



FLUSHING C of E PRIMARY SCHOOL

Nourishing to flourish in our world.

NEWSLETTER



Dates for your Diary

Friday 31st March – Easter Service, up at St Peter's Church 1.30pm

Thursday 30th March- Shared Reading Session- come into classes and read with your children- 2.45pm

Friday 31st March – End of Spring Term.

Monday 17th April – Start of Summer Term

Thursday 20th April – Seahorses to Falmouth Library and Art Gallery



Attendance

Seahorses: 91%

Starfish: 93.8%

Seals: 91.3%

Dolphins: 96.7%

Well done Dolphins!



Praise Certificates

Seahorses- Bess and Sol
Starfish- Eliza and Harper
Seals-Cricket and Corinne
Dolphins- Ella and Nico
Congratulations
Everybody!!



Leadership Academy News!



We are proud to be a part of Penryn College's Leadership Academy initiative. We have Four Year 6 pupils taking part:

Torrin, Connie, Cooper and Barnaby.

They will all have the chance to work towards promoting physical wellbeing in our school.

Well done all of you!



Parents

Here at Flushing, we are aiming to go cash-less, as far as is possible. To this end, please ensure you have activated your Parent Pay account (see Mrs. Tucker if you need the details).

Ensure you are able to access your account; as this method will increasingly be being used for paying for school-related items.

Many thanks for your support in this.

Reminder!



Come joins us a
Shared Reading Session
Thursday 30th March @ 2.45pm



Seahorses loved their visit from local author, Ella .
The children were enthralled by her stories!
Amazing work Seahorses!



Our New Website

Please take the time to have a look at our newly updated website. We will continue to use Class Dojo for announcements or changes to usual routines as necessary; but the website will always be a good place to start if you are unsure about anything school-related! Parents can also download the site in app form, which improves the functionality still further, on mobile devices. You can get the app by scanning the QR code below or by searching for **e Schools Lite** through the app store.

www.flushingcofeschool.co.uk



Hockey League

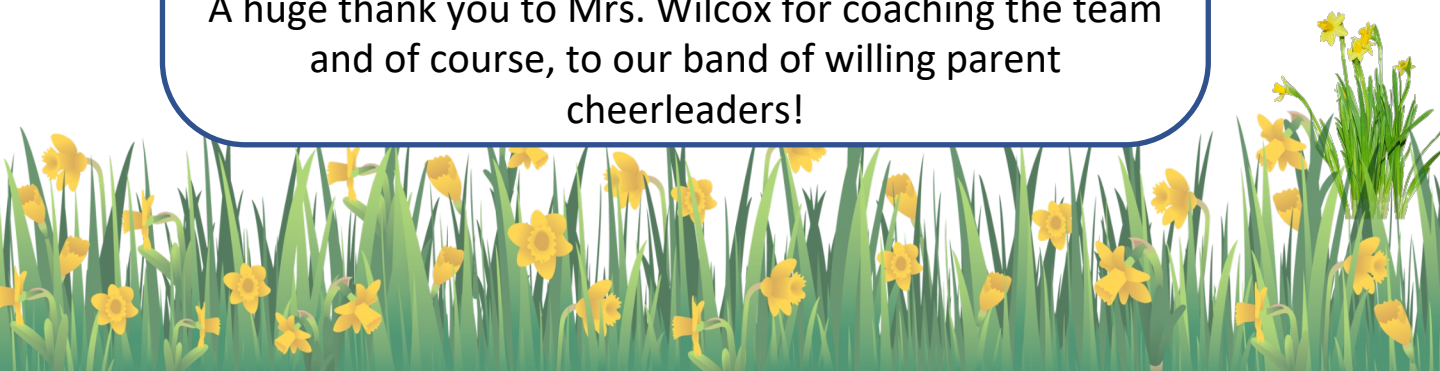


Our hockey team were quite amazing this week; winning their match pretty convincingly.

The final score was 5-0 to Flushing!

Fantastic work all of you!

A huge thank you to Mrs. Wilcox for coaching the team and of course, to our band of willing parent cheerleaders!





FoFS are hosting a fundraising event at Raze the Roof on Tuesday 25th April from 6-8pm for ALL children at the school and their friends.

Tickets cost £5 per child age 3+.

Adults and under 3's FREE! Invite your friends and families too for a fun evening, the more the merrier!

All funds raised will be for the benefit of Flushing School. Letters for ticket orders will go home in bags this Friday.

Bring some pennies on the night for food, drinks, lucky dip, bottle tombola and pocket money stalls. Donations for these can be sent in via classes or the office.

Many thanks for your continued support.



Wellbeing Tips!

Self care and Wellbeing Support for Parents & Carers

FIVE WAYS TO WELLBEING
 BE ACTIVE
 CONNECT
 GIVE
 TAKE NOTICE
 KEEP LEARNING

Putting yourself first
 It's important to take time for yourself to unwind and relax. Begin by trying to give yourself 10 minutes a day where you can take a breather. This could be stepping outside with a cup of tea.

Getting things done
 Asking for help from others can allow you to complete day to day tasks. It is okay to ask for support and be doing so you are not failing. Friends and family are often happy to help.

Looking after yourself
 Taking care of your physical health can have a positive impact on your mental wellbeing. This could be a daily walk in your local area. Sleep is key for wellbeing, you could try one of the apps listed below.

Staying connected
 Try to stay connected with friends and family as this is important for maintaining good mental health. It is important to remember that it is ok to not feel like things are going well.

Free time
 Time away from social media can allow you to unwind and can improve sleep quality. Finding time to engage in activities you enjoy can improve self-esteem and mental wellbeing.

Supporting your child with transition and mental wellbeing
 Transition To Secondary 2 Tips For Parents (teacher toolkit.co.uk)
 Find Your Fresh Transition Tips for Parents (www.gominds.org.uk)
 How Can We Help Kids With Transitions? | Child Mind Institute
 Materials to help support your child's emotional well-being following COVID-19 pandemic - for parents and carers | Staffordshire Connects
 Helping Your Child With Anxiety (www.gominds.org.uk)
 Anxiety: Mentally Healthy Schools

Useful links: Calm, headspace, my3life

Tips taken from Self-Care for Parents and Carers | www.counselling-directory.co.uk

Uniform

I am delighted to announce that Flushing School has partnered up with local firm, JukoPrint, where you will now be able to purchase fleeces, jumpers or polo-shirts with our school logo on. You can order online by clicking on the link below. Uniform can be posted to you, for a small fee, or you can pick it up, straight from their store, in Penryn.

Following some feedback from parents, from September children will be able to wear plain white t-shirts, available from most supermarkets, for PE. Jukoprint are also selling these at less than £2.00 each. This should reduce the cost of PE kits a little and the school, along with the Friends of Flushing, are planning to invest in sets of 'match kits' that KS2 pupils will be able to borrow to attend off-site sporting events.

We will continue to look for ways to reduce the cost of things like uniform and always encourage you to shop 'pre-loved' if possible. To this end our wonderful FoFs team will be selling pre-loved uniform at their events across the school year, so keep an eye out for updates on these!

<https://jukoprint.co.uk/product-category/flushing-school/>

