

Longlands Primary School

FEBRUARY BULLETIN



Dear Parents and Carers,

Welcome back to school after the February half term, we hope you had an enjoyable break.

Please see our bulletin for February which includes information regarding safe parking, pets, school dinners, wrap around care, and the incredible amount raised at the FOLS disco.

Tonight is the FOLS quiz night and we wish them lots of luck for another successful fundraising event.

Kind regards,

Mr Baines

Mr T Baines

Parking & Driving Safely

We have noticed that Parents and Carers are still parking without consideration for our neighbours. Parents and Carers also continue to stop / park on the yellow zig zags outside of the school. By doing so you are putting our pupils, parents and carers at risk when they are crossing the road.

"You MUST NOT wait or park, or stop to set down and pick up passengers, on school entrance markings."

(Highway Code rule 238, Road Traffic Regulation Act 1984.)

On Longlands Road there are no restriction on the parking bays at the time of drop off, nor after 3pm. The restrictions on the bays are only between 1pm and 3pm. These bays are only a short walk to the school.

Please may we also highlight that there have been occasions where Parents and Carers have driven without due care and have narrowly missed causing a pedestrian traffic accident. Please drive considerately and safely on Woodside Road and around our school. This is important to keep our whole community safe.

Pets

Please be reminded that no dogs or any pets are to be brought onto the school grounds, playgrounds or field.

School dinners

May we remind you that although meals are free to all parents and carers, the meals are not free to the school. If your child is signed up to school dinners, but you choose to send them with a packed lunch, the school will still be charged for this meal and the food will go to waste.

Please could you inform the school office if you wish to make a change to your child's meal preference.

If you have any queries, or wish to check the meal choice we have listed for your child, then please contact the school office

Wrap around care

Please can we remind parents and carers to book their sessions for Wrap Around Care using IRIS Parentmail in advance. Parents can book up to 7 days in advance.

If you have an urgent requirement that is within 7 days of the date, then please contact the school office to check there is space on the session you require and receive confirmation of the booking.

PLEASE DO NOT SEND YOUR CHILD TO BREAKFAST CLUB UNLESS YOU HAVE BOOKED THE SESSION. THIS IS FOR THE SAFE GUARDING OF ALL OUR CHILDREN.

Entrance to Breakfast Club and collection from After School Care is via the rear of the school on Woodside Crescent. But during the lighter mornings and evenings the children maybe using the school playground so always check the playground if you are dropping off later, or collecting earlier.

FOLS School Disco

Another fab disco was has by all just before half term. The children had a great time and we managed to raise £1500 to go towards more exciting things for school.

Huge thank you to everyone who supported us and a shout out to the wonderful volunteers, without whom none of our events could happen.

We look forward to the next event!

FOLS

Future FOLS events

Quiz night—28.02.25

Bunny Hop—w.c 31st March

Bingo—25.04.25

Summer Fete –21.06.25

DATES

Monday 3rd March—Health Education Years 5 & 6

Thursday 6th March—World Book Day

Monday 10th March —EYFS & Year 6—Height & weight screening

Monday 17th March—Kahlo Class Assembly

Tuesday 1st April—Rock Steady Concert

Tuesday 1st April—Parents Evening

Thursday 3rd April—Parents Evening

Monday 7th April—Monday 21st April—School holidays

Tuesday 22nd April –Inset Day

Tuesday 29th April—KS2 school trip to Kent Life



10 Top Tips for Parents and Educators

SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

1 NAME THE EMOTION

Encourage children to identify and name their emotions. This helps them understand what they're feeling and why. Use simple language and relatable examples to make it easier for them to share their emotions. This builds a foundation for emotional understanding and open communication.

2 MODEL EMOTIONAL EXPRESSION

Demonstrate healthy emotional expression by sharing your feelings openly. When children see adults properly displaying how they're doing and what they're thinking, they learn to do the same. Discuss how you handle emotions in different circumstances, providing a real-life framework for young ones to follow.

3 MINDFULNESS ACTIVITIES

Teach children mindfulness practices to help them stay present and manage their emotions during more challenging moments. Activities like deep breathing, meditation or yoga can reduce stress and enhance emotional regulation. Regular practice can improve focus and emotional stability, which can significantly help children both as they're growing up and throughout their adult life.

4 USE STORYTELLING

Incorporate storytelling to help children understand emotions. Stories can offer relevant scenarios illustrating how the characters experience and manage their feelings. Discuss the emotions depicted in stories and ask children how they might feel in similar situations.

5 PRACTISE EMPATHY

Teach children to consider others' views and emotions – and to explore why they might think or feel this way. Role-playing and discussing various scenarios can enhance their ability to empathise. Understanding others' emotions helps children to develop compassion and improve their social interactions.

6 ENCOURAGE JOURNALING

Suggest keeping a journal to write notes of thoughts and emotions, as writing can provide an outlet for self-reflection and emotional processing. Encourage children to write about their daily experiences and feelings, helping them gain insight into their emotional world. Do this alongside them, so they can see and experience how to do it effectively.

7 TEACH PROBLEM-SOLVING

Do what you can to help children develop problem-solving skills to assist in managing emotional challenges. Discuss potential solutions to emotional conflicts and encourage them to think critically about what they (and others) can do to process their feelings in a healthy way. This empowers children to handle emotions positively and build resilience.

8 CREATE A SAFE SPACE

Establish an environment where children feel safe to display their emotions without judgement. Encourage open dialogue and reassure them that all feelings are valid. This supportive atmosphere promotes trust and encourages children to express themselves with confidence.

9 USE VISUAL AIDS

Take advantage of visual aids like emotion charts or mood meters to help children identify and express their feelings. Use these tools regularly in your interactions. They provide a visual representation of emotions, making it easier for children to communicate their emotional state.

10 CELEBRATE EMOTIONAL GROWTH

Acknowledge and celebrate progress in emotional literacy, and praise children for expressing their emotions and handling them effectively. Positive reinforcement is a useful tool that will encourage continued growth and reinforce the importance of emotional literacy – encouraging young people to maintain the good habits and healthy behaviours that you've taught them.

Meet Our Expert

Adam Gillott is Associate Vice-Principal for Personal Development at Parkside Grammar School and works on a commitment one day a week for MIND Ahead, an organisation that supports schools in improving their mental health provision.



#WakeUpWednesday

The National College