



# Helmsley Community Primary School

## Newsletter Issue 121

### THIS WEEK'S SUPERSTAR

IS:

ARTHUR PEPPER

For always being a fantastic friend and a  
super star learner.

### *This Week's House Points*

*Harriers (red) : 38*

*Eagles (green) : 56*

*Hawks (yellow): 47*

*Falcons (blue): 55*



### Dates For Diaries

#### Mon 3rd May

May Day Bank Holiday

#### Friday 28th June

School closes for half term

#### Monday 7th June

School re-opens for the  
Summer term

#### Monday 14th June

Impressions Photography  
(class groups)

#### Friday 23rd July

School closes for the Summer  
break.

### SCHOOL UPDATES

#### **Pre School**

We have places available in our Pre School from September 2021. If your child, or you know anybody who has a child, who has a birthday on or after 1st September 2017 and you would like them to be added to our Pre School intake list, please contact the School Office on 01439 770783 or email [info@helmsley-rlt.co.uk](mailto:info@helmsley-rlt.co.uk) to register your interest.

#### **Piano Lessons**

Mrs Gower-Smith attends school on a Tuesday afternoon to teach piano. She has a space available if your child is interested. Please contact Mrs Feather if you would like more information.





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### What will my child be learning this half term?

Here is an overview of this half term's whole school topic – Time travellers.

### This term our school topic is TimeTravellers



Oak	Rievaulx Abbey- The life of a monk
Beech	Castles
Silver Birch	Mayan Civilisation
Rowan	Leisure and Entertainment through the ages

Please find on your child's class and PE Microsoft Teams page a detailed knowledge organiser for the time traveller topic, maths and PE plus a class overview of all the other subjects which will be taught this half term. We hope you find these useful as a tool to discuss your child's learning with them.

### Wellbeing Wednesday

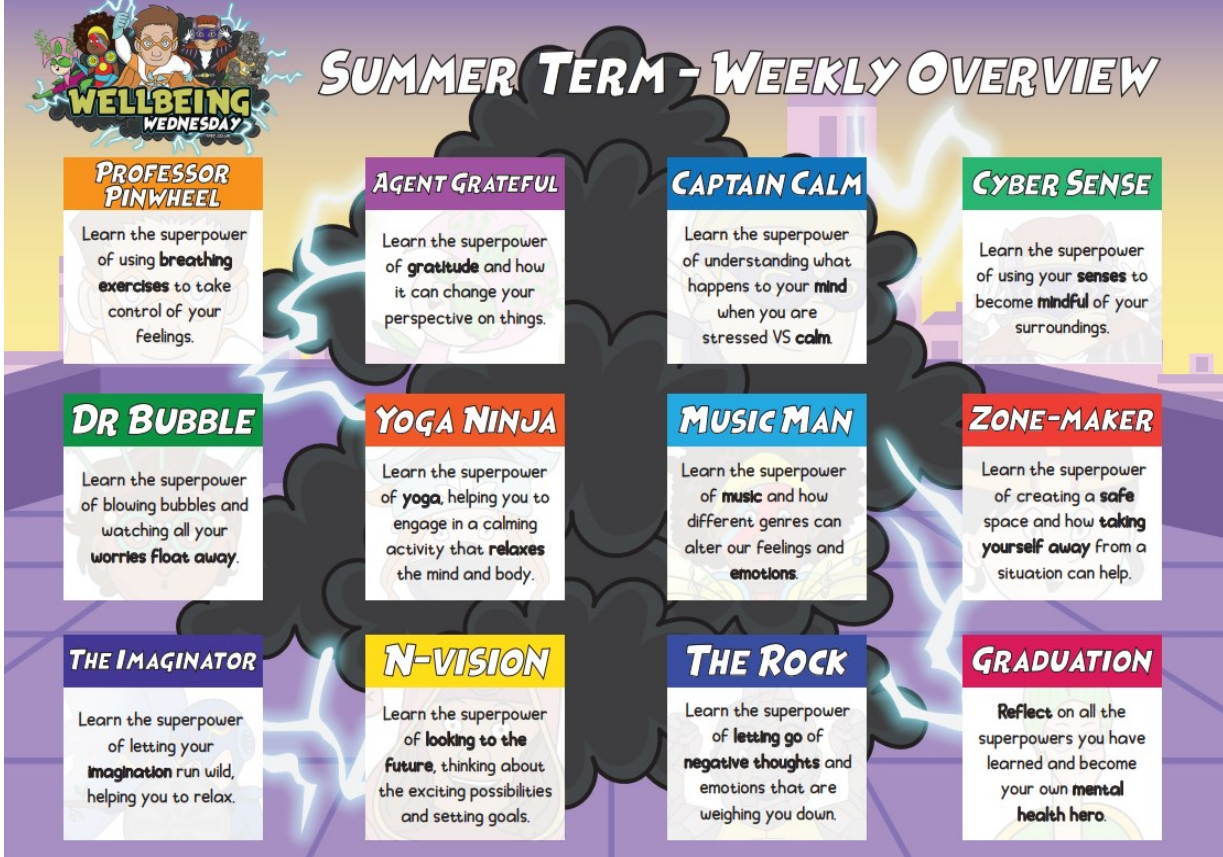
Next week we will be starting a 12 week 'Wellbeing Wednesday' focus. Each Wednesday we will be talking to the children about how to protect and support their own and others' health and wellbeing. The scheme of work which we will be using as our guide is themed around superheroes and their fight against Negatron. Each week we will be developing a new wellbeing skill appropriate to your child's age. Please see the overview below for the 12 skills in which we will be covering. We will be starting next week with Professor Pinwheel – focussing on breathing. In next week's newsletter we will communicate the theme and skills developed.





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**WELLBEING WEDNESDAY**

### SUMMER TERM - WEEKLY OVERVIEW

<b>PROFESSOR PINWHEEL</b> Learn the superpower of using <b>breathing exercises</b> to take control of your feelings.	<b>AGENT GRATEFUL</b> Learn the superpower of <b>gratitude</b> and how it can change your perspective on things.	<b>CAPTAIN CALM</b> Learn the superpower of understanding what happens to your <b>mind</b> when you are stressed VS <b>calm</b> .	<b>CYBER SENSE</b> Learn the superpower of using your <b>senses</b> to become <b>mindful</b> of your surroundings.
<b>DR BUBBLE</b> Learn the superpower of blowing bubbles and watching all your <b>worries float away</b> .	<b>YOGA NINJA</b> Learn the superpower of <b>yoga</b> , helping you to engage in a calming activity that <b>relaxes</b> the mind and body.	<b>MUSIC MAN</b> Learn the superpower of <b>music</b> and how different genres can alter our feelings and <b>emotions</b> .	<b>ZONE-MAKER</b> Learn the superpower of creating a <b>safe</b> space and how <b>taking yourself away</b> from a situation can help.
<b>THE IMAGINATOR</b> Learn the superpower of letting your <b>imagination</b> run wild, helping you to relax.	<b>N-VISION</b> Learn the superpower of <b>looking to the future</b> , thinking about the exciting possibilities and setting goals.	<b>THE ROCK</b> Learn the superpower of <b>letting go</b> of <b>negative thoughts</b> and emotions that are weighing you down.	<b>GRADUATION</b> <b>Reflect</b> on all the superpowers you have learned and become your own <b>mental health hero</b> .





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# Newsday Tuesday

*Week Commencing 12th April 2021*

What's going on this week?



The Royal Voluntary Service (RVS) has recently marked one year since the NHS Volunteer Responders scheme launched. More than 1 million volunteers signed up, when the public were encouraged to help the health services as it dealt with the increased demand due to the pandemic.

*Things to talk about at home...*

- ◆ Have you ever volunteered or known anyone who has? What did they volunteer to do and who benefitted from their volunteering?
- ◆ Can you make a list of the different ways and places people can volunteer?
- ◆ Why do you think people choose to volunteer?








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### Community Events

**Drawing Competition**

 **Nationwide**  
Building Society

Proud to be celebrating 20 years of supporting

 **Shelter**

Nationwides goal is for everyone to have a safe place to call home

Drawing competition open for ages 4 - 7 + 8-11  
To draw something that is a reminder of home

**Book Vouchers For Prizes In Both Categories**

**Girls only cricket taster sessions.**

**Scarborough World Cup Legacy**

Scarborough World Cup Legacy offers 8 weeks of coaching for girls aged 8-16 at Terrington Hall School. Sessions from 20<sup>th</sup> April- 11<sup>th</sup> June. 1-hour slots. 6pm-9pm

Terrington Hall School. Terrington, York, YO60 6PR.

The time of your slot will be sent to your email once you have signed up by using the link attached. If you have a paper copy of the poster then contact the email below and they will sort you out with all the information you need!

**SIGN UP HERE:**  
[https://docs.google.com/forms/d/1FAIpQL5Fibbkpm36n3qht7m1oRg7822bwrBjDqf2ANaBnaIS5vAHVn4Q/viewform?usp=sf\\_mail](https://docs.google.com/forms/d/1FAIpQL5Fibbkpm36n3qht7m1oRg7822bwrBjDqf2ANaBnaIS5vAHVn4Q/viewform?usp=sf_mail)

**For more information please contact:**  
Leah Dobson: [CricketCoachLeah@outlook.com](mailto:CricketCoachLeah@outlook.com)

