



The email address for all correspondence is  
**[officerlk@robertlekyng.bluekitetrust.org](mailto:officerlk@robertlekyng.bluekitetrust.org)**

Dear parents/carers,

We had the very sad news over the holiday that Mrs Miles, one of our Midday Supervisors, had died after a short illness. Mrs Miles has worked in the school for 37 years making her our longest serving member of staff. Over this time she has supported many children and been a very valued member of our team.

We hope to do something to celebrate Mrs Miles' years of dedication to the school. We will let you know in due course of our plans.

Please see Page 5 for support in speaking to your child about death should you need it.

Thank you



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.

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!






We are receiving a number of absence requests and Mrs Smith can only authorise absences for exceptional circumstances. The Department for Education (DfE) has introduced some new guidance for schools and local councils for managing school attendance. They have also introduced a new national framework for penalty notices (fines) in relation to school non-attendance and have amended the law. These changes came into effect from the 19th August 2024 and all schools and councils across the country are expected to follow the new statutory guidance. Please refer to the poster below .....

## ATTENDANCE WHAT THE NEW RULES MEAN FOR ME


WITH EFFECT FROM 19 AUGUST 2024




Nottingham City Council

**1** I'm a single parent of one child and we want to go on holiday for a week.  
Your holiday will not be authorised and you must talk to the school before you book anything. Because your child will miss 5 school days you will be given a penalty notice fine. The fine is £160 but if you pay it in 21 days it will be reduced to £80.

£160



**2** FOR EVERY CHILD A PENALTY IS GIVEN



+£160 +£160 +£160 +£160

**4 children & 1 parent = £640**  
Reduced to £320 if paid in 21 days


**3** IRREGULAR ATTENDANCE

10 IN 10

If your child is absent for 10 or more sessions in 10 weeks and their absences are unauthorised, the school will consider prosecution.

1 DAY = 2 SESSIONS


**4** FOR A FAMILY OF TWO PARENTS



+£160 +£160 +£160 +£160

**4 children & 2 parents = £1280**  
Reduced to £640 if paid in 21 days

**5** If in any period of not more than 3 years, your child has a 2nd and 3rd leave of absence or pattern of irregular attendance...



**2ND TIME**

2 parents and...

1 child - £320  
2 children = £640  
3 children = £960  
4 children = £1280

No discount for early payment

**3RD TIME**

A penalty notice fine will not be given.  
Your case will be taken to court.  
A magistrate can fine each parent £2500 for each child.

**1 parent & 4 children = £10,000**  
**2 parents & 4 children = £20,000**

**i** FOR MORE INFORMATION, VISIT [gov.uk/government/publications/working-together-to-improve-school-attendance](https://www.gov.uk/government/publications/working-together-to-improve-school-attendance)

# Parent Support Advisor

## Adult Courses

This week I have been made aware of a couple of free (but very different!) courses for adults about to run in Swindon:-

- **Sleepwell** is a 3 session course to help adults understand their own barriers to a good night's sleep, as well as the mechanics of sleep
- **The Money Course** is a 3 session evening course to help adults budget their finances, with money coaches helping you set a budget and stick to it

I have attached the flyer for each course, please check the entry criteria and contact the relevant people on the flyer if you are interested. Representatives from the **Advice and Financial First Aid team at Citizens Advice Swindon** will also be available in the Central library on Monday 11<sup>th</sup> from 10am-12pm for a drop-in session for anyone with questions on financial matters including benefits and debt management.

**Sleep well**

**Course Dates:** Mondays (x 3)  
11th, 18th, 25th November

**Times:** 1:30pm - 4:30pm

**Location:** Voluntary Action Swindon (VAS)  
1 John St, Swindon SN1 1RT

This course aims to help you gain a good understanding of the mechanics of sleep and the various factors that can disrupt your sleep patterns such as environmental influences, lifestyle habits and stress. You will also have an opportunity to identify ways to improve your own sleep and wellbeing.

By the end of this course, you will:

- Understand sleep and its benefits
- Understand what can cause a lack of sleep and the impact of this on health and well-being
- Identify ideas and techniques to improve sleep and well-being.

To request a place on this course:

01793 466482  
aclj@swindon.gov.uk

**The Money Course**

Our free, practical workshops help you make sense of your finances, even on a tight budget.

**In just 3 sessions, you'll:**

- **Build a plan that works:** create a personal spending plan with our easy-to-use Budget Builder tool
- **Stay on top of your bills:** use our simple 'piggy banking' method to organise your expenditure
- **Start saving for what matters:** learn strategies to begin saving, whatever your circumstances
- **Join a community:** share ideas with each other about what really works in our welcoming group sessions
- **Get personalised support:** our friendly coaches will guide you every step of the way as you put your plan into action

**Upcoming workshop:**

Thurs 14, 21 and 28 Nov, 2024  
7:00 PM - 9:00 PM

Pattern Church,  
Penzance Drive,  
Swindon,  
SN5 7LJ

**Sign up today:**  
[themoneycourse.org/join](https://themoneycourse.org/join)

**crosslight advice**

Crosslight Advice is a registered Charitable Incorporated Organisation (1163306) and is authorised and regulated by the Financial Conduct Authority (715064)

"I loved the course and have learned so much and I'm so grateful to everyone." ★★★★★

"So useful... the more I use the Budget Builder the more it helps!" ★★★★★

Find details of more Adult Community Learning courses using the QR code above or [www.swindon.gov.uk/adultlearning](http://www.swindon.gov.uk/adultlearning)

\* To be eligible to enrol on these free courses you need to be over 18 years old as of 31st August 2024; have lived in the UK or EU for at least the last three years, or be a refugee (or asylum seeker and lived in the UK for at least 6 months); be a Homeless or Families for Ukraine visa holder; be an Afghan ARAF or ARAF visa holder; be a Hong Kong BNO visa holder (only for English for Speakers of Other Languages courses); be unemployed, or working and earning less than £25,000 a year. For more information about our eligibility criteria please visit our website [www.swindon.gov.uk/adultlearning](http://www.swindon.gov.uk/adultlearning)



# Parent Support Advisor

## Parent Workshops

We have been fortunate to secure some funding from Multiply to run some parent and child workshops with a Maths theme. Starting after half-term for our Reception parents is Read, Play, Count - this is a 5 week programme starting on 12<sup>th</sup> November where you will get to enjoy a story with your child and then do a craft activity based on the book. At the end of the 5 weeks you will receive a set of all the books for you to keep. If you are interested please speak to Mr Adams or Mrs Harris or email [psa@robertlekyng.bluekitetrust.org](mailto:psa@robertlekyng.bluekitetrust.org). There will be different sessions for the rest of the school later in the year!

**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](mailto: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**

Calling all Reception parents!

**READ, PLAY, COUNT!**

Starting next Tuesday (12<sup>th</sup>) come and join us in school for a series of five fun sessions! Each week you and your child can enjoy a story together, followed by a craft activity linked to the story. At the end of all 5 sessions, you will get a full set of the story books to keep.



Sessions will be led by a teacher who will read the book, model how to ask your child questions about the story and then lead the craft activity. We only have 8 spaces available, so please let your child's teacher know if you are interested, or email Mrs Ward (Parent Support Advisor) at [psa@robertlekyng.bluekitetrust.org](mailto:psa@robertlekyng.bluekitetrust.org) to reserve a space. The sessions are FREE, but as they are funded by Multiply there is a short enrolment form (we will do this at the first session) and you need to be able to attend all five sessions. Sessions will run on a Tuesday afternoon at 2.30pm, starting on 12<sup>th</sup> November.

As a thank you for running these sessions, Multiply will also give the school funds to purchase new maths resources for your child's class, so please come along if you are able.



# Parent Support Advisor

## Explaining death and dying to children

Children and young people want and need adults to be honest, particularly when talking about death and grief. If we do not tell them the truth, their active imaginations can fill in the gaps often with more frightening misconceptions. A simple biological explanation of death is helpful: the heart stops beating, the lungs do not work so the person cannot breathe, and their brain stops working. Referring to the body left as an empty shell can help them to understand that the person is no longer alive as they knew them. If the family holds any beliefs, these can then be introduced. It can be helpful to explain that when someone dies, they cannot feel hot or cold, hungry or thirsty, and they are not in pain. It is also important for them to understand that the person will stay dead, however much we may wish them to come back to life as they were. Phrases such as 'gone to sleep' or 'passed away' or words such as 'gone' or 'lost' may feel kinder but are misleading and can lead to confusion; for instance, we encourage children to 'find' things that they have 'lost' so they may continue to look for the person who has died. Similarly, using the term 'gone to sleep' may lead them to associate going to sleep with dying which can result in anxieties at bedtime.

Talking about death can elicit emotional reactions. This can feel difficult, but by acknowledging this and talking openly about death and grief, it can help children and young people to trust in the adults around them. It will also encourage them to ask questions, share any worries and express their feelings. Children learn from the adults around them, so if you experience an emotional reaction, it is best to acknowledge your feelings while reassuring them that you will be OK in a moment. This will help them to know that it is OK to express their own feelings.

Although it can feel quite daunting, it is important to answer any questions as honestly and fully as possible. Although it might seem tempting to try and distract children and young people, this may actually cause them to become more anxious than hearing the truth.

There are a number of websites that offer advice and support when talking to children about death, or if you have experienced a bereavement as a family and would like us to offer some support in school, please contact Mrs Ward at [psa@robertlekyng.bluekitetrust.org](mailto:psa@robertlekyng.bluekitetrust.org) or speak to your class teacher.

Childbereavementuk.org



## Children in Need

You may be aware that Friday 15<sup>th</sup> November is Children in Need Day. The Children in Need charity raises money which is used to fund projects involving children who are less fortunate than others. In previous years the children at Robert Le Kyng have participated in lots of different activities to raise money for this cause.

As the mascot Pudsey Bear is well known for wearing a spotty bandage, we would like the children to wear their uniform as usual, but include one spotty item, such as a sock. Please do not buy anything special to wear.

We will be collecting donations of coins in school on the Friday. The money raised will be forwarded to the Children in Need charity. We do hope that you will be able to support our fundraising effort and we look forward to seeing how spotty the children look on **Friday 15<sup>th</sup> November**.



## HARVEST DONATIONS 2024



We are very grateful to everyone who supported our collection for The Swindon Food Collective. As you can see we had a super amount of donations which will be helpful to many families in need.  
Thank you



## SUPPORTERS NEWS

**SAVE THE DATE – the Robert le Kyng Christmas Fair will be held on Saturday 14<sup>th</sup> December 2pm to 4pm.**



### **Asda 'Cashpot' fundraising scheme**

A big thank you to all those who have signed up to the Asda 'Cashpot' scheme. After only a few weeks we have already raised over £240. If you shop online or instore at Asda and have not signed up to the scheme yet, details of how to take part can be found on the poster in the classroom windows. The scheme will run until the end of November.



### **Anti-Bullying Week**

You may be aware that the week beginning 11<sup>th</sup> November is National Anti-bullying Week. The campaign is organised by the Anti-bullying Alliance to raise awareness of all aspects of bullying. This year the theme is 'Choose respect'.

At Robert le Kyng, issues around bullying form part of the P.S.H.E. programme we follow during the year. In addition to our usual P.S.H.E. activities, the children will be involved in discussions and activities that promote ways of being respectful to each other. The Jigsaw scheme we use for delivering our P.S.H.E. programme has also produced resources especially for Anti-Bullying Week.

As in the past, we will be holding an 'Odd Socks Day' to celebrate how we are all unique. We are encouraging everyone in school to wear odd socks to school on Tuesday 12<sup>th</sup> November. Please do not go out and buy new socks, just mix up two pairs of different socks! We are looking forward to seeing everyone's odd socks on the Tuesday.

More information about the campaign can be found on the following website: [anti-bullyingalliance.org.uk](https://anti-bullyingalliance.org.uk)



- A reminder that the RLK Supporters' Annual General Meeting (AGM) will be held on Wednesday 13<sup>th</sup> November at 7.30 in the school hall. All welcome.

If you would like to find out more about what the Supporters do or you are interested in joining the Supporters, please contact us at the following email address below or see Mrs Beale in Class 4.

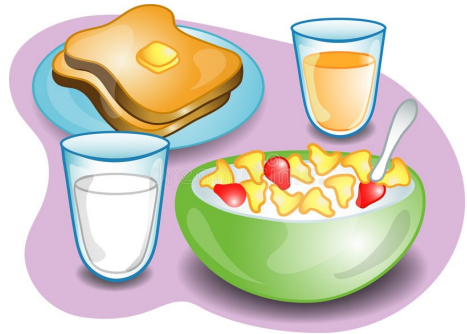
[supporters@robertlekyng.bluekitetrust.org](mailto:supporters@robertlekyng.bluekitetrust.org)



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 Parentmail, telephone calls and the school office email address. (The Facebook page does not allow messages between parents and school)



### 2024 -2025 remaining TD DAYS

14th February

24th February—School closed  
Blue Kite Trust  
Collaboration Day

27th June