



FLUSHING C of E PRIMARY SCHOOL

*Nourishing to flourish in our world.*

# NEWSLETTER



## Dates For Your Diary

- WB Monday 13<sup>th</sup> May**– End of Key Stage Two SATS Assessments.  
**Monday 3<sup>rd</sup> June**– Dolphin Class Ys 5 & 6, Residential to Porthpean  
**Tuesday 11<sup>th</sup> June**– Sports Day  
**Wednesday 12<sup>th</sup> June** –Dolphins– Science Exhibition Trip.  
**Thursday 13<sup>th</sup> June** –Reserve Sports Day  
**Thursday 18<sup>th</sup> July** –KS2 End of year school play, 6pm  
**Friday 19<sup>th</sup> July**–Prize Giving, 2pm at the Village Club  
**Monday 22<sup>nd</sup> July**– Year 6 Leaver's Assembly, 2pm



### Praise Certificates

Starfish: Sol and Stevie  
Seals: Toby, Theo and Myleigh  
Dolphins: Alex B-J and Corinne

Congratulations all of you!

### Attendance

Starfish 91.3%

Seals 90.2%

Dolphins 97.6%

Congratulations Dolphins!

Seals won the Lunchtime Award this week!



### Friends of Flushing

Our wonderful Friends of Flushing are hoping to support the upcoming Sports Day event by selling refreshments. Should you be able to help in any way, please contact either Lisa or Tabitha. (Contact the school office and we'll pass your details to them! 😊)

"Be strong and courageous. Do not fear or be in dread of them, for it is the Lord your God who goes with you. He will not leave you or forsake you." (Deuteronomy 31:6)



# Penryn Creativity Collaborative

Flushing School is now approaching its third year of working on Action Research with Penryn College; around ways to improve creative thinking skills to better prepare our pupils for the ever-changing world they will grow up in.

We look forward to using the Toolkits that have been developed in our lessons over the next terms.



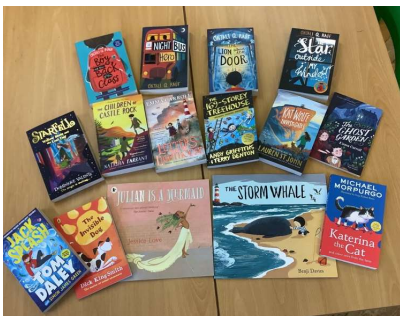
We are currently looking to recruit a Midday Supervisor to work at Flushing School on a Monday to Friday, 12-1.15pm. If you are interested, please pop into school and collect an application form. Thank you!

## May Reading Challenge!

Throughout May, we're setting all pupils a challenge of trying to read aloud to someone at home, at least 20 times across the month of May!

(More, if possible, of course!)

All pupils that manage to get their 20 reads will get their names put in the hat and at least one will be drawn out for a prize!



Look at some of the lovely books, we bought with the proceeds from the recent Book Fair!



### 9 MENTAL HEALTH ACTIVITIES TO DO WITH YOUR CHILDREN

@BELIEVEPHQ

- WORRY TIME**
  - Set aside 10 mins each day for your child to worry. Discuss with your child how long the worry time will be for. In this time your child can write down their worries, discuss them with you or problem solve to overcome them.
- ACTIVITY PLANNING**
  - Create an activity diary with your child and help them to schedule in some pleasurable and achievement related activities.
- TALKING ABOUT FEELINGS**
  - Why not create a time each week where your child can speak to you about their thoughts and feelings.
- THOUGHT CHALLENGING**
  - Help your child to write down any unhelpful thoughts they have experienced. Try to challenge them with your child and come up with more realistic and helpful ones.
- 3 GOOD THINGS**
  - Before bed spend some time with your child to identify and write down three good things they achieved from the day.
- IMAGERY**
  - Work with your child to imagine themselves in an imaginary future where everything has turned out in a positive way.
- WELLBEING**
  - Support your child to look after their wellbeing. Cook healthy meals with them, exercise or play sport with them and make sure they are getting enough sleep.
- BEING PRESENT**
  - Help your child to be present and live in the moment. Go for a walk and see how many different things you can both take in with all your senses.
- THOUGHT TESTING**
  - Try setting out some simple activities to help your child test out the validity of a thought.