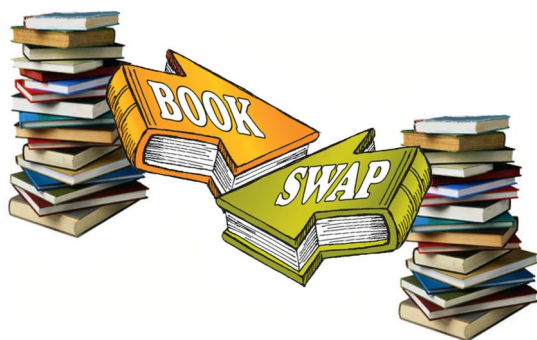




We have had new email addresses rolled out across RLK and have a new email address for all correspondence which is

officerlk@robertlekyng.bluekitetrust.org

Book Swap



You may remember that last January we held a very successful Book Swap in school, where children had the opportunity to choose and bring home a book to keep that had been donated. We are planning to repeat the event and hold our next Book Swap sometime in January. If you are thinking of having a clear out of your child's books during the holiday, we would be grateful if you would keep them to send in early next term ready for the Book Swap.

More details will follow in January.

Please be reminded that parking at RLK is for staff only and we do not allow parents to drive on site unless of course you hold a Blue Badge. We have been asked by the staff from Central @RLK to convey that parents are not to park or drive into their car park area when they collect or drop off (even if this is from an RLK after school club). This is a safety concern as there are children moving between both RLK and Central at different times of the day.

TD DAYS

The remaining TD days for this school year are :

Wednesday 3rd January 2024

Monday 19th February 2024

Thursday 28th March 2024

Friday 28th June 2024





Parent Support Advisor

Positive Discipline – What is it and what does it look like?

There comes a time when every parent struggles with how best to discipline their child. Whether dealing with a screaming toddler or an angry teen, it can sometimes be hard to control your temper. No parent wants to find themselves in such a situation and the bottom line is that shouting and physical violence never help.

Thankfully, there are other, more effective ways and one of them is positive discipline. Positive discipline puts the emphasis on developing a healthy relationship with your child and setting expectations around behaviour. It is encouraging, making allowances for the fact that children need time to learn what behaviour is ok and what is not, and that they will make mistakes. It pays attention to what they are doing well, rather than noticing only what they do wrong. It keeps adults in charge, while respecting children's rights and feelings and helping them to think and act for themselves. Its aim is to help children learn self-discipline, take responsibility for their own actions and to treat both themselves and others with care and respect.

Telling a child exactly what you would like them to do is much easier for them to understand than telling them what you do not want, which can often lead to misunderstandings. Clear, calm consequences that are consistent help children to feel secure and parents to feel in control. As part of the Blue Kite Trust, we are able to access both Family Links and Happy homes courses, which can explain what this looks like in practice and provide you with strategies to use. These courses have been very popular so please get in touch if you would like a space on the next course. Alternatively, if you would like to chat in greater detail about anything you have read here, or are unable to commit to a full course, please feel free to contact me.

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

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.

In addition to Tuesday morning drop in sessions, I also open the school library on Mondays until 4pm where I am also available to discuss any issues.

Tara Ward – Parent Support Advisor



Supporters

Christmas Fair—Saturday 9th December 2-4pm

A big thank you for all the donations received for the Christmas Fair. Don't forget that we can still receive any donations during the week before the fair. Thank you also to those who have already returned money and ticket stubs for the prize draw. More books of tickets are available from the class teachers and the school office. The deadline for returning all ticket stubs and money is the end of the school day on Friday 8th December. If you have offered help at the Christmas Fair, the Supporters will be in touch with you soon.



Thank you

Reading for Pleasure



We are delighted to share with you that Hugo & William are now proud owners of the Blue Peter Book badge. To earn a badge children need to share their love of books. If you are interested in applying for a badge, the forms can be found online at <https://www.bbc.co.uk/cbbc/findoutmore/blue-peter-apply-for-a-book-badge> and there are copies of the form in the school library. Please see Mrs Beale if you are not sure of what you need to do.

For this week's reading tip I've gone back to the Books for Topics website. They have just released some recommendations for what books to buy children this Christmas as gifts. As well as lots of great ideas, I'm delighted to see that they have included ideas for bedtime reading! Reading at bedtime is a great way to end the day for children of any age (and adults too!) Research has shown that not only does it settle children ready to go to sleep, but it can be an enjoyable activity that forms part of a bedtime routine for children. A copy of the recommendations can be found on your child's class room window or by following the link

<https://www.booksfortopics.com/wp-content/uploads/Allgiftguides.pdf>

Mrs Beale

RLK Safeguarding

This week Mrs Ward listened to a presentation from U turn, a Swindon organisation that supports 12-18 year olds and/or their families with drug and alcohol related issues. Their Instagram also regularly updates with photos of how drugs are currently packaged (surprisingly realistic sweet wrappers in many cases!). They are a great source of confidential, non-judgemental advice for young people and their families.

Who do we work with:

We work in partnership with a range of different agencies offering support, help and guidance for young people and their families in Swindon who have alcohol or drug related problems. We work with YP aged 12-18 years old. Or, up to 21 if you are a care leaver. You must be a Swindon resident.

Complaints procedure:

We want to provide a high quality service. If you feel that you did not receive the right service and would like to tell someone about it we really want to hear from you.

We also like to hear from you if you think things have worked out well for you or have a compliment. Please send any complaints/compliments to uturn@swindon.gov.uk

How to self-refer:

The easiest way is to use the QR Code below to self-refer to UTURN:



Contact Us...

Our Address:
UTURN, Clarence House, Euclid Street, Swindon SN1 2SG

E-mail: uturn@swindon.gov.uk

Tel: 07766368328

FOLLOW US

Follow **UTURN** on Instagram:
UTURNSWINDON

Follow us on Instagram for Harm Reduction, advice and guidance. We will also share any local drug alerts on here.



A service information leaflet for young people in Swindon to access **support around drug and alcohol issues**.



Alcohol & Drugs

- Is your alcohol use and/or drug use causing you problems at home, at school?
- Are your friends or family worrying you?
- Would you like to look at ways of reducing the amount of alcohol or drugs you use?
- Would you like some advice on how to keep safe and understand what harm reduction advice is?

Who we are:

- We are a team of specialist workers from a range of different backgrounds.
- We have experience of working with young people and their families. We can meet you in all sorts of different places, wherever you feel comfortable.
- We believe that young people have the right to honest, rational and balanced information. There is no judgement and the sessions are confidential (unless there are safeguarding concerns).
- Our job is not to tell you not to do something; we just want you to make informed and safe decisions. We all follow safeguarding procedures.



What can we do for you

We offer:

- 1:1 sessions and group work.
- A confidential space to talk about your substance use.
- Harm reduction advice and guidance, which can include reagent drug tests.
- Information and guidance for your family and friends, how can they best support you?
- Treatment – to support you to make positive changes to your substance use.
- To help you learn healthy coping strategies to deal with your emotions or difficult thoughts.
- Signpost to other services that you might benefit from.
- We will offer face to face appointments but if you would rather talk about the phone we can do this too.

How we think

- We are aware that some young people are more vulnerable to developing alcohol and drug related problems than others.
- We are aware that some young people do not want to make changes to their substance use but would benefit from understanding how to keep themselves safe.
- We want young people in Swindon to be able to access the support at the right time, therefore we will try and offer you an initial appointment within 5 working days.

What happens next?

- After we have received your referral, we will make contact with you and arrange to meet up.
- In your first meeting, we will tell you about our service and talk about your concerns.
- If you think we can help you, we will arrange to meet with you again.
- We will complete an assessment with you and make a change planner. It is your choice how often we meet with you. Some YP like to meet weekly, but it is up to you.

Consent and Confidentiality

We need your consent to work with you.

We will ask for information about you. This is kept confidential, except if we have reason to believe that you are at risk of serious harm. We have a duty to follow safeguarding procedures. We will discuss this with you if there are concerns.

We will explain our confidentiality policy to you at your first meeting.



At RLK we encourage you to send in a healthy packed lunch, based on foods that your child likes, or would be willing to try. An easy way to plan a packed lunch is:-

Choose a main food

Choose a starchy based food in each packed lunch e.g. sandwich, wraps, bagels, pitta, rice, pasta, potatoes or couscous.

Choose a protein e.g. cheese, tuna, ham, chicken, hummus and/ or salad.

Add some fruit or salad

Choose a piece of fruit or salad in each packed lunch, carrot or pepper sticks are a great option.

Add a little something else

Choose an item that is low in sugar e.g. Rice cakes, popcorn, plain or low-sugar yoghurt and/or a packet of crisps

We ask that you do not send in sweets or chocolates and please limit the amount of sugary food packed, such as biscuits.

For some great recipe ideas and tips on how to make a packed lunch healthier have a look at <https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/#swaps>, great advice for adults and children alike!



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)

National Elf Day

Saturday 2nd December 2023

FREE
interactive
elf workshop

the
brunel
swindon



Elf
Day

Glamorose cupcakes, santa's grotto,
interactive elf workshop,
face painting, carol singing,
product workshop & much more!



Live in Swindon and
**LOOKING FOR EXCITING
ACTIVITIES TO KEEP
CHILDREN ENTERTAINED**
during the Christmas Break?



**Arts & Crafts | Fun Games | Multi sports
|Graffiti Workshop| Music & Dance | Cooking
And a Lot More...**



Free Spaces Available!

**21st, 22nd, 28th, 29th
December**

Moose Hall SN1 3LS



**Register your interest
here**



activitycamps@pilot-uk.com



07497 104944



Department
for Education



SWINDON
BOROUGH COUNCIL



UK
FUTURES