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Newsletter 31 – 14th May 2021

Article of the Month 24 – Health, Water, Food, Environment

You have the right to good food and water and to see a doctor if you are ill.

Class News

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| Nursery | - have been exploring different sports, and enjoyed their sports afternoon practising skills to use for football, basketball and tennis. |
| YR | - have been learning about different joints whilst building castles from recycled materials. |
| Y1 | - have enjoyed designing and making their own Boggart clay sculptures! |
| Y2 | - have enjoyed looking at different websites to produce fact files and The New Forest. |
| Y3 | - have been learning about the artist John Constable and have created their own landscape artwork. |
| Y4 | - have been learning all about Boudicca and have created some excellent portraits of her. |
| Y5 | - have enjoyed learning about the steam revolution and how it transformed Britain. |
| Y6 | - have been finding out about how the democratic system began during Ancient Greek times and have compared it to the modern day. |

Dear Parents,

Another exciting week of learning and opportunities. The children are making amazing progress in their learning across the whole curriculum. There has been an excited buzz throughout the school!

Football Kit

We are missing four school football kits, navy tops and shorts and socks. If you have one these need to come back into school. Thank you.

Swimming

The children will be starting their swimming on Monday 24th May. We would encourage children swimming first to wear their swim suits under their school uniform so they are ready to start ASAP. Rash vests can be worn for sun protection and warmth. Please ensure your child has a swim hat and goggles if that is what they normally wear.

Swimming times – these are subject to change.

KS1

Tuesday & Thursday		
09:15-10:00	R	
10:00-10:45	R	
10:45-11:45	Yr2	
12:45-1:30	Yr1	
1:30-2:15	Yr1	

KS2

Monday		Friday	
08:45-10:00	Yr5	08:45-09:30	Yr5
10:00-11:15	Yr4	09:30-10:15	Yr3
11:15-12:30	Yr6	10:15-11:30	Yr4
1:15-2:30	Yr3	11:30-12:15	Yr6

School Gates

School gates and times will be changing after half term. Further information to follow.

Internet Safety

With the recent COVID-19 lockdowns and the impact that this may have had on mental health, it is perhaps now more important than ever to find ways to support children in their mental wellbeing. The attached guide gives useful ideas and tips for ways to use nature to improve mental wellbeing both on and offline.

Afterschool Club and Breakfast Club

Don't forget we are offering Breakfast and Afterschool Club. The school has understandably noticed a drop in numbers attending. Please continue to support this vital service because if numbers are not viable we will be unable to continue to run it.

Nursery

Nursery are in need of socks and trousers, any donations would be much appreciated.

PE Kits

Tuesday - Sporty Tuesdays are to continue for all. Reception - Y6 – Full PE kit

Wednesday - Year 3 & 4 – Full PE kit and shin pads

Friday – Year R, 1, 2, 5 & 6 – Full PE kit

Year 3 & 4 – School Uniform and trainers

Dates for the Diary:

May

24th – 28th May – Swim assessments Mon/Fri KS2
Tues/Thurs KS1

31st May - 4th June – Half term

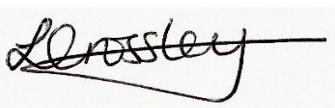
June

7th - Swimming lessons start
15th - Reception parent meetings
22nd - Climbing wall

July

5th - Whole school transition day
16th - Last day of term

Yours sincerely



Mrs L Crossley
Headteacher



12 Top Tips TO SUPPORT MENTAL WELLBEING THROUGH NATURE Online and Offline

'Nature' is a superb choice as the theme of this year's Mental Health Awareness Week, as there's clear evidence that getting access to nature is excellent for our mental health. With Covid-19 restrictions beginning to ease, it's the perfect time of year to rediscover the natural world and give ourselves a calming, uplifting treat. You don't have to drag the family on a four-hour hike, either – just 10 minutes each day in the garden, in the local park or your nearest green space could really help. Here are 12 suggestions for ways you can benefit from nature ... both online and off.

ONLINE

1 Give something back to nature

A swift internet search should bring up details of any local conservation projects you could volunteer for, or litter-picking events that you could enrol the family in. It doesn't have to be a long-term commitment: most schemes are grateful for every bit of help!

Tranquil streams

Search your preferred music player for some soothing natural sounds. A few minutes' gentle audio of rainfall, ocean waves or birdsong are all great ways of unwinding at the end of the day to get you ready for an excellent night's sleep.

3 Give geocaching a go

If you've not heard of it, geocaching is a modern twist on the traditional treasure hunt. Participants look for items hidden in outdoor locations, using a GPS-enabled device like a mobile phone or tablet. We'd recommend that an adult accompanies young adventurers!

Share what you see

While you're out exploring nature, take a photo or video of anything you find that inspires you. Not only will it be a nice memory for you to look back on, but you could also share it safely on social media and maybe motivate others to engage with the natural world!

5 Watch the stars

Looking at the night sky can be incredibly calming. There are some comprehensive stargazing websites and apps to help you locate and recognise different stars. It can take 20 minutes or so before you can see stars fully in the dark, even on clear nights, so allow your eyes time to adjust.

6 Wildlife on the web

A Google search will bring up lots of sites that stream webcam footage of nature. From seals to barn owls, rabbits to badgers, you can get an intimate, heart-warming view of all kinds of animal communities from inside the comfort of your own home.

OFFLINE

1 Ditch the phone

Now the weather's improving, go for a walk in a green space nearby. If you're already familiar with your chosen route, you could always leave your phone at home to be completely free of the usual distractions and notifications.

2 Put down some roots

Planting flowers, shrubs, herbs or vegetables can be extremely rewarding. Not only does it help us to connect with nature – it also provides an ongoing project to draw pleasure from. If your home doesn't have a garden, no problem: a window box will do the job just as well!

3 A different kind of tweet

Most gardens in the UK attract a wonderful variety of birds, and just watching them for a few minutes can be immensely therapeutic. There are some excellent apps and sites to help you name any species you don't already know or even play a game: identifying bird song, like bird song bingo!

4 Feed your feathered friends

Hang a bird feeder where you can easily see it from a window. Then enjoy the feelgood factor of satisfied avian visitors perching where you can see them. For something more advanced, you could try building a nesting box to fix onto a fence or under a windowsill.

5 Park your worries

If you're lucky enough to live within easy travelling distance of a park, you'd benefit from using it. Whether it's to play ball games, get on your bike, walk the dog or just get some fresh air into your lungs, the potential bonuses for mental health are enormous.

6 Art and soul

Younger children will enjoy drawing or painting animals or nature scenes, or writing a poem or song lyrics about nature. For extra art or crafting fun, you could collect natural materials – leaves, feathers, tree bark or seeds, for example – to use in your creations.

Meet Our Expert

Anna Bateman is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.



National
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#WakeUpWednesday