



# All Things Thurlby

Newsletter 31  
19.05.23

Dear Parents

## Congratulations

### **Thurlby Stars Certificate Winners**

We would like to congratulate our Thurlby Stars for demonstrating one of our Thurlby Values this week. Our winners are:

- Reception** - Hadley and Derin
- Year 1** - Ella and Ella-Rose
- Year 2** - Lyla and Matilda
- Year 3** - Charlie and Zion
- Year 4** - Arabella and Oakley
- Year 5** - Thomas and Oscar
- Year 6** - Amélie ad Elijah

## Attendance

Our average attendance figure, for the week beginning 15th May 2023, was 93.4%.

## Class Attendance Awards

1st	Year 4	97.1%
2nd	Year 2	96.9%
3rd	Year 5	94.1%

## Mental Health Awareness Week - 15<sup>th</sup> to 21<sup>st</sup> May 2023



This year for **Mental Health Awareness Week** we are focusing on anxiety. We all feel anxious from time to time. Anxiety is a natural response to the uncertain world around us. For example, in the current **cost-of-living crisis**, more than a third of **adults feel anxious about their financial situation**. But it's important that we recognise and respond when we feel anxious, so that our anxiety doesn't become overwhelming.

As it is Mental Health Awareness week this week, we have included a couple of links below which parents may find useful.

<https://www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week>

<https://www.bbcchildreninneed.co.uk/>

EDAN Lincs Domestic Abuse Service 01522 510041 <https://edanlincs.org.uk/> Providing support and assistance to men, women and children suffering, or fleeing from domestic abuse in Lincolnshire

Place2be <https://www.place2be.org.uk/> Place2Be is a children's mental health charity working with pupils, families and staff in UK schools.

MIND <https://www.mind.org.uk/> 0300 123 3393 Providing support for people living with a mental health problem or supporting someone with a mental health problem.

Family lives <https://www.familylives.org.uk/> 0808 800 2222 Providing early intervention and crisis support to families

[MHF-wear-it-green-day-2023-anxiety-booklet.pdf \(mentalhealth.org.uk\)](https://www.mentalhealth.org.uk/resources/mental-health-week-2023/mhf-wear-it-green-day-2023-anxiety-booklet.pdf) (see some pages from the booklet below):

## Supporting yourself and colleagues with feelings of anxiety

These top tips have been written by staff from the Rodillian Multi Academy Trust

- "Take one day at a time, try not to over-think the future"
- "Be kind to yourself"
- "Someone cares and there is always someone to talk to and that they will listen"
- "Be honest about triggers – make people aware"
- "Take a quiet breath – sometimes you need to be away from the noise to calm and refocus yourself"
- "Find a self help book that talks to you. Everyone is different so things won't resonate with every person in the same way"
- "Remember to be kind to yourself! Take 5 minutes, eat something nice, go for a walk. You're doing an amazing job"
- "Talk and listen. If unable to offer support seek guidance from someone who can help"
- "Take time doing something you find fun or try a new activity"
- "Think back, it was this bad before...but it turned out OK"
- "Know your limits! You are only human"
- "Even if it feels uncomfortable push yourself to do those things you fear you can't"
- "Life is not always a motorway, sometimes the scenic route is better for you but don't lose sight of the destination"
- "No two people are the same, anxiety is normally hidden by staff so keep an open mind if a colleague seems out of sorts"
- "Keep work and home separate – don't take work home"
- "Accept help, don't be afraid to say you're struggling"
- "Get some fresh air and meet up with friends"
- "Mindfulness. Take time to be in the moment"
- "Don't be embarrassed to talk about it/ seek help from friends/family or professionals"
- "Make time for yourself and don't feel guilty about it!"
- "If your anxiety stems from something you can change be brave and take control"
- "Walk with a podcast to destress/switch off after work"
- "Seek professional medical advice"

## KS1 SATs

Our Year 2 have been absolute super stars doing their 'quizzes' this week. They have all worked so hard and shown great resilience and determination in every paper.

They've enjoyed having their biscuit treat at the end of each quiz. Only one more quiz to go on Monday. Well done children we are very proud of you! 😊

Thank you to all our staff and volunteers who have been helping to admister the papers.

## KS2 SATs

As mentioned in newsletter edition 30, our Year 6 children spent last week completing their SATs papers and worked incredibly hard throughout. Here they are enjoying a well earned trip to the park last Friday afternoon.

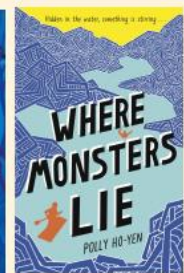
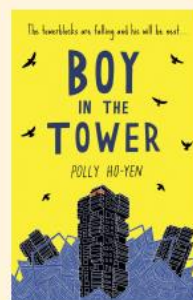


## Author of the Week

POLLY HO-YEN



All three of Polly's books have been nominated for the Carnegie Medal.



Before becoming an author, Polly was a primary school teacher in London. Each morning, she would write part stories. One of these stories became 'Boy in the Tower'.

Polly's books are dystopian in style, which means they are set in our world, but where an event has changed it in some way - almost like an alternate reality.

If you like Jenny McLachlan or Phillip Reeves, you'll love these books!

*Every time I read I am utterly transported. It allows me to step into others' minds, and experience our world more deeply than my one lifetime would allow.*

Polly Ho-Yen says:



### Year 4 trip - Burghley House - Wednesday 24<sup>th</sup> May

Just a reminder that the deadline for payment (£16.70) is today. Please pay this via Parentmail - click on the Payment Section, followed by 'Go to Shop', 'Place Item in the Basket' and 'Pay'.

*K Finch*


Mrs K Finch  
Headteacher  
Adult Mental Health First Aider



### Upcoming Calendar Dates

Tuesday 23 <sup>rd</sup> May -	Hot Meals Order Deadline for first week back after half term
Wednesday 24 <sup>th</sup> May -	Year 4 visit to Burghley House
Friday 26 <sup>th</sup> May -	End of Term 5
Monday 5 <sup>th</sup> June -	Start of Term 6
Friday 9 <sup>th</sup> June -	PTFA Dress Down Day -hamper gift or £1 donation
Thursday 15 <sup>th</sup> June -	Reception and Year 1 trip to Hunstanton
Thursday 22 <sup>nd</sup> June -	Sports Day - KS1 10.00am KS2 - 1.30pm
Friday 23 <sup>rd</sup> June -	Reserve Sports Day
Saturday 24 <sup>th</sup> June -	PTFA Summer Fayre 1-4pm, Lawrance Park, Thurlby
Tuesday 4 <sup>th</sup> July -	Year 6 Roots to Food Gala Dinner - details to follow
Friday 21 <sup>st</sup> July -	End of Term 6

### Local Activities



**Learn some bike skills and enjoy**

**Ages: 7-12**      **Where: Recreation Road, Bourne**

**Bring your bike, helmet and loads of enthusiasm!!!**

**Every Monday**  
**6pm-7pm**

**£1 for members, £2 for non-members**

**Find us on our Facebook page**  
<https://www.facebook.com/Ecurne-Wheelers-Co-Eide>  
**for details**



# Bourne Town Harriers



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