

Newsletter Friday 14th May 2021

Dear Parents/Carers,

Thank you to everyone who has supported social distancing. We have noticed several parents arriving early at both schools, so can we please ask you to arrive at your drop off and collection times, to help us reduce the risk of transmission. This is for your safety and to ensure we can do everything possible to avoid any bubble closures. Thank you.

ParentPay

Thank you to everyone who has 'activated' their accounts and are pre-booking their child's lunches. This helps with the reduction of waste and ensuring children get their preferred choice of meal.

The coloured bands have arrived at Heathfields and have been introduced to children this week. They help the dinner staff know what dinner you have pre-ordered on ParentPay for your child that day. For example, **red = meat/fish option**, **green = vegetarian option** & **yellow = jacket potato**.

From next Monday 17th May, if your child requires a hot dinner at Infants or Juniors and it hasn't been pre-booked on ParentPay, they will be served with a jacket potato. There is only a small number of parents who are still not pre-booking dinners. Please can we ask you to do this at www.parentpay.com before 8am on the day to ensure your child gets their chosen meal option.

'Children's Garden Hamper' Competition

To be in with a chance of winning the hamper, we have asked for children to bring in a small bedding plant by **next Friday 21st May 2021** and their name will be put into the draw (hand to the class teacher).



Sponsored Read

A huge thank you to all the children who took part in the sponsored read. Both schools raised a huge amount of money. The Juniors made £681 and the Infants made £1603. This money will be put towards new Usborne books for both schools.

We are so proud of the children who took part and they have been rewarded with a non-uniform day. Names were also pulled out of a hat for each year group to decide who would receive a book token in Years 2-6 and a new book in Reception and Year 1.

Thank you also to the children who sent in photos of themselves reading in weird and wonderful places! We loved seeing these! These will be shared on Twitter. The winners were:

R	Poppy	YR4	Dougie Davies
Y1	Codie	YR5	To Be Confirmed
Y2	Lucas	YR6	Kevin
Y3	Alasha		

Dates for your Diary

w/c 24 th May	Science Week
20 th May	Innovate Day
Half Term 31st May - 4th June	
W/c 7 th June	'Induction Meetings' New Reception (Sept 21) at Heathfields (times/dates tbc)
11 th June	Class and Leavers Photos @ Heathfields
w/c 14 th June	Sports day (during school hours for children only)
24 th /25 th June	Transition Days

***NOTE: These dates are subject to change due to Government guidelines**



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Part of Fierte Multi-Academy Trust

Mental Health Awareness Week

What is good mental health?

This week is mental health week, as a school we promote mental health without children every day. Looking after your mental health is not something we should just do if we are struggling, or feeling low, anxious or stressed. It's actually something we should think about all the time and really invest in, just like with our physical health.

There are lots of things we can do to look after our mental health and wellbeing every day - make a start with these 6 top tips.

1. Reframe unhelpful thoughts

The way we think, feel and behave are linked. Sometimes we develop patterns of thoughts or behaviours that are unhelpful so recognising them, and taking steps to think about things differently, can improve your mental health and wellbeing.

2. Be in the present

If we take time to be aware of ourselves and be in the present moment, noticing our own thoughts and feelings, and the world around us, we can gain a better perspective. Sometimes this is known as being more mindful.

3. Get good sleep

Good-quality sleep makes a big difference to how we feel mentally and physically, so it's important to get enough.

4. Connect with others

Spending quality time with friends or family, talking to someone about how we are feeling or finding ways to help other people can all help stop you from feeling lonely and improve your mental health and wellbeing. This can be online, by phone or seeing someone in person.

5. Live a healthy life

Being active, enjoying the outdoors and having a healthy, balanced diet all impact how we feel. Also, binning bad habits like smoking, and cutting down on alcohol and caffeine can have a positive effect on our mood.

6. Do something for yourself

From enjoying your favourite hobby, learning something new or simply taking time to relax, it's important to do things that make you happy, like trying a new hobby or learning a new skill.



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