



The email address for all correspondence is  
**[officerlk@robertlekyng.bluekitetrust.org](mailto:officerlk@robertlekyng.bluekitetrust.org)**



This year's sports days will be taking place on the following days. Morning sessions are from 10.30 - 12.00 and afternoon sessions are from 1.30 - 3pm

Please ensure your child has their PE kit, sun cream applied before coming to school, has a sunhat and brings a bottle of water with them.

<b>Monday</b>	<b>14<sup>th</sup> July (AM)</b>	<b>Yrs 5/6</b>
<b>Monday</b>	<b>14<sup>th</sup> July (PM)</b>	<b>Yrs 1/2</b>
<b>Tuesday</b>	<b>15<sup>th</sup> July (AM)</b>	<b>Yrs 3/4</b>
<b>Tuesday</b>	<b>15<sup>th</sup> July (PM)</b>	<b>Reception</b>

In the event of adverse weather, our reserve sports days will be Thursday 17th & Friday 18th July.

## SAVE THE DATE



After the success of our fundraising disco last year, we have decided to organise another disco. The money raised will be in aid of the Prospect Hospice in Wroughton, continuing our fundraising in memory of Mrs Miles.

**RECEPTION & HUDDLE** - straight after school until 4pm  
**YRS 1-3** - 4.15—5pm  
**YRS 4-6** - 5.10pm—6pm

## Year 2 went to Cotswold Wildlife Park!



Year 2 had an amazing day at Cotswold Wildlife Park! We were incredibly lucky to see lots of different animals, including lions, capybaras and even a very sleepy sloth! The children showed exemplary behaviour both walking around the park and on the coach and we are so proud of them all for remembering how to behave when representing the school. Please could we also take this opportunity to thank our parent helpers. We couldn't have run such a successful trip without you 😊





## Parent Support Advisor

Earlier this year we ran some parent workshops with our Reception parents based around maths skills and we are considering using the funding that this brought in to the school to open a Games and Puzzle library. There will a small survey coming out today on Parentmail asking if you would use this facility and whether you have any suggestions for the types of games you might like to borrow. We would like this to be well used by our families so it is important that we stock it with games and puzzles you would like to play. It would be free to borrow an item and so would be a great way to have a new game in the house without it costing anything! Mr Adams is keen to have as many opinions as possible so please complete the survey if possible.

**Our next uniform event will be Monday June 23<sup>rd</sup> in the hall after school.** It is a great opportunity to come and grab the next size up for September, or to get you through the summer term growth spurt! If you have any uniform at home that is now too small, please send it in next week. We are particularly short of smaller sizes and it would be nice if we were able to offer a range of uniform to our new Reception classes in September.



**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](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.**

**Tara Ward - Parent Support Advisor**



## **SAFEGUARDING**

### **What is self-harm?**

The term 'self-harm' usually refers to someone intentionally causing themselves harm. Self-harm is often a physical response to emotional pain and/or intolerable experiences. It can also include self-neglect and engaging in risk-taking behaviour. Self-harm has a function for every individual who self-harms and stopping is not always straightforward even when you want to.

For many young people self-harm is used as a coping mechanism. However, it's important to remember that everyone's reasons for self-harming are individual to them. Control, release, punishment, compulsion and expression are just a selection of reasons as to why someone may injure themselves. Sometimes, self-harm can also be a reaction to overwhelming life events that may feel unmanageable e.g. traumatic experiences in childhood such as abuse.

### **I am concerned about someone self-harming - what can I do?**

In some situations there are clear signs that a young person is self-harming, at other times it can be harder to tell. If you think someone you care for is harming themselves, we encourage you to reach out to them. It's not always an easy conversation to have - but we recommend:

- Asking sensitively and directly if they have been harming themselves
- Managing your reactions and remaining calm
- Exploring the reasons behind their self-harm and listen to their explanation
- Trying to understand what's happening from their point of view and avoid taking control of the situation
- Encouraging them to seek support

### **I am someone who uses self-harm - what can I do?**

The more you understand your own self-harm, the more you can feel in control and hopefully less distressed. Understanding why you self-harm may help you talk about it with others too. There are steps you can take to ensure that you are safe and supported. Taking control of your self-harm can be really challenging - but we suggest:

- Considering what self-harm does for you and the role of it in your life
- Looking for patterns in your self-harm and keeping a diary
- Exploring possible alternative coping mechanisms and distraction techniques
- Caring for your injuries by accessing medical attention when needed and keeping a first-aid kit
- Reaching out to someone you trust and talking things through
- Getting some professional support in place by talking to your GP, a helpline or a young person's counselling service

### **Further support**

PAPYRUS [www.papyrus-uk.org](http://www.papyrus-uk.org) - See the coping strategies on the 'Help and Advice' pages

Calm Harm [www.calmharm.co.uk](http://www.calmharm.co.uk) Young Minds [www.youngminds.org.uk](http://www.youngminds.org.uk) [Self-harm | Advice for young people | Get help | YoungMinds](#)

## SUPPORTERS NEWS

### Summer Fair

The Summer Fair is nearly here!

A big thank you for all the donations sent in today for the different stalls. Any other donations can still be brought in during next week.



**A reminder that any money, tickets stubs and unsold tickets for the prize draw need to be returned to school by the end of Friday 20<sup>th</sup> June.** The Office has spare books of tickets if you would like extra. A big thank you also to those who have offered to help on the day. If you would like to help but haven't signed up yet, please reply using the 'Join us for an afternoon of fun at the RLK Supporters' Summer Fair' form on parentmail.

We are always looking for new members to join the Supporters. If you would like to find out more about what we do and how you can help on a regular basis, please see Mrs Beale or email us at

[supporters@robertlekyng.bluekitetrust.org](mailto:supporters@robertlekyng.bluekitetrust.org)

### Reading Breakfast



A reminder that the Reading Breakfast will take place on **Friday 20<sup>th</sup> June** from 9.00am to 9.30am. This is an opportunity to enjoy sharing a favourite book with your child while having a brioche and a cup of tea or coffee. Experiences like this aim to foster 'reading for pleasure', where children choose to read or share books for fun, helping develop a lifelong love of reading. We look forward to seeing you there.





Earlier this week, year 5 were invited to visit the local Sikh Gurdwara. We learnt more about the history of Sikhi and had the opportunity to ask any questions we had. At the end of our visit, children visited the Langar, where they were offered refreshments. It was an invaluable experience, and the adults were so proud of the respect that all children showed when visiting this place of worship.



### 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 Parent-mail, 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)



**2024 -2025 remaining TD DAY**  
**27th June**

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.