

The email address for all correspondence is
officerlk@robertlekyng.bluekitetrust.org

The immunisation team will be visiting on: **Tuesday 12th November 2024**

This vaccination is recommended to help protect your child against flu. Flu can be an unpleasant illness and can cause serious complications. Vaccinating your child will also help protect more vulnerable family and friends by preventing the spread of flu.

Most children are offered a nasal spray vaccine which is a quick, simple and painless spray up the nose.

Please complete the consent form (yes or no) using the link below. Please note, this link will close on 10th November.

www.bswschoolagedimms.co.uk/Forms/Flu

Please use the school code: **WT149130**



NHS

flu: 5 reasons to vaccinate your child

- 1. Protect your child**
The vaccine will help protect your child against flu and serious complications such as bronchitis and pneumonia
- 2. Protect you, your family and friends**
Vaccinating your child will help protect more vulnerable friends and family
- 3. No injection needed**
The nasal spray is painless and easy to have
- 4. It's better than having flu**
The nasal spray helps protect against flu, has been given to millions of children worldwide and has an excellent safety record
- 5. Avoid costs**
If your child gets flu, you may have to take time off work or arrange alternative childcare

Most children have the nasal spray vaccine which is the preferred vaccine. A vaccine injection is also available which does not contain gelatine from pigs (porcine gelatine).

For more information visit www.nhs.uk/child-flu



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.





Uniform swap shop!

Our next event is on **Tuesday 22nd October** in the hall. The uniform will be out from 3.15pm, but I will leave it in the hall all evening so if you are coming in for parent's evening please feel free to have a look and take anything you need. Unusually, we have a fairly good supply of larger sizes at the moment (age 11+) so grab them while they're available!



BONFIRE LUNCH

- WHIZZ BANG SAUSAGES & MASHED POTATO
- PORK SAUSAGES SERVED WITH MASHED POTATO, PEAS, AND GRAVY
- CAMPFIRE VEGGIE CHILLI
SELECTION OF VEGETABLES, QUORN MINCE, AND WARMING SPICES, SERVED WITH RICE
- HOT AND FIERY JACKET POTATOES
SERVED WITH FIRE CRACKLING
- BBQ BAKED-BEANS
- SPARKLY CARAMEL TOFFEE APPLE CAKE
APPLE SPONGE CAKE TOPPED WITH CRUMBLE AND SERVED WITH A CARAMEL SAUCE.

TUESDAY 5TH NOVEMBER

COOMBS

On the first day back in Term 2, **Tuesday 5th November**, Coombs Catering will be serving a bonfire lunch.

Please ensure you book a hot meal for your child on School Gateway if they would like a bonfire lunch.

Thank you



Parent Support Advisor

Free parenting courses

Parental conflict is something most adults try to shield their children from, but in some circumstances, it can be difficult to protect your child from disagreements between their adults. Children can seem unaffected at home, but often mention in school to their friends or teachers that they heard or saw something at home which they didn't like. I recently became aware of some free online parenting courses at oneplusone.org.uk/parent - 'Arguing better' is aimed at parents that would like help with managing conflict and stress and 'Getting it right for children' is for separated or separating parents. Whilst the courses could benefit you as a couple, they are designed to be worked through individually and so you are able to register even if the other adult does not wish to join. Basic details are asked to register for an account, but no financial information is needed.

As always, I am here to offer support and 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

SAFEGUARDING

Wellbeing Action Plans

What better time than World Mental Health Day for us all to take a step back and think about our own mental wellbeing? These Wellbeing Action Plans from the Charlie Waller Trust are full of practical tips on managing your mental health and creating your own wellbeing toolkit. They can be personalised and there are versions for adults, children and young people. They can be found at <https://www.charliewaller.org/resources/wellbeing-action-plan-adult> and <https://www.charliewaller.org/resources/wellbeing-action-plan-child>



The back of each plan also contains a list of other websites that can support adults and children with their mental health. If you would like a copy to fill in but are unable to print it off, please ask at the school office and we can provide a copy for you.

Mrs Burn left at the beginning of October to pursue a new career. She worked here for over 19 years and taught hundreds of children during her time here at RLK.



Good luck in your new job Mrs Burn, we will miss you!

8:55



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Can I please remind you that doors to all classrooms are open from 8.45am and close at 8.55am.

Unfortunately the number of children coming in late is increasing and they are losing valuable learning time. Often the class is disrupted too when children arrive late.



Reading for Pleasure



You may have seen in the press that yesterday was World Mental Health Day. Over the years there has been a lot of research around the benefits of reading for pleasure on both children's and adults' wellbeing. Research has shown that for younger children it is the actions of snuggling up, chatting, smiling, laughing and even singing that happen when sharing books that help develop positive emotions and promote wellbeing. For older readers, research has shown that reading for just 10 minutes a day can aid relaxation and well-being.

HARVEST DONATIONS 2024

We will be collecting donations from Monday 7th October 2024 until Tuesday 15th October 2024.



Swindon Food Collective Is In Most Need Of:

Regular sized Tins, Jars, Bottles, Cartons or Packets of the following:

- Potatoes; Meat; Fish; Tomatoes; Soup; Vegetables; Fruit; Puddings; Pasta Sauce; Cereals; Biscuits
- Small Jars of Coffee; Tea (40 bags); Small Bags of Sugar (500g); 1L Bottles of Squash;
- Washing Up Liquid; Toothpaste; Laundry Pods; 2 in 1 Shampoo & Conditioner; Male and Female Deodorants

Thank you as always for your support.

Our breakfast club is open from 7.45 am every school day. Please contact the office if you'd like to book a space for your child.

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.





SUPPORTERS NEWS

SAVE THE DATE – the Robert le Kyng Christmas Fair will be held on Saturday 14th December 2pm to 4pm.



The Supporters are already thinking ahead to the Christmas Fair on 14th December and making plans. We are beginning to look for prizes for the prize draw. Please let us know if you or a company you work for would be able to donate a prize. It could be something simple such as a voucher for a meal, hair or beauty treatment. If you are able to help us in this way or have any other ideas for a prize, please contact the RLK Supporters.

Our AGM (Annual General Meeting) will now be held after the half term break. Watch out for more details about the AGM before the end of this term. If you would like to know a little more about what we do please see Mrs Beale or email the Supporters at supporters@robertlekyng.bluekitetrust.org

Asda 'Cashpot' fundraising scheme



A big thank you to all those who have signed up to the Asda 'Cashpot' scheme. After only a few weeks we have already raised **£174**. If you shop online or instore at Asda and have not signed up to the scheme yet, details of how to take part can be found on the poster in the classroom windows.



Messy church is a family worship initiative run by the Old Town Partnership of Churches in Swindon (Christ Church CofE, Bath Road Methodist Church, and Immanuel United Reformed Church, see <https://www.sotpc.org.uk>).

Messy Church takes place on the 1st Sunday of each month at Bath Road Methodist Church 3.00pm-4.30pm. Activities are aimed at families with children aged 0-10 who attend together, with worship and tea & cake. (No unaccompanied children please)



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



2024 -2025 TD DAYS

2nd September

3rd September

4th November

14th February

24th February—School closed
Blue Kite Trust
Collaboration Day

27th June