



Friday 8th June 2018
 Newsletter 29
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 01453 758190 (Fax)
 Facebook @foxmoorprimarieschool
Family Lives Helpline
 0808 800 2222
www.familylives.org.uk
Early Help Partnership
Families First Plus. Stroud
 01452 328130
www.glosfamiliesdirectory.org.uk
School Nurse Contact
 0300 421 8959
Early Years & Childcare
 0800 542 02 02
Glos. County Council
www.gloucestershire.gov.uk
Friends of Foxmoor (FOF)
 Facebook:
 friendsoffoxmoorschool
 Contact: Natalie Hombrado
 01453 757251 (school office)

Diary

June
 9th Summer Fete
 11th Week 1 School lunches
 12th, 19th, 26th & 3rd July Tumble Time
 12th – 14th Rainforest Trips
 14th Quad Kids
 18th – 20th Life Education Bus
 18th -29th Bikeability (Year 5)
 21st Jiu Jitsu Workshop (Years 3 & 4)
 25th Final of the Great British Dance Off Competition
 27th Sports Day
July
 6th Year 5 STEM Experience
 16th – 19th School Production
 20th Leavers' Assembly
 20th End of Term

Film Night

Over 100 children dressed in comfy clothes and carrying soft toys turned up on Friday 25th May to watch 'Despicable Me 3' and to help raise money for the Minchinhampton Nkokoto Link. The Year 6 Team Captains did a brilliant job helping to look after younger children and serving refreshments. Fortunately, the weather was fine and we were all able to spend the interval outside enjoying crisps and drinks. The children behaved impeccably and a fun evening was enjoyed by all.

Foxmoor Flyer

Over £230 was raised, which Mr Harris is delighted with. Special thanks to Dexter in Year 1 who did not want to see the film but still sent in a donation to support such a worthwhile cause.

BMX Workshop

On Monday morning we had a visit from a champion BMX rider, Mike Mullen, who talked to all the children during a special assembly. He gave an interesting talk with the aim of instilling into the children the attitude of 'I can' rather than 'I can't' in life. He gave examples of how one can persevere with a difficult task and, over a period of time, achieve the set goal. At the end of the talk he gave a short demonstration of some of his BMX stunts involving two of the teachers who 'volunteered' to help. Years 5 and 6 were then treated to a workshop during the morning.

NSPCC

On Thursday afternoon the infant children and the junior children were given a talk by a member of the NSPCC. This talk was about the 'Speak out, Stay Safe' programme. The aim of this was to make sure that children have the knowledge and understanding they need to stay safe from abuse.

Summer Fete

The Friends of Foxmoor Summer Fete will take place on Saturday from 1pm to 4pm. If anyone has cakes that they have not already sent into school, there is still time on Saturday morning. We hope to see you all there to enjoy the afternoon and pray that the weather stays fine.

Rainforest Trips

Tuesday 12th is the start of our 'Living Rainforest' trips. Three classes will go on this day, three on Wednesday and three on Thursday. Please make sure your children are in school promptly on their day for the trip, we have to leave on time as it is quite a long journey. Children will need a packed lunch, plenty of drink (no glass containers) and suitable footwear.

Quad Kids

On Thursday 14th ten Year 4 children will be going to Hartpury College to attend the Quad Kids final. These children need to be in school by 8.30am please in order to reach Hartpury in time to meet the start time for the event.



Appeal from Reception Class

If anyone has an old mobile phone which is taking up room in a drawer and no longer needed the reception class can make use of it for the children to play with. They are also appealing for any tights, pants or socks (girls or boys) which they can use as spares in case of emergency in the class. If you have any old items which may be suitable please send them in to Mrs Rimmer. Thank you.

A-Z of Mindfulness



Mind Full, or Mindful?

Mindfulness is "Paying attention in a particular way, on purpose, in the present moment, without judgement".

Ways to be mindful in nature. It can be easy to rush through life without stopping to notice much. When we become more aware of the present moment, we begin to experience afresh things we have been taking for granted.

E is for Exercise

Taking regular walks can improve your mental health. Simply placing one foot in front of the other creates a rhythm with your breathing that relaxes your mind, helping to cope with stress, solve problems and planning ahead.

If you walk a regular route, try to notice the differences each time you walk – the changing seasons, new species of flowers, insects, or birds. A regular walk will build your fitness, give space to your mind and sharpen your observation skills.

We would like to feature tips A-Z each week in the Foxmoor Flyer and would love your suggestions. Please send your ideas to Mrs Montague. Next issue will be 'F is for...' It's over to you.