



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.

Tuesday 9 th July (AM)	Yrs 5/6
Tuesday 9 th July (PM)	Yrs 1/2
Wednesday 10 th July (AM)	Yrs 3/4
Wednesday 10 th July (PM)	Reception

TD DAYS

The remaining TD day for this school year is :

Friday 28th June 2024

The children should now have brought their class photo proof home. If you'd like to buy a copy, please order online on the Fraser Portraits website using the details on the proof by Friday 21st June 2024. Thank you



We have been asked by Wiltshire Police to share the attachment entitled 'Nitazenes Drug Supply' with you all.

These drugs are being sold locally and there is increased evidence of discarded needles along the canal path.

Please talk to your child about staying safe if they are out alone.

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





Parent Support Advisor

I know that many of our older children are using social media regularly, and this week I was sent a quiz to help us spot fake news, fake profiles and influencers selling items that may not be genuine. It's a quick quiz to do and actually would be good to work through with your children - I found it quite an eye opener!

As an adult, we like to think we know that you can't believe everything you read on the internet but I certainly couldn't identify all the signs of fake news (no full marks for me!), it will be interesting to see if younger people can. You can find it here <https://apps.childnet.com/reliability-online/> The quiz also looks at the use of AI online and to go with this, I have attached an AI information sheet.

In the summer term the children seem to grow more than ever, replacing their uniform for just a few weeks is quite annoying! As the hall is in use after school most days now, I've not been able to hold a uniform event for a while, so (weather permitting) I aim to put some tables out on the playground after school starting next Friday (14th June) for you to come and help yourself. In the meantime, if there is anything specific you are after please email me and I'll see what we have!

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

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.

In addition to Tuesday morning drop in sessions, I also open the school library on Mondays until 4pm where I am also available to discuss any issues.

Tara Ward - Parent Support Advisor



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 Parentmail, 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)



Safeguarding

What is self-harm?

Self-harm is when you hurt yourself on purpose as a way of dealing with painful or overwhelming feelings. It can take lots of different forms. Sometimes it's clear that something is a form of self-harm. But other times, you might find yourself doing harmful things and not think of it as 'self-harm'. People of all ages and backgrounds self-harm. It can affect anyone. We don't know why some people self-harm while others don't. But we do know that difficult or traumatic experiences can make people more likely to self-harm.

Self-harm can look like:

- cutting yourself
- using [drugs or alcohol](#) to cope with your problems
- [not eating](#), over-eating, or forcing yourself to throw up
- spending all your time on addictive behaviours like [gaming](#), [social media](#) or gambling
- over-exercising and/or exercising when you are injured
- biting, hitting or burning yourself
- hitting walls

Some people find that self-harm brings a sense of relief in the moment. Others might have feelings of guilt, shame or fear afterwards. Either way, it won't fix your problems. And the next time difficult feelings start to build up, you might feel like you have to self-harm again. This can create a vicious cycle that's hard to break out of. If this pattern continues, you might start to feel like self-harm is your only way of coping with these feelings, but it isn't. With a bit of help, you can learn other ways of coping when everything feels too much.

It can be really difficult if you know someone you care about is self-harming. It's hard to see them hurting themselves in that way, and you might not know what you can do to help. Just being there and letting them know they're not alone can be helpful, but it's also important to remember that you may not be able to help them on your own.

If you would like more information on how to support someone who is experiencing this, see [Self-harm | Advice for young people | Get help | YoungMinds](#) or if you have concerns about a young person, contact school or your GP for advice on referrals for specialist support.



Reading for Pleasure

It can be tricky sometimes to find new ways of reading together or encouraging reluctant readers to read at home. Websites such as www.booktrust.org and www.booksfortopics.com offer suggestions for how to re-ignite the love of reading and sharing books. Here are a few tips for reading together you might not have tried yet:

Tip 1 – read with different people

Why not encourage your child to share a book or read with a different family member? This could be someone you are visiting or someone who comes to stay. Children will love to impress family members with their love of books or their reading skills.

Tip 2 – pick your time

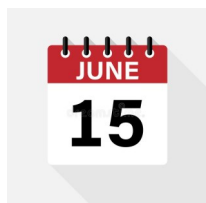
When everyone is so busy, it can be difficult to find the time to share books or read with your child. Try to pick a time that works well for everyone. This can be an established time of day, such as after tea or breakfast or bedtime. It could also be a spur of the moment thing led by a chat about a new library book or an old time favourite story.

Tip 3 – pack a book

If you are off out somewhere why not pack a book in your bag or get them to choose a book and pack it in their bag? Children can often enjoy sharing a book somewhere different such as the beach or in the park or on a journey. It can make the reading experience a little different for them.

SAVE THE DATE

SATURDAY



The Summer Fair is almost here! A big thank you to those who have already donated prizes or items for the different stalls. The Year 6 children have been working hard preparing their stalls. If you have any other items which you feel would be suitable for us to use, please send them in next week. There has been a delay in us getting the draw tickets and they have not yet arrived in school. We are hoping that we will be able to get them out to you on Monday but we appreciate that you won't have much time to sell them. Any money, tickets stubs and unsold tickets need to be returned to school by the end of Friday 14th June. We look forward to seeing you at the fair! Fingers crossed for good weather!

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

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