



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



Welcome to the first newsletter of 2026 and Happy New Year to you all.

We hope you all enjoyed your Christmas break, the children have settled nicely back into the routine of school.

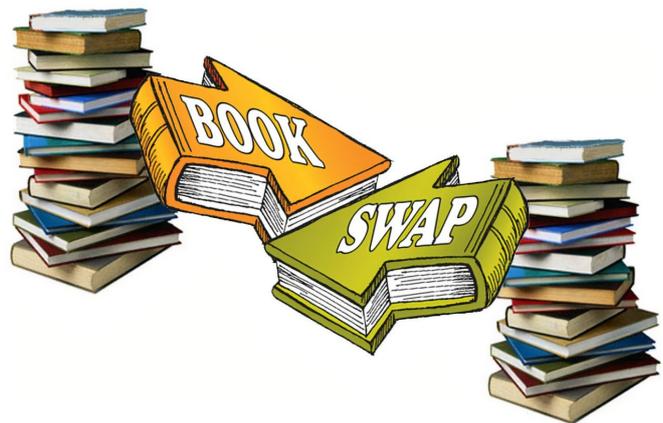
Can I please remind you to ensure your child has their PE kit at school every day and in this cold weather that all children wear a coat to school.

We have had a number of children without PE kits in school and for safety reasons Mr Barnett is unable to allow them to take part in some PE lessons. They should have a pair of black shorts, a white t shirt and trainers or daps. In the cold weather they can also wear a tracksuit.



As mentioned in the letter last week, we will be holding our Book Swap on **Friday 30th January**. We are ready to receive any children's books you are able to donate.

Please can we have all books by Wednesday 28th January as this will give us the opportunity to sort them before the swap on the Friday. Donations of books can be given to your child's class teacher or left at the School Office. If you have any children's comics or magazines that are in good condition that your child no longer wants, then these can also be donated to the Book Swap. Once again, many thanks for your support in making this event such a success.



Year 4 Ancient Egypt topic

On Wednesday, Year 4 welcomed Mr Egypt into school as part of our topic on Ancient Egypt. Mr Egypt is an Egyptologist with a wealth of knowledge and experience. We had a great time and learnt a lot through fun activities and storytelling!



Key Stage One Pantomime

Yesterday the children in Foundation Stage and Key Stage One were treated to a performance of Aladdin by the M & M Theatre Company. The children had a fantastic time and enthusiastically joined in. A big thank you to the RLK Supporters for paying the cost of this experience for our children.





School dinners

Our ladies in the kitchen serve up some very tasty meals at lunchtime for the children at RLK. Can we please ask that when booking school dinners for your child, please ensure that payment is made at the time of booking. Unfortunately, if your child's account goes into arrears the ability to book further meals for your child is withdrawn until the outstanding balance is cleared.

All children in Reception, Year 1 and Year 2 are entitled to free school meals. Your Year 3-6 child may also be entitled if you are in receipt of certain benefits. To apply please complete the '**Free School Meal Eligibility & Pupil Premium Application Form**' available from the office. Alternatively, we can send a copy for you to complete as a form on parentmail



Packed lunches

The start of a New Year for many of us brings a resolution to eat more healthily, particularly if we've over indulged during the school break so now seemed a good time to revisit the kinds of items that should be in a child's packed lunch.

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.



Also, we ask for all classroom water bottles to contain water only (we have had some instances of children bringing in juice, coca cola, squash etc). We encourage plain water to be available to children at all times.

If you would like your child to have milk with their snack, please order it using this link [Parents - Cool Milk](#)

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!



During the time that your child is at RLK, they will undoubtedly bring home many copies of this letter. This letter is issued for every instance of a reported head bump regardless of the severity when some form of contact is made above the neck. Most head bumps at school are very minor (eg—bump on cheek with a hula hoop/bump to ear with a ball) We will also send you a text notifying you that your child will be bringing home a copy of this letter. **IF** the head bump is more severe and we have any concerns at all, we will **ALWAYS** ring to report this to a parent.



Dear Parent

Child's name :

Class :

Head injury advice sheet

Your child received a minor head injury at school today. They have been checked out by a first aider and monitored by the class teacher since the accident.

Because of this we advise you to watch your child for the following signs over the next 12 hours.

- Unusual sleepiness or dizziness
- Being sick more than once
- Bleeding from head, ear or nose
- Blurred vision
- Any type of fit

If you notice any of the above signs or you are worried about your child, please contact your GP, the emergency department at the Great Western Hospital or NHS Direct on 111 for further help.

Please take this form with you as it will be helpful to the doctor/nurse.

| | | |
|--|---|--|
|  HEAD INJURY NOTE | Date: _____ Time : _____ Initials : _____ | |
| | <p>The following was recorded in the school accident book today:</p> <p>Injury to _____</p> <p><input type="checkbox"/> Cut</p> <p><input type="checkbox"/> Bumped</p> <p><input type="checkbox"/> Grazed</p> <p><input type="checkbox"/> Other _____</p> <p>Symptoms:</p> <p><input type="checkbox"/> Bleeding</p> <p><input type="checkbox"/> Swelling</p> <p><input type="checkbox"/> Redness</p> <p><input type="checkbox"/> Non visible</p> <p>Outcome:</p> <p><input type="checkbox"/> Returned to class/playground</p> <p><input type="checkbox"/> Sent home</p> | <p>Treatment was administered as follows:</p> <p><input type="checkbox"/> Bathed</p> <p><input type="checkbox"/> Dressed</p> <p><input type="checkbox"/> Cold compress</p> <p><input type="checkbox"/> No treatment required</p> <p>Additional comments:</p> |

Parent Support Advisor

School uniform

Our stock of preloved uniform that is available is growing (largely due to the vast amount of unclaimed lost property!) but the busy after school club schedule has meant that it has not been possible to lay it all out in the hall after school for several weeks. Instead, I am going to open the hall before school at **8.30am on Friday 23rd September** so that parents and carers can come along and help themselves to any uniform they may need. All clothing and shoes are free, all we ask is that you write your child's name in them so they don't end up back in lost property.

****If your child has lost something in school, please come to the office and check lost property before this date or it may get re-homed!****

New Domestic Abuse Support Service



**DOMESTIC ABUSE SUPPORT SERVICE
FOR THE SOUTH ASIAN COMMUNITY**

ਘਰੇਲੂ ਹਿੰਸਾ ਲਈ ਮਦਦ
Gharguti atyacharacho madat
گھریلو تشدد کے لیے مدد
घरेलू हिंसा के लिए मदद

If you require support, please contact us:

- 07836 428794 / 07836 428795
- services@changingsuits.org
- www.changingsuits.org

We are pleased to announce the launch of the **Changing Suits Domestic Abuse Support Service**, designed to provide culturally informed, confidential support to individuals from the **South Asian community** who may be experiencing domestic abuse.

We offer:

One-to-one emotional and practical support
Support for those facing cultural, linguistic, or community-based barriers

Confidential advice, signposting, and ongoing assistance

To **contact our service** or **submit a referral**, please use the details below:

Tel: 07836 428794 / 07836 428795

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.bluekitetrust.org

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

Leaving Children Alone at Home

What does the law say?

The law does not say an age when you can leave a child on their own, but it's an offence to leave a child alone if it places them at risk. Parents can be prosecuted if they leave a child unsupervised 'in a manner likely to cause unnecessary suffering or injury to health'. [Government website](#).



What about older siblings?

If your child has an older sibling, you might feel you can leave them home together, especially if one child is older. There's no legal age a child can babysit – but if you leave your children with someone who's under 16, you're still responsible for their wellbeing.

What do the NSPCC recommend?

- Babies and toddlers should never be left alone.
- Children under 12 shouldn't be left home alone for long
- Children under 16 shouldn't be left alone overnight and children over 16 years shouldn't be left alone frequently for long periods of time or for multiple nights.

Where can I get information?

- The [NSPCC](#) has further information about children being at home alone including ways in which you can begin to prepare your child.
- [EIS](#) has information about childcare in Warwickshire

What about babies and toddlers?

Infants and young children aged 0-3 years old should never be left alone. This applies not just to leaving them home alone but also in your car while you run into the shops or in another room on their own.

What about secondary aged children?

The NSPCC don't recommend that children under 16 are left alone at night, and older children shouldn't be alone on a frequent basis. Whether they're 12 years old or almost 18 years old, there might be reasons that they don't feel safe in the house alone. Just because your child is older doesn't necessarily mean they are ready to look after themselves or know what to do in an emergency.

What about primary aged children?

While every child is different, the NSPCC don't recommend leaving a child under 12 years old home alone, particularly for longer periods of time. If you need to leave them home, it's worth considering finding some suitable childcare.



We appreciate how exciting it is for a child when they have their birthday on a school day, however, can I please ask that you do not bring party bags or sweets/cakes in for the children in their class. We encourage healthy eating here at RLK coupled with the fact that not all parents are in a position to be able to treat all children in their child's class, therefore, we do not allow this practice.

Thank you 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.



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)

2025—2026 TD DAYS

1st September

3rd November

13th February

23rd February - School closed
Blue Kite Trust
Collaboration Day

22nd May

26th June

Every Friday afternoon all surplus fruit, veg and milk cartons will be put out in the KS2 playground for you to help yourselves.

