



Launde Newsletter

20 January 2023

Dear Parents and Carers

A huge **congratulations** to our parents for rising to the challenge of getting children to school on time this week. It has made such a positive impact on the morning routines and the learning that is taking place.



Staff are reporting that classes are much more quickly settled in the mornings and children are settled to learning more quickly.



On Monday there were 60 children who were late which has improved to just 10 by the end of the week. Thank you so much to parents for their support despite the roadworks in Wigston and the

icy weather. A big **thank you** to all. Keep up the good efforts next week too please.

Strike Days

Many parents have been asking about the strikes and whether the school will be closed. At the moment, we are unable to give full clarity on that due to staff considering whether they wish to strike. We will inform you as soon as the staff have met to make their decision.

Retirement

As you know our CEO, Miss Sandhu is retiring at February half term. Miss Sandhu has been a Headteacher at Launde since 2002 and subsequently Executive Headteacher and then CEO of Scholars Academy Trust for which Launde is the Lead school. We are celebrating within the school through a special assembly. If any parents want to wish her well, then do leave any messages at the school office and we will be honoured to pass them on to her.

Science at Launde

This week we have welcomed a governor in to look at the science learning that takes place in school and met with our Science Subject lead, Miss Pearson. Our children love science and were talking to me about how they enjoy the practical experiments that their teachers do with them. This linked well with the theme this week of 'inspiration' that we discussed in our assemblies. It definitely was very uplifting to talk about positive role models in our lives.



Diary Dates

Friday 27 January – Bosworth Assembly 9.30am (**PLEASE NOTE CHANGE FOR BOSWORTH**)

Friday 3 February – Foxtton Assembly 2.15pm

Monday 6 February – Book look KS2 2.45pm-4.15pm (drop in)

Tuesday 7 February – Book look Foundation & KS1 2.45pm-4.15pm (drop in)

Monday 6 and Tuesday 7 February – Art Exhibition 2.45pm – 4.15pm (drop in)

Thursday 9 February – Monday 13 February – Book Fair

Friday 10 February – Bramblewood Assembly 9.30am (**CHANGE OF DATE**)

Monday 13 and Tuesday 14 February – Parents Evening

Friday 17 February – Swithland Assembly 2.15pm

Monday 20 – Friday 24 February – Half Term

Cold Weather Plan

It has been a chilly week this week and roads are very slippery in places. Please look after yourselves and drive carefully when coming to and from school.

If the weather gets worse and the school needs to close the Bad weather procedure is on the school website.

We rarely need to close but if it is the case, you will be informed as early as possible in the morning via email, text and it will be displayed on the school website <https://www.launde.leics.sch.uk/home> and our twitter feed.



Extra Curriculum



These are underway this week. It has been lovely to see the children taking part in the range of clubs, keeping healthy and enjoying exercising as well as the science clubs on offer.

Attendance Award



This week the classes with the highest attendance in KS1 is **Stepping Stones**.

The class with the highest attendance in KS2 this week is **Bradgate**.

Congratulations!

Class Assembly

It was wonderful to see Swiftwood on stage last week for their class assembly sharing their new year resolutions and the importance of keeping healthy and well. Some clear messages for us all! Well done to all of Swiftwood and Miss Stewart. We all definitely felt happier after your super singing, performing and narration!



NEW YEAR GOALS HEALTH & WELL-BEING

South Leicestershire School Sports Partnership Newsletter



January 23



WHY SET A NEW YEAR GOAL?

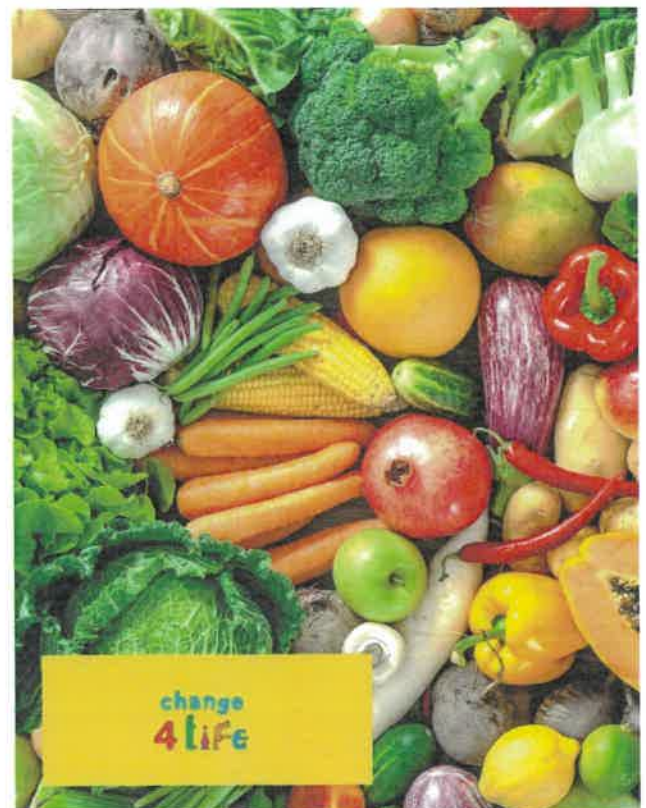
New year goals can help keep children and young people focused and motivated throughout the year.

Sit down with your child and look at setting out 1 or more new year's goals this January.

Ensure ideas are realistic and appropriate for their age and stage of development. For younger children maybe create a sticker chart or use a calendar so your child can keep track of their progress. Twinkl have free printable goal sheets [here](#)

RESOLUTION IDEAS

- **Keep tidy** For children this is an important habit to develop, by keeping their room tidy they will learn valuable skills about organisation which they will keep into adulthood. They need to learn to be proud of their own space and to look after it.
- **Nutrition** A Healthy, balanced diet is essential to maintaining good health. Ask your child to try and aim for 5 portions of fruit and veg each day. Why not aim to try 1 new fruit or vegetable each month. Find out more at Change4Life [here](#)
- **Limit my screen time** Time spent on electronic devices is having a huge impact on the physical and mental health of young people. Children age 6 and under should have no more 1 hour of screen time day. Agree a daily screen time limit for your child in 2023. Better yet, why not dedicate a screen free day each week and get "unplugged!"



Check out 7 Tricks to reduce your child's screen time on [YouTube](#)

Ref: FirstCry Parenting

- **Try something NEW for 2023!** Ask your child if there's a new sport or physical activity they would like to try and get them enrolled. Sports clubs are a great opportunity for children to meet new friends, boost their self esteem and develop their leadership and teamwork skills. Check out our Club Directory for local clubs in your area over on our **Parent Portal!**



- **Power of sleep** Aim for a minimum of 8 hours sleep per night. Sleep is very important for your child's physical and mental well-being. Click [here](#) for the NHS guide to healthy sleep for children.

- **Helping with chores** Getting some extra help around the house is always welcomed, but it can also teach children a valuable lesson; both in tidying up but also in helping others. It is important for children to understand what their parents/guardian do and be appreciative of it.

Ref: www.roomtogrow.co.uk

- **Keep Active** It is recommended that children and young people should aim for an average of at least 60 active minutes per day across the week. Why not sit down with your child and put together a weekly physical activity timetable. Get creative with some of the activities they could do each week. For example a family walk, an online dance class, a trip to the park. Maybe walking, scooting or cycling to school. Check out our Stay Active for Less page [here](#) for ideas!

Physical activity for children and young people (5-18 Years)

BUILDS CONFIDENCE & SOCIAL SKILLS	STRENGTHENS MUSCLES & BONES	MAINTAINS HEALTHY WEIGHT
DEVELOPS CO-ORDINATION	IMPROVES HEALTH & FITNESS	IMPROVES SLEEP
IMPROVES CONCENTRATION & LEARNING		MAKES YOU FEEL GOOD

Be physically active

Spread activity throughout the day

Aim for an average of at least **60** minutes per day across week

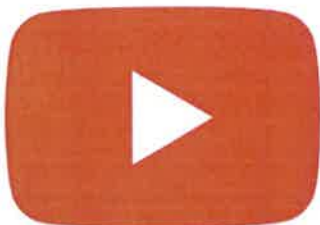
All activities should make you breathe faster & feel warmer

PLAY	RUN/WALK	BIKE	ACTIVE TRAVEL
SWIM	SKATE	SPORT	PE
SKIP	CLIMB	WORKOUT	DANCE

Include muscle and bone strengthening activities **3 TIMES PER WEEK**

Get strong (ACTIVITY) **Move more**

Find ways to help all children and young people accumulate an average of at least 60 minutes physical activity per day across the week



We've got a host of fun, physical activity games and activities for you to try at home over on our **YouTube** Channel, click [here](#) to check them out!