



Friday 15<sup>th</sup> June 2018  
Newsletter 30  
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Facebook @foxmoorprimaryschool  
**Family Lives Helpline**  
0808 800 2222  
[www.familylives.org.uk](http://www.familylives.org.uk)  
**Early Help Partnership  
Families First Plus. Stroud**  
01452 328130  
[www.glosfamiliesdirectory.org.uk](http://www.glosfamiliesdirectory.org.uk)  
**School Nurse Contact**  
0300 421 8959  
**Early Years & Childcare**  
0800 542 02 02  
**Glos. County Council**  
[www.gloucestershire.gov.uk](http://www.gloucestershire.gov.uk)  
**Friends of Foxmoor (FOF)**  
Facebook:  
friendsoffoxmoorschool  
Contact: Natalie Hombrado  
01453 757251 (school office)

### Diary

#### June

18<sup>th</sup> – 22<sup>nd</sup> Week 2 School lunches  
19<sup>th</sup>, 26<sup>th</sup> & 3<sup>rd</sup> July Tumble Time  
18<sup>th</sup> – 20<sup>th</sup> Life Education Bus  
18<sup>th</sup> -29<sup>th</sup> Bikeability (Year 5)  
21<sup>st</sup> Jiu Jitsu Workshop (Years 3 & 4)  
22<sup>nd</sup> Year 4 Camp out  
25<sup>th</sup> Final of Great British Dance Off  
Competition  
27<sup>th</sup> Sports Day

#### July

6<sup>th</sup> Year 5 STEM Experience  
16<sup>th</sup> – 19<sup>th</sup> School Production  
20<sup>th</sup> Leavers' Assembly  
20<sup>th</sup> End of Term  
23<sup>rd</sup> – 25<sup>th</sup> INSET days

#### September

3<sup>rd</sup> – 5<sup>th</sup> September INSET days

### INSET days

Don't forget to note your diaries with the dates of our INSET days. The last three days of this school year (23<sup>rd</sup> – 25<sup>th</sup> July) will be INSET days along with the first three days of the next academic year (3<sup>rd</sup> – 5<sup>th</sup> September).

## Foxmoor Flyer

### Summer Fete

Thank you to our Friends of Foxmoor committee and other parents who worked tirelessly, not only on the day but leading up to the fete, to make the day a success and so enjoyable for everyone.

### Judo

Harrison Wittke, Year 6, took part in a competition in Kidderminster recently and came away with a bronze medal. Well done Harrison.

### Rainforest Trips

Children from every year in the school have visited 'The Living Rainforest' this week. This will form the basis of much of the work taking place back at school over the next few weeks.

### Tumble Time

Some of the children who are joining us in September enjoyed their first Tumble Time session on Tuesday afternoon. They joined Mrs Wyatt in the hall for some fun on the apparatus and also visited the library for a story. If your child is one of those waiting to start in September's reception class can you ensure all the necessary paperwork is returned to the school office as soon as possible please? We look forward to welcoming you again on Tuesday for the second Tumble Time session.

### Outdoor and Orienteering Club

There will be no Outdoor and Orienteering Club next week (Friday 22<sup>nd</sup>) as Year 4 will be having their annual 'camp out' later in the day.



### Swimming

A few payments for swimming sessions for the second half of this term are still outstanding. Please send any monies into Mrs Montague so that she can finalise the accounts soon. 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.

### F is for Forest Bathing

'Bathing' in this sense means a fully immersive experience of woodlands - no costumes needed!

Go and sit quietly in a wooded glade – slow down, relax and engage with the woodland around you. Listen to the sound of the leaves, smell the fragrance of ferns and fungus and observe the play of dappled light on the forest floor. Studies show that relaxing in woodland can have many health benefits such as reduced stress, an improved immune system, lower blood pressure, increased energy levels and better sleep!

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 'G is for...' It's over to you.