



## Mrs Lang's Message

## Our wider curriculum

This week I have witnessed some of the fantastic opportunities which our children have outside of our formal curriculum. Firstly, Y5 took part in their Bikeability sessions. They demonstrated fantastic listening skills and approached their assessment conscientiously and with maturity. Y4 enjoyed a visit from the RNLI who talked about water safety and also enjoyed a trip to 'Bring yer Wellies'. Children in Reception were keen to show off their singing skills and Y2 children enjoyed an outdoor learning session during which they enjoyed den building and playing noughts & crosses and dominoes with natural objects. Our Indian dance workshops were a huge success and it was lovely to see our children trying something new and, for some, experiencing a culture different to their own. As the weather improves and it starts to get sunnier, we hope to get outside more. Please ensure your child has a water bottle, hat and that sun cream has been applied.

## SATs support

As parents and carers will be aware, Year 6 children across the country will take their SATs in the **week beginning 13th May**. The children have been well prepared for this in school through revision and past SAT papers.

We know that some children may feel anxious in the lead up and will certainly feel more tired than usual during the week of SATs themselves.

Here are some top tips for things you can do to support them over the next couple of weeks;

- Talk about the SATs and tell them not to worry about the- we will do this in school too but it has a bigger impact if parents and school do this together
- Avoid late night, SATs week can be tiring and sleep is essential for mental wellbeing and focus
- Make sure you child has a good breakfast
- If there are things that happen at home which may affect your child's focus, let us know straight away
- Remind your child that all we expect is that they give their best and try hard
- Try and get out for some fresh air after school and make time for your child to relax

I have also attached a Yogi Mindfulness poster with ideas for calming techniques

## Next week

Mon 6th May

SCHOOL CLOSED

Tues 7th May

9am: Y2 Football event  
@ Play Football  
(selected children)  
3.30pm: **NO NETBALL CLUB**

Weds 8th May

1.30pm: Rocksteady  
3:30pm: Hi-5 Netball  
with Mrs Monks

Thurs 9th May

8am: Zumba Club KS1  
3.45: Netball League  
matches @ UCLan

Fri 10th May

8am: Dance Club KS2  
9.30: Year 5 Djembe  
lesson

## REMINDER

**School is closed Monday 6th May  
for the May Bank Holiday**

## Lunch Menu

WC 06/05/24 - **WEEK 4**



Unfortunately, due to a poor uptake, we have had to make the decision to postpone the Colour Run scheduled for 18th May. The event will now run after school from 4pm on Friday 20th September as a 'Welcome Back to School' event. Whilst we are disappointed, we hope that the new date will be more convenient for families. The PTFA will be touch to arrange refunds for those that have entered

## Longsands Values

This week we talked about tolerance. We discussed how tolerance is one of our British Values and how this aligns with our Longsands Values. During assembly on Monday, we shared lots of examples of ways in which we are different; from what we like and dislike, our interests and talents, how we look and what we believe. As a school, we pride ourselves in being part of a diverse community and celebrating everything that this brings to our school family. We also uphold the protected characteristics, as defined by The Equality Act 2010 As a staff, we met this week to discuss our Longsands Values statement and we look forward to sharing this with you in the coming weeks.

**Together Everyone Achieves More**

### SPORTS DAY

Our 2024 Sports Day will take place on **Wednesday 3rd July** to coincide with our annual Sports Week

KS2: 10.15am-11.45 am      Reception & KS1: 1.30pm-3pm

In the case of bad weather forcing cancellation, reserve days have been identified as

Reception/ KS1: Thursday 4th July 10am-11.30am and KS2: Wednesday 10th July 10am-11.30am

### NETBALL- Advance notice

There will be no netball on Tuesday 14th May

**Y4 & Y5 netball will start on Tuesday 21st May**

Letters have been sent out (Y5 girls that already attend netball do not need to send a new permission slip)

**Attendance Ladder**

100%	PERFECTION	Rec: 94.8%
98%	IMPRESSIVE	Year 1: 94.9%
96%	GOOD	Year 2: 95.7%
95%	NEARLY THERE	Year 3: 95.7%
94%	NEEDS TO IMPROVE	Year 4: 94.8%
90%	CONCERNS	Year 5: 93.4%
85%	SERIOUS CONCERNS	Year 6: 93.6%

**Overall: 94.7%**

**Our target attendance is 96%**



**Alexander S  
Manha  
Mrs Wilds  
Mrs Tipping  
Mrs Lang**

**THIS WEEK'S WINNERS**

	Pupil of the Week	Longsands Values	Dinnertime Star
<b>Reception</b>	Isabella	Aisha	Freddie
<b>Y1</b>	Jack	Oscar	Clayson
<b>Y2</b>	Alaina	Isabella	Archie
<b>Y3</b>	Hawaa	Ellis & Max	Kobe
<b>Y4</b>	Gracie	Harry	Dekonti
<b>Y5</b>	Iman	Whole class	Freddie
<b>Y6</b>	Jake	Lily	Skye

Well done to all our winners!

# CELEBRATION OF LEARNING

A round up of our week as  
Longsands Learners



Year 1 - We have been looking at the work of Jasper and his painting 'Numbers in colour'. We have been learning all about mixing primary colours to make secondary colours using his work as inspiration!



Y4 archaeologists



Y5  
Bikeability

Mr Twit inspired  
beards Y3



Indian dancing  
Y6



Net and wall skills  
Y2



Enjoying Indian  
dance workshops



Designing and  
making boats in  
Reception

PIC·COLLAGE

LONGSANDS CP SCHOOL PTFA

**POSTPONED**

Due to a low number of participants

# COLOUR RUN



**NEW DATE** for a 'Welcome Back to School' **EVENT**

Friday 20th September 2024

4pm onwards

Longsands School

*More details coming soon!*

**Parentkind**  
Member Association

All those who signed up for Saturday 18<sup>th</sup> May  
will be contacted on email to arrange their refund.

Thank you for giving your support and we hope you can run in September!



# MOOR NOOK FAMILY HUB/YOUTH ZONE LAUNCH

You're invited to the launch event at Moor Nook Youth and Community Centre on May 9th, 1 pm - 6 pm, unveiling our new Family Hub/Youth Zone. Experience a day of informative sessions, networking, and interactive activities for all ages, supporting children, families, and young adults. Save the date and join us in celebration.

**GRAND OPENING**  
**9TH MAY 2024**  
**13:00 - 18:00**

Moor Nook Family Hub/Youth Zone, Burholme Rd, Ribbleton, Preston PR2 6HN

**COME TOGETHER  
AND CONNECT!**

## A WONDERFUL PLACE TO SOCIALISE

Discover a welcoming atmosphere at our Family Hub/Youth Zone, where socialising takes centre stage. With inviting spaces and engaging activities for all ages, it's the perfect place to connect, make new friends, and enjoy meaningful interactions. Join us and be part of a vibrant community.



# LOVE DANCE HOLIDAY CLUB

Sally Dance

• LONGSANDS COMMUNITY PRIMARY SCHOOL

**28th May-31st May**  
**£80 per child**

**Ages 4-12years**

**My club is designed  
to:**

- **Learn to dance**
- **Build confidence**
- **Make new friends**

**9am-4pm**

**Early drop off 8.30am /  
Late collection 4.30pm**

**Mobile: 07791317619**

**Email: [sally1active@outlook.com](mailto:sally1active@outlook.com)**

# The **Household Support Fund** is available for those most in need in your area

If you are struggling with the cost of essentials you may be able to receive extra support

**Apply for help with household essentials**

- Energy and water
- Food
- Essentials linked to energy, food and water
- Wider essentials



[www.preston.gov.uk/householdsupportfund](http://www.preston.gov.uk/householdsupportfund)



01772 906777



Funded by  
UK Government



**Preston**  
City Council



**Yes.**

**But I'm not on Benefits and I can't afford to pay it back.**

**Are you struggling due to the increase in the cost of living?**

**Did you know that the Household Support Fund can help with fuel, food, clothes, furniture, white goods. No reasonable request refused!**



**Funded by  
UK Government**



**Preston  
City Council**

**Fantastic!  
How do I  
apply?**

**Will I need  
to provide  
anything?**

**Awards from the Household Support Fund are available to everyone and are not repayable.**

**You can apply online at [www.preston.gov.uk/ho](http://www.preston.gov.uk/ho) useholdsupportfund**

**You will be asked to send in your recent bank statements.**

**SCAN  
ME**





**FREE  
ENTRY**

**MONDAY 13TH MAY  
12.30- 4.30**

**JOIN US FOR OUR  
FAMILY  
HUB/COMMUNITY  
CELEBRATION**



**FUN FOR THE COMMUNITY &  
WHOLE FAMILY  
LIGHT REFRESHMENTS • FUN  
ACTIVITIES • ADVICE AND  
SUPPORT**

**WHERE?  
OAKHAM COURT, PRESTON, PR1 3XP**





COME AND JOIN US AT OUR

# HOMework CLUB

**HOMework AND REVISION**

EVERY MONDAY 5.30PM-6.30PM

FREE TAKEAWAY EACH WEEK

A SAFE SPACE TO ACCESS FREE  
WIFI, LAPTOPS AND SUPPORT

**JOIN NOW!**

**AGES: 8-16**

The Foxton Centre  
10-12, Oakham Court  
Avenham, PR1 3XP

Tel: 01772555925 option 3



tfc  
we are here



Foxton Youth & Community Preston  
WhatsApp community



# How to talk to your children about their feelings

A guide for parents and carers



# Kooth is here to support your child. No problem is too small.

It's quick and easy to sign up to Kooth and will only take a few minutes. No formal referral from a GP is needed and you can self refer at anytime.

## Support options

Your child can access a range of support options including:

- Chat with a member of our team (\*live chat or send us a message anytime)
- Goal setting and journalling
- Mini activity hub
- Community support (discussion boards and live forums)
- Helpful articles (from the Kooth team and our community)

## Live chat hours

You can live chat with a member of our team between:

- 12pm - 10pm on weekdays
- 6pm - 10pm on weekends

Visit **kooth.com** today to find free, safe and anonymous support.

It can be so tricky to bring up difficult topics, and talking about emotions with your children can sometimes feel more than a little daunting for parents and carers. You may worry about saying the wrong thing, making your child feel uncomfortable, and even worry about making them feel worse. But the fact you want to explore emotions with your child is enough, even if sometimes it doesn't go as you planned!

### **If this feels familiar for you, you are definitely not alone!**

As many of us here are parents ourselves, we wanted to put together some handy tips on how you could begin talking to your children about their feelings.

\*While the focus here is parents and carers, extended family members, teachers, and other professionals working with children and young people may also find this useful.

### **Why you might want to talk to your children about their feelings**

There can be a number of reasons why you want to talk to your children about their emotions.

#### **These may include the following:**

- You've noticed your child is acting differently, and you are concerned about them.
- Something has recently happened that might have affected your child, and you want to check in to see how they are doing.
- You want to help your child to feel more comfortable talking about their feelings in general.

## **Our top tips to get you started:**

We are very lucky to have some amazing parents, grandparents, carers, family members, and child and adolescent professionals on our team.

Many of them contributed to our **top tips**, which we hope you find useful.

### **Number 1**

#### **Think about whether your child feels ready to talk**

Just because you want to talk doesn't mean they feel ready to. Look out for the things they say--and their body language, too--for indicators on whether they really want to talk about their feelings.

**'I know when my son isn't in the mood to talk, as his whole body is saying, 'Not now, Mum!' I always respect that, though, and never push. As a result, I think he feels more able to talk to me when it feels right.' - G**

### **Number 2**

#### **Think about the setting**

Talking about feelings can be really sensitive, so making sure the space is private, comfortable, and feels safe for your child can be key to a positive outcome.

### Number 3

#### Choose your timing wisely

Talking about feelings, or any difficult subject, can be quite sensitive. Choosing a time when you are both calm and relaxed can be more useful than choosing a time when there are any heightened emotions already at play.

**'I always find discussing something important when my child is upset or angry often doesn't end as well as I hope. Both being relaxed has much better results and helps us both reflect on and express our feelings with more consideration.'** - H

### Number 4

#### Practice asking open questions (rather than closed ones)

Closed questions usually encourage yes or no type answers. For example, Do you like school? is a closed question, because the response is likely to be either 'yes' or 'no'. The finality and brevity of such a response doesn't allow the conversation to go much further.

Open questions, on the other hand, go a bit deeper and encourage more thinking and exploration. Instead, try saying, tell me about school.

This simple difference in style might help your child consider their own thoughts and feelings a little more and encourage them to share more of their story or problem with you.

## Number 5

### Take away the intensity

It can be pretty daunting (on both sides!) to sit down to talk about something as important as feelings. But decreasing some of the intensity can sometimes reduce the pressure and make things a little less stressful.

Here are some examples:

- Have a chat while on a dog walk or stroll together. Doing something shoulder-to-shoulder might mean there's less intense eye contact, which can feel more comfortable, especially when there's big emotions at play.
- Have a chat while doing an activity together, such as playing a board game or working on a craft project. The distraction of keeping everyone busy can take the pressure away.
- Have a chat during a car journey. Not feeling the pressure for eye contact or hyperfocus on the conversation can be helpful. Just be sure that emotions are not too heightened for you to concentrate on the road and drive safely!

**'I avoid sitting them down and instead do it during an activity like washing up, cleaning the car, or cooking together, as I find they are much more likely to open up.' - N\*\***

\*Please note - It might also be useful (and less intense) to start slowly with any difficult topics. So instead of going straight in with the big topics, maybe talking about something else first to break the ice.

## Number 6

### Model it

Being more open and honest about how you yourself feel (in an age appropriate way, of course) can normalise the idea of talking about emotions. Children who see that adults also have big feelings, doubts, get scared or anxious, get frustrated with others at work, etc. might feel more comfortable opening up themselves.

**‘When I was a child, I can’t remember my parents showing their feelings. Understandably, I had a hard time doing it myself. With my own children, I try my best to create an environment where we can all talk about how we feel, so when things are difficult, reaching out doesn’t feel so tough.’ - S**

## Number 7

### Name it

Sometimes it can be hard for children to identify their feelings. Naming what you observe can help them to do this. For example, when talking to a young child, you might say, ‘You seem really angry today. I can see you are clenching your hands, and you don’t have a happy face. I wonder if anything has made you angry or upset?’

\*This advice mainly applies to younger children who are still developing their emotional vocabulary and may need assistance in identifying their feelings. However, this technique can work for older children as well; just take care that you don’t come across as condescending. Something like, “You’ve seemed pretty quiet and withdrawn lately; can you tell me what’s bothering you?” can be a good approach.

## Number 8

### Ask them what they need

It can be tough to talk about how you feel, and when we want to talk about things as parents, children don't always want to or feel ready. Asking what a child needs from you can help them feel more in control, heard, and respected.

Children might also not know what they need, so suggesting a few options can be a good starting point. Examples include: Do you need some space right now? Do you need a hug? Would you like for us to do something together to take your mind off things?

**'Sometimes, even when I want to talk about something, my child doesn't. As hard as that is, I try to respect that. Sometimes they just want a cuddle, and I can definitely provide those!' - L**

## Number 9

### Listen carefully

This sounds pretty straightforward, but sometimes, when we care, we may jump into problem-solving mode a little too hastily. And while it might come from a really good place, it's not always helpful.

**'Listen, like really listen to what they're saying without jumping in with advice or guidance (as much as you want to)! When you really take the time to listen without judgement, it can show your children that you love them, what they are feeling is valid, and that sharing when they are ready is a really good thing.' - P**

## Number 10

### Get creative

We might feel a pressure to have all the answers and say the right things, but sometimes, we just need to think a little differently. Helping our children express their feelings through play or using art materials can be just as important and useful, especially for much younger children whose natural language is often play.

**'I use 'worry monsters' with the little people in my life. They are small toy figures that 'listen' to worries. They love them! When they feel worried about something, they go somewhere quiet and talk to their worry monster, who, in their minds, swallow up the worries and help them get back to playing. It really helps them to express how they feel in a language they understand.' - O**

It's important to note that when it comes to parenting, (and actually any relationship) things aren't always perfect all the time. And that's okay. There's sometimes a lot of pressure to get things right. But actually being a parent who is trying their best to meet their child's needs, whatever their circumstances is good enough. Not having all the answers and getting things wrong, certainly doesn't make you a bad parent. It makes you human.

# Support for parents and carers from Qwell

Qwell offers free, safe and anonymous mental health and wellbeing support to adults across the UK. It's quick and easy to sign up to Qwell and will only take a few minutes. No formal referral from a GP is needed and you can self refer at anytime.

## Support options

Your child can access a range of support options including:

- Chat with a member of our team (\*live chat or send us a message anytime)
- Goal setting and journalling
- Community support (discussion boards and live forums)
- Helpful articles (from the Qwell team and our community)

## Live chat hours

You can live chat with a member of our team between:

- 12pm - 10pm on weekdays
- 6pm - 10pm on weekends

Visit [www.qwell.io](http://www.qwell.io) today to find free, safe and anonymous support.

**bacp** | Accredited Service





Yoga • Resilience • Mindfulness

## Year 6 - Pre-SATs calming mindfulness strategies



- S stop
- T take a breath
- O observe
- P proceed

### Take a breath - Breathing practices

Find your breath

- One hand on chest - is the breath mainly here?
- One hand on tummy - does the breath go here?
- One hand on chest, one on tummy - send breath to both areas
- Send breath just into the tummy
- Hands on the ribs - is the breath there?
- Send the breath out into the ribs

Breathe this way for 10 breaths. Remember - it takes 10 breaths to calm your body down.

#### SATs paper breath

Breathe around a piece of paper, breathe along the short side, breathe along the long side.

#### Draw around your hand breath

Place your hand on the table or hold in front of you. Breathe up one finger and down the next

#### Noting

Notice how you are feeling right now. Can you give it a label (nervous, worried, stressed)? Where do you feel this in your body? Close your eyes and focus on this area. Imagine you can breathe in to it. Imagine you can breathe out of it. Breathe in calm. Breathe out stress. Repeat this 8 times.

#### Turn your troubles into bubbles

Mindfulness teaches us to notice worries. We can imagine them as bubbles that gently pop and disappear. Mindfulness teaches us to let things go

- Blow a bubble
- Concentrate on the bubble
- Look at the shapes
- Look at the colours

Practice turning your troubles into bubbles



# Loving Kindness

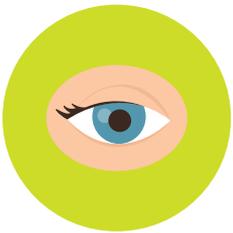
*May I* be calm  
*May I* be confident  
*May I* be focused  
*May I* be positive  
*May I* cope well with my challenges today  
Breathe in and out. Bring to mind your friends

*May you* be calm  
*May you* be confident  
*May you* be focused  
*May you* be positive  
*May you* cope well with your challenges today

*May we* be calm  
*May we* be confident  
*May we* be focused  
*May we* be positive  
*May we* cope well with our challenges today



# The 5,4,3,2,1 Technique



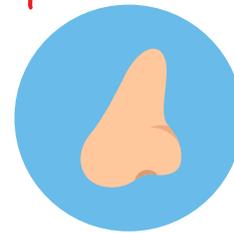
5 things you can  
**SEE**



4 things you can  
**HEAR**



3 things you can  
**FEEL**



2 things you can  
**SMELL**



1 thing you can  
**TASTE**

## Always remember...

- Nothing is permanent
- The sun and the moon rise and then set
- The bright clear day is followed by the deep dark night
- From hour to hour, everything changes

