



# Randwick Primary School: Resilience, Passion, Success



8<sup>th</sup> September 2023

## NEWSLETTER

### Welcome back after the summer holidays.

We have been so excited to have the children back in school this week. They have all got straight back into our school routines and their attitude towards their learning has been fantastic. This has been noticed by so many members of staff. We would also like to welcome our new starters in Reception, who have also made a fantastic start to their school journey.

The pupils (and staff!) have coped so well in the heat this week. Could we just remind you to send children into school with sun cream on and with their sun hats for break time and lunch time. Many of the children have been very sensible during our lunch times, taking shade under the trees.

We are all looking forward to the term ahead and the exciting things that we have planned for the children.

We hope you are able to enjoy the weather over the weekend.

Kind regards

Kathryn Wilson

### Diary Dates

**Please ensure meal bookings for week commencing 18<sup>th</sup> September are made by midnight on the 12<sup>th</sup> September.**

### Tea Parties

The class teachers will be holding Tea Parties to invite parents in to discuss the year ahead. Please see below for dates and times:

Buzzards Monday 11<sup>th</sup> Sept  
9am

Kestrels Tuesday 12<sup>th</sup> Sept  
9am

Hawks Wednesday 13<sup>th</sup>  
Sept 9am.

We look forward to seeing you then.

### WATER BOTTLES

**Can the children's water bottles please contain water and not squash.**

**Thank you**

# WEEKLY BULLETIN

	EVENT	AFTER SCHOOL
Monday 11 <sup>th</sup> September 2023	<b>Owls attend 8.35am – 1.30pm including lunch (ALL WEEK)</b>	
Tuesday 12 <sup>th</sup> September 2023		<b>Please book school lunches for week commencing 18<sup>th</sup> September by midnight Tuesday 12<sup>th</sup> September</b>
Wednesday 13 <sup>th</sup> September 2023	<p><b>Forest School Sessions Start</b></p> <p><b>AM: Owls and Year 6</b> <b>PM: Buzzards</b></p> <p><b>Can we please ask that the children wear the following for Forest School: Navy joggers, normal school t shirt and school jumper with an appropriate coat, shoes/trainers and wellies in a bag.</b></p>	<p><b>Forest School After School Club</b></p> <p>Pre booked sessions – please book directly <a href="https://bookwhen.com/allseasonsforestschool">https://bookwhen.com/allseasonsforestschool</a></p>
Thursday 14 <sup>th</sup> September 2023		
Friday 15 <sup>th</sup> September 2023	<p><b>Owls attend 8.35 – 12.00</b></p> <p>PE sessions for Buzzards, Kestrels and Hawks</p> <p>Please can the children wear PE kit to school</p> <p><b>2.40pm Celebration Worship- Church</b> <b>All welcome</b></p>	

# OTHER NEWS

## Library Volunteers Needed

With a couple of our library volunteers having come to the end of their time with Randwick School last summer, the school library needs some extra help.

We are looking for some regular volunteers, able to help on a weekly, or at least twice monthly basis on Thursday and/or Friday afternoons.

The library volunteers help facilitate our children to access the library and choose their own books.

If you are interested please contact the school office if you can help or would like to know more.  
Many thanks,

The Library Team



## Young Voices – 25<sup>th</sup> January 2024 Year 3, 4, 5 and 6 (Year groups in September)

We are hoping to attend the Young Voices Concert on the 25<sup>th</sup> January 2024 at the Birmingham NEC.

Young Voices Club will run in the Autumn term every Thursday (start date to be confirmed). If your child would like to attend the concert and can attend the after school club please log onto your Parentpay account to give consent. We need to ensure we have enough children to put together a choir.

Mrs Wilson, Mrs Healey, Mrs Donaldson and Mrs du Feu will also be attending the club and are eager to learn the songs and the dance moves





## Guitar Lessons

Our guitar teacher has spaces for children to learn how to play the guitar. If your child is interested please email school and I will pass the details to you.

A blue poster with white clouds and a yellow sun. The text is in white, bold, sans-serif font. The sun is in the center, with rays extending outwards.

**END OF  
SUMMER  
PARTY IN THE  
PARK**

**WHITESHILL PLAYING FIELD**

TUG OF WAR | TOMBOLA | RAFFLE |  
CAKES | BBQ | LOTS OF GAMES | MUSIC  
| OPEN MIC | BIKE DISPLAY | BAR  
INTERACTIVE SHOW AND LOTS MORE

**16th September 2023**  
1.00-5.00pm  
**FREE ENTRY!**

# Self-Care September 2023

MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY

SATURDAY

SUNDAY

4 Plan a fun or relaxing activity and make time for it

5 Forgive yourself when things go wrong. Everyone makes mistakes

6 Focus on the basics: eat well, exercise and go to bed on time

7 Give yourself permission to say 'no'

8 Be willing to share how you feel and ask for help when needed

9 Aim to be good enough, rather than perfect

10 When you find things hard, remember it's ok not to be ok

11 Make time to do something you really enjoy

12 Get active outside and give your mind and body a natural boost

13 Be as kind to yourself as you would to a loved one

14 If you're busy, allow yourself to pause and take a break

15 Find a caring, calming phrase to use when you feel low

16 Leave positive messages for yourself to see regularly

17 No plans day. Make time to slow down and be kind to yourself

18 Ask a trusted friend to tell you what strengths they see in you

19 Notice what you are feeling, without any judgement

20 Enjoy photos from a time with happy memories

21 Don't compare how you feel inside to how others appear outside

22 Take your time. Make space to just breathe and be still

23 Let go of other people's expectations of you

24 Accept yourself and remember that you are worthy of love

25 Avoid saying 'I should' and make time to do nothing

26 Find a new way to use one of your strengths or talents

27 Free up time by cancelling any unnecessary plans

28 Choose to see your mistakes as steps to help you learn

29 Write down three things you appreciate about yourself

30 Remind yourself that you are enough, just as you are



ACTION FOR HAPPINESS

Happier · Kinder · Together