

# Longfields Latest News

## 7th February 2025

In our assembly this week we looked at **Children's Mental Health Week** and why mental health is important. We looked at what mental health means in simple terms. We considered the following strategies:

### **Open Conversations:**

Encouraging pupils to talk about their feelings and emotions.  
Explaining the importance of sharing worries with trusted adults or friends.

### **Promoting Wellbeing:**

We shared simple strategies to maintain good mental health, such as:

- Getting enough sleep
- Eating healthy foods
- Exercising regularly
- Practicing mindfulness or relaxation techniques and we all took part in some meditation introducing a short breathing exercise.

### **Self-kindness Tips including:**

- Have a good night's sleep
- Kindness Meditation
- Move your body
- Practice Gratitude
- Do something you love
- Ask for help
- Note down what you love about yourself

Research has also shown that when we're kind, when someone is kind to us or even if we just witness kindness, our bodies release feel-good hormones which lift our mood, giving us what's known as a 'Helper's High'. It's also been shown that people who are kind have much lower stress levels, age more slowly and have healthier hearts. Kindness isn't just a nice thing to do, but can help us improve our own well-being, while helping others at the same time. And Children's Mental Health Week is a perfect time to start!

### **Parents' Evening**

Parents' evenings are an essential platform for discussing your child's academic and personal development. It allows us to identify strengths and areas for improvement, and to set targets for the future. Your active participation and collaboration with teachers are crucial in supporting your child's educational journey. When parents and teachers work together, it creates a supportive environment that enhances learning and development.

To make the most of these evenings, we encourage you to:

- Review your child's recent work.
  - Prepare any questions or concerns you might have about your child's progress or wellbeing.
- Consider discussing your child's interests or any additional support you feel she or he might need.

Your involvement is vital to your child's success, and we look forward to working together to ensure the best possible outcomes for our children.

Thank you for your continued support and cooperation.

Warm regards

Ms Abbott



# SELF KINDNESS TIPS

When we think about being kind, we often think about helping others. But being kind to ourselves is just as important. When we're kind to ourselves, it helps us to feel happier, and when we're happier, we're more likely to be kind to others. So by being kind to yourself, it's actually helping everyone!

Some ways to be kind to yourself (these are just a few ideas...see if you can come up with some as well).

*Have a  
good night's  
sleep.*

*Spend some  
time doing  
something you  
enjoy.*

*Look after yourself  
by eating some healthy  
food and doing some  
exercise to stay fit and  
strong.*

*Make a list of  
five things you love  
about yourself.*

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The children from reception and nursery really enjoyed celebrating Lunar New Year last week. We talked about how people celebrated Lunar New Year and The Great Race. The children had a lot of fun creating their own Lunar New Year Lanterns and Snakes. The Nursery children tried the traditional Lunar New Year food which included prawn cracker, spring rolls and fortune cookies. The Nursery and Reception children created their own Dragon and Lion heads. The reception children also made their own Lunar New Year drums to play during the Lion and Dragon dance. All the children thoroughly enjoyed partaking in the Lion and Dragon dance in the Hall at the end of the week.

# ★ Stars of the week! ★



## Dates for your diary:

- 11.02.2025—Parents Evening
- 13.02.2025—Reception and Year 6 height and weight measuring
- 13.02.2025—Parents Evening
- 14.02.2025—Last day before February half term
- 24.02.2025—First day back after half term
- 06.03.2025—World Book Day—Mr Men & Little Miss theme
- 20.03.2025—Class group photos
- 21.03.2025—Red Nose Day
- 03.04.2025—Year 2 to Hatton Country World
- 04.04.2025—Last day of school before Easter holidays
- 21.04.2025—Easter Monday (Bank Holiday)
- 22.04.2025—First day back at school after Easter Holidays

**Please see School Life Calendar/school website for full dates**

## Poster Design Competition

Thank you for all the entries in our poster competition. We have begun the process of choosing our winners and will let you all know when we have made our final decision.



# Notice Board



**WORLD BOOK DAY**

**Thursday 6<sup>th</sup> March 2025**

**MENU**

Billionaire Boy's burger, seasoned wedges and beans  
Order deadline for this meal is before 9am Thur 27<sup>th</sup> Feb  
OR  
Cheshire Cat's Cheese & tomato Calzone (V)  
Order deadline for this meal is before 9am Thur 27<sup>th</sup> Feb  
OR  
Paddington's pawsome potato with a selection of toppings  
Order deadline for this meal is before 9am Thur 6<sup>th</sup> Mar  
OR  
Dinosaurs love deli sandwiches with a choice of fillings  
Order deadline for this meal is before 9am Thur 6<sup>th</sup> Mar

**DESSERT**  
Charlie's chocolatey Flapjack (VG)

**Fresh Start**  
Find the golden ticket to win a book voucher  
**GOLDEN TICKET**  
Log into Meal Manager and order your meal today, come and join in the fun!

Illustrations include: Superman, Zog, The BFG, Meg-Mog, The Cat in the Hat, Paddington Bear, Roald Dahl's Charlie and the Chocolate Factory, and various books like 'Poems', 'Plants', 'Ready to Read', and 'Grace'.



**Join Launton Football Club for Fun, Friends, and Football**

**Free taster sessions**  
for girls in Reception, year 1 and year 2

**Reception - Monday 17:45**  
**Year 1 and 2 - Tuesday 17:45**

<https://tinyurl.com/launtionsignup>

The poster features the Launton Football Club logo (a bull's head in a circle) and a photo of four girls in yellow football kits posing with soccer balls.

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