



# All Things Thurlby

Newsletter 33  
06.06.2025

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** - Erin and Phoebe  
**Year 1** - Pippa and Leo  
**Year 2** - All of Year 2 for resilience shown during their quizzes and additional award for Rosie  
**Year 3** - Edith and Skylar  
**Year 4** - Teddi-Flynn and Maddox  
**Year 5** - Thomas and Thea  
**Year 6** - Alice and Jack

## Attendance

Our average attendance figure, for the week beginning 2<sup>nd</sup> June 2025, was 95.4%.

## Class Attendance Awards

|     |        |       |
|-----|--------|-------|
| 1st | Year 2 | 98.1% |
| 2nd | Year 3 | 97.5% |
| 3rd | Year 5 | 95.9% |

## TTRS Champ!

Congratulations, this week, go to Rosie, for being our champion on Times Tables Rock Stars. Well done on your award! 😊



### Year 3

Using a Pobble 365 writing prompt, Year 3 took part in an interactive, real-time session through the exciting world of writing while jamming along with the rock-star energy of TTRS!

The live session was led by experienced teachers and featured a 'special rock star guest'. The lesson was all about making writing fun, accessible and totally unforgettable. Students crafted their own stories in real-time, all while boosting their creativity and building their writing skills.

Over 10,000 children from across the world took part and shared ideas on the live chat!

Mrs Wells was impressed with all the fantastic ideas that Year 3 produced 😊



## Mental Health – From School of Kindness

### 10 ways you can be kinder to yourself!

Being kind is the best thing you can be. But sometimes we can focus a lot of our energy on doing things for others and forget about being kind to ourselves. Just like a car needs fuel to run, we need to fill ourselves up with kindness in order to be the best we can be. All that kindness inside you will spill out into the world and help you be kind to people too.

Being kind to ourselves not only means we have more enthusiasm to help others, but it has scientific benefits, too. Practising self-kindness can slow down our heart rate, helping us feel calmer and even supporting our immune system! Sometimes we're far more critical of ourselves than we would be of other people; just remember that mistakes are marvellous and help us to learn – and no one's perfect!

So, here are 10 self-kindness tips to encourage you to be the best version of yourself.

#### 1. Have a good night's sleep

It's suggested that primary-school children get 9-11 hours of sleep a night. When we have a good night's sleep, our bodies can repair themselves and get us ready for the next day. It also makes us less irritable – we can be even kinder!



#### 2. Kindness Meditation

By meditating, we reduce our stress levels and create a more positive headspace. You can also do it anywhere! Meditating encourages our bodies to fully relax, meaning we can think clearer and allow our bodies a break. [Download our free guided meditations here](#)

#### 3. Move your body

When we exercise, it releases wonderful chemicals in our body that help us feel happier. So move your body in whatever way you can!

#### 4. Practise Gratitude

Practising gratitude means that we take time to reflect on the things we're thankful for. Whether that's a helpful friend or a good day at school, being thankful helps us to become more positive people who can show more compassion.

#### 5. Do something you love

Make sure, at least once a day, you have some time set aside to do something you love. Whether that's reading, drawing, music or sports, it's important to help you feel happy and relaxed.

#### 6. Ask for help

It can sometimes be difficult to ask for help, especially if it's something we feel we should be good at or be able to do alone. There's no shame in asking for help, though – we all need support from time to time. It can help you feel better and accomplished, and the other person will feel better knowing they've done something kind.

#### 7. Note down what you love about yourself

Making a list of the things we appreciate about ourselves can help us feel happier. It might be that you have a lovely smile, that you're a good friend, or that you can run super fast! Whatever it is, write it down and read it from time to time to remind yourself just how amazing you are.

#### 8. Believe in yourself



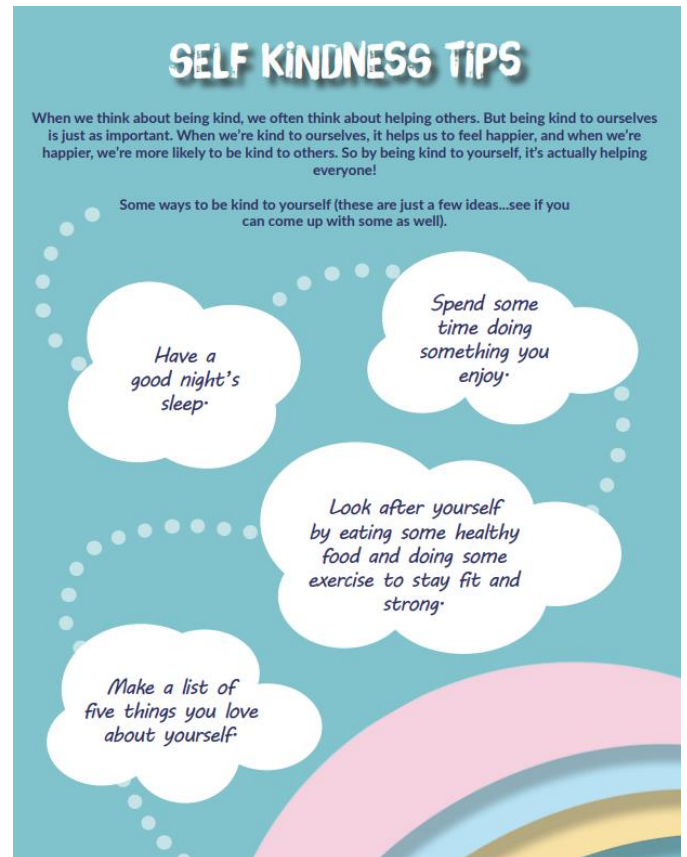
It's important to know you can achieve your dreams and the things you work hard for. Allow yourself to be inspired and you can inspire others!

#### 9. Use the power of YET!

No one is good at everything straight away. If you're struggling with something, try to think of the word 'yet'. I'm not good at singing... yet. I can't solve that puzzle... yet! See what happens? That one little word helps you to believe that you can achieve what you set your mind to.

#### 10. Practise speaking positively

Changing the way we think and talk to ourselves can make a big difference to how we feel. For example, instead of saying 'I failed and I'm embarrassed', try and say, 'I tried my best and I was brave'. Speaking kindly to yourself can help you feel calm, happy and more positive.



Just a reminder that next Wednesday is our Thurlby Eco-Green Day and we are inviting children to dress in **blue** and **green** clothes to reflect the colours of planet Earth.

Year 4 are currently collecting 1p, 2p and 5p coins in a used small water bottle or in a yoghurt pot to create their 'coin river'. Year 4 are exploring the issues of river pollution and they are hoping to raise money for the Rivers Trust, who work to bring about positive changes to our waterways. Children from other classes are very welcome to collect and contribute towards our coin river, we would be very grateful. Any collections should be brought in on the 11<sup>th</sup> June. Thank you for your support.



## School Trip Payments

### Year 1 - Sandringham House - Friday 4<sup>th</sup> July

First payment of £16.40 now required please and £16.40 due by 12<sup>th</sup> June.

### Year 5 - National Space Centre, Leicester - Friday 27<sup>th</sup> June

First payment of £17.25 now required please and £17.00 due by 18<sup>th</sup> June.

Payments should be made via Parentmail - payments, shop, place item in your basket and pay

### Year 6 - Roots to Food Gala Dinner - Monday 30<sup>th</sup> June

A reminder to complete the Google form (link below) by Friday 13<sup>th</sup> June, so that we have numbers and dietary requirements, in plenty of time.

<https://forms.gle/gFJf7h2iaGx5woWW7>

Contribution of £5 per parent/grandparent attending, to be sent to the School Office, in a named envelope, by Friday 20<sup>th</sup> June please.



Mrs K Finch  
Headteacher



### Upcoming Calendar Dates

Wednesday 11<sup>th</sup> June -

Thursday 12<sup>th</sup> June -

Friday 13<sup>th</sup> June -

Monday 16<sup>th</sup> - Friday 20<sup>th</sup> June -

Friday 20<sup>th</sup> June -

Tuesday 24<sup>th</sup> June -

Wednesday 25<sup>th</sup> June -

Thursday 26<sup>th</sup> June -

Friday 27<sup>th</sup> June -

Saturday 28<sup>th</sup> June -

Monday 30<sup>th</sup> June -

Friday 4<sup>th</sup> July -

Tuesday 8<sup>th</sup> July -

Wednesday 9<sup>th</sup> July -

Thursday 10<sup>th</sup> July -

Sunday 13<sup>th</sup> July -

Wednesday 16<sup>th</sup> July -

Thursday 17<sup>th</sup> July -

Tuesday 22<sup>nd</sup> July -

### Details to follow

ECO Green Day - Blue and Green to be worn

Engineered in Bourne trip for participating children

Forest School starts for Year 6

PTFA Dress Down Day in aid of Summer Fayre

Arts week 2025

Year 4 - Henry VIII Day (in school)

Fashion Catwalk in the MUGA - afternoon (more details to follow)

Year 4 Tennis Tournament for participating children

Sports Day EYFS/KS1 10am, KS2 1.30pm

Reserve Sports Day

Year 5 trip to National Space Centre, Leicester

PTFA Summer Fayre starts at 1pm (CHOIR TO PERFORM TIME TBC)

Year 6 Gala Dinner for parents 6-8pm

Year 1 trip to Sandringham House

NO FOREST SCHOOL FOR YEAR 2 TODAY

LAST SWIMMING SESSION

Year 6 trip to Bourne Academy to see Rock of Ages

Year 4 trip to Norwich Theatre - The Lion, the Witch and the Wardrobe

Thurlby Runs

Reception trip to Tattershall Farm Park

Rocksteady Concert 2.15pm for participating pupils

Year 6 Leavers' Production to parents @ 6pm

END OF TERM



## LEAF Open Farm Sunday

Learn how we care for the environment to create a mutually beneficial system for pollinators and other wildlife on the farm. Discover how we generate the renewable energy that aids production and how this forms our regenerative farming model. Booking is essential to attend this event.

8<sup>th</sup> June  
10am – 4pm  
Nocton Wood Yard,  
LN4 2AY

Dyson farming

Embark on a thrilling adventure with  
**Pannier and her friends,**  
brought to life on the last weekend of June!

Your tickets will allow you to explore  
the magical Forest of Dean on our Steam train & DMU.  
At Norchard Station, you will find a host of  
other activities to enjoy, including **brake-van rides,**  
**model railway, storytelling and**  
**platform entertainment.**

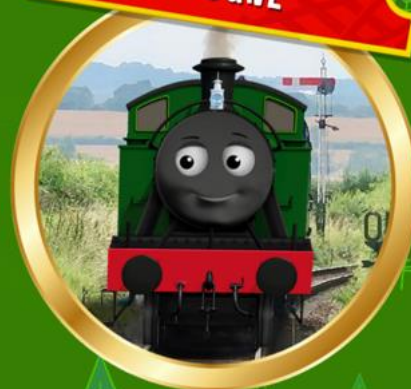
You can also meet the author of the book series  
**The Forest Railway Stories,**  
while keeping an eye out for Wilbur Wabbit,  
the enthusiastic engine driver.

The standard fair includes a ride on the **DMU,**  
and all on-site activities.

The  
**Forest Railway**  
Stories

FUN DAY OUT!

LAST WEEKEND  
OF JUNE



For tickets and information, visit [www.deanforestrailway.co.uk](http://www.deanforestrailway.co.uk) or call 01594 845840

