



Forest Glade Primary and Nursery School Family – Growth – Potential

June 2024

What a great start to our final half term, our children have been very busy! Take a look below to see some of the wonderful things we've been up to this month and for all the latest updates.

Sports Day 2024

Our EYFS Sports Day took place on our school playground, for children so young they showed great determination and enjoyment. The EYFS team are very proud of you all! Our KS1 & KS2 children were able to use Dalestorth Primary School's field for their sports day. The children displayed many of the FGP values throughout the different events, well done! A big thank you to Miss Elvin for organising Sports Day, to all the parents who came to support the children and to Dalestorth for allowing us to use their field.



Hawkeye Falconry visit to FS2

Hawkeye Falconry came to visit our FS2 children to talk about the lifecycle of owls and their habitats. They also brought along 3 real owls, including a falcon, for the children to meet and hold. The children loved being able to get up close to the owls and were able to ask lots of questions to enhance their learning. What amazing confidence shown by you all, well done FS2!



Eco Quote of the Month

"If you cannot reduce, then reuse"



Water Saving Tip of the Month

"Only fill the kettle as much as you need"



Key Information



FS2 & Year 1 Library Theatre Show

Our FS2 and Year 1 children enjoyed a visit to Sutton library to watch the live action show 'Ruby's Worry'. The children have been reading this book in class to understand the importance of sharing any worries they may have, so loved being able to see the story come to life.



Olympic Journey to Paris PTA Fundraiser

Well done to all our children who took part in the Olympic journey to Paris, you all displayed amazing perseverance and enjoyment each day. Please do not forget to bring your sponsorship money in before **Friday 5th July**. Thank you for your support towards this fundraiser.



Year 6 Nottingham Trent University Trip

Our Year 6 children visited Nottingham Trent University to raise their awareness of higher education. The children had a tour of the campus and were able to find out lots more about university. Mr Downie was very impressed with all the children who displayed our school values and represented Forest Glade Primary perfectly.



Nottingham Trent University

Flying High Trust Sports Event

Miss Elvin took a group of KS2 children to Kirkby Leisure Centre to take part in the Flying High sports event. The children competed in a variety of athletics events including, speed bounce, javelin, chest push, triple jump, long jump, sprinting, hurdles and an obstacle race. All the children displayed incredible perseverance and sportsmanship.



Zoolab visit Nursery

Nursery children had Eleanor from Zoolab visit with lots of interesting animals and mini-beasts. The children were able to hold all the animals which included a hissing cockroach, a giant African snail and corn snake. They all had a great time, Miss Flowers and Mrs Wilton were very proud of the confidence shown by all the children.



Father's Day Breakfast

We celebrated the special men in our children's lives with breakfast cobs at school drop off, we hope you all enjoyed them and had a lovely Father's Day. Thank you for your continued support.

Upcoming dates for the diary

Wednesday 3rd July – Y4 Leicester Museum Trip
Wednesday 10th July – Whole School Transition
Wednesday 10th July 3.15pm – Meet the Teacher
Friday 12th July 4-6pm – Summer Fayre
Wednesday 17th July 5.00pm – Y6 Leaver's Performance
Thursday 25th July 2.00pm – Y6 Leaver's Assembly

Inset Days for 2024/2025

Tuesday 3rd September 2024
Wednesday 4th September 2024
Monday 24th February 2025
Monday 28th July 2025
Tuesday 29th July 2025



At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators PROMOTING PHYSICAL WELLBEING

Physical activity isn't only beneficial for our bodies; it also plays a role in promoting mental wellbeing. With both the Euros and the Olympics this summer, it's an opportunity to engage young people in regular exercise which can reduce stress, improve mood and boost self-esteem. Despite these benefits, many children face barriers to participating in physical activity.

1 MAKE IT FUN



Incorporate activities that children enjoy, such as playing games or dancing. Encourage participation in team sports or group activities to foster social connections and a sense of belonging.

2 MIX MOVEMENT WITH LEARNING



Educational settings can incorporate movement breaks and physical activities to enhance focus, concentration and cognitive function. Embedding exercise into the curriculum can also reinforce learning and stimulate creativity. 'Revision walks' with podcasts and flashcards can benefit older learners.

3 CREATE OPPORTUNITIES

Provide clear chances for physical activity throughout the day, both indoors and outdoors. Schools can encourage active play during breaks and at lunchtimes, while limiting screen time at home can help keep children up and about.

4 PROVIDE POSITIVE REINFORCEMENT



Praise and encourage children for their efforts and achievements in physical activity. Recognise their progress and celebrate their successes to reinforce positive behaviours. Educators could do this in several ways, such as applauding their efforts at assemblies or celebrating their accomplishments in newsletters.

5 VARIETY IS KEY



Introduce a selection of physical activities to keep children engaged and prevent boredom. From swimming and cycling to yoga and martial arts, trying different types of exercise can help children to discover what they enjoy most.

6 ENJOYMENT OVER COMPETITION



Encourage children to focus on the enjoyment of physical activity rather than winning or achieving perfection. Emphasise effort, improvement and having fun rather than outcomes, to minimise the amount of stress that children can sometimes associate with sports and other competitions.

7 SET REALISTIC GOALS



Help children set achievable physical activity targets based on their interests, abilities and preferences. Celebrate their progress and successes to maintain motivation and enthusiasm.

8 MAKE IT ACCESSIBLE



Ensure that children have access to safe, suitable spaces for exercise at home, at school and in the community. Advocate for inclusive environments which accommodate diverse needs and abilities. Be a change maker in your community if facilities aren't already available.

9 LEAD BY EXAMPLE



Parents and carers can be positive role models by prioritising their own exercise and involving children in their fitness routines. Gentle walks, bike rides or sports activities can be wonderful opportunities for bonding and staying active together.

10 ENCOURAGE PERSISTENCE



Help children develop resilience and perseverance by encouraging them to overcome challenges and setbacks in physical activity. Teach them the importance of perseverance and the value of effort in achieving their goals.

Meet Our Expert

Adam Gillett is a learning and development specialist who, as well as working for Minds Ahead, is associate vice principal for personal development at a large secondary school in Barnsley. He was asked to be part of an expert research group for the Department for Education, one of only three school leaders to be asked to do so.



#WakeUpWednesday

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