

Letter to Parents/Carers

Dear parents and carers,

Happy New Year, Réveillon, Gelukkige Nuwe Jaar and 新年, 年

As Term 3 begins here at Lambourn, I want to acknowledge how hard the children worked in Term 2 and how wonderful the staff have been in supporting the children each day!

I was pleased that so many of you were able to join us to celebrate the wonderful things that happened at school including 'Baarmy Bethlehem' and the Carol Service. It was lovely to hear all your wonderful comments after each of the performances about the children's achievements in acting, narration and singing. We also received a lovely message of thanks about the School Choir performing for the Christmas Lunch at The British Legion.



I would like to express my gratitude to the PTA for providing every child with a letter and gift from Father Christmas and arranging for him to come and deliver them to the children at his busiest time of year. To everyone who has supported PTA events this year so far thank you; it is your generous support that enables many and varied enrichment experiences for the children.

With best wishes

Maria

Miss Maria Cupit

CHILDREN'S MENTAL HEALTH WEEK

Children's Mental Health Week takes place in February and provides an opportunity to shine a spotlight on the importance of young people's mental wellbeing. The theme for 2023 is **Let's Connect!**

'Human beings thrive in communities, and this connection is vital for our wellbeing, and our survival. When we have healthy connections – to family, friends and others – this can support our mental health and our sense of wellbeing. And when our need for rewarding social connections is not met, we can sometimes feel isolated and lonely – which can have a negative impact on our mental health. Let's Connect is about making meaningful connections for all, during Children's Mental Health Week - and beyond.' www.childrensmentalhealthweek.org.uk

6th January 2023

Dates for your

Diary

Year 4 Wild West Spring
Session

Thursday 12th January

1.15 — 3.00pm

Year 3 West-Berkshire
Healthy Eating

Workshop

Friday 13th January

09:30 - 10:30

Year 3 West-Berkshire
Sleep Workshop

Tue 17th January

09:30 - 10:30

Children's Mental Health
Week 2023 — 6th-12th
February 2023.

Theme — Let's Connect

**Eat Them to Defeat
Them 2023**

Starts 20th February

TOP TIPS TO ENCOURAGE READING FOR PLEASURE AT HOME

Model being a reader to your children, do your children see you read?

Remember reading doesn't have to be a novel, it can be newspapers, magazines, recipes, instruction, anything with words!

Encourage children to read everywhere, involve them in reading the recipe for dinner, shopping lists in the supermarket even the TV listings when choosing what to watch, shared reading times don't have to be snuggled up with a book – however lovely that is.

Use your voice to help bring books to life. You can work with your child to decide what-voice characters should have and do the sound effects! It may feel a little silly to begin with, but your child will love to hear you involved in their story.

Whatever you and your child choose to read, we hope you enjoy it!

Please note that the following texts are suitable from the age group stated, but please do research the books before selecting them to ensure that they are appropriate for your child.

WHICH WAY TO ANYWHERE CRESSIDA COWELL

K2 O'Hero is a seemingly ordinary boy - after all, he and his twin sister Izzabird have been sworn to keep their family's magical history a secret. Not even their infuriating stepsiblings, Theo and Mabel, know that magic exists. They believe K2 to be the most hopeless person they have ever known.

But K2 has a secret gift: he draws maps of worlds that are beyond the wildest of imaginations. Worlds with six hundred moons, burning rivers and dark, twisty jungles alive with plants that hunt by the smell of fear. But what K2 doesn't know, is that the maps he draws are real.

When their baby sister Annipeck is kidnapped, the warring stepsiblings will have to use K2's gift to find a crossing point into one of those worlds and embark on a daring rescue mission. With a terrible beast and a petrifying robot assassin in their way, they must learn to work together quickly - because the future of their family is at stake...



WHAT IF PIG? LINZI HUNTER

You're not going to find a more heartwarming and dynamic duo than Pig and Mouse! Join Pig as he learns how to turn his "what if" worries from anxiety to optimism, all with the help of his loving friend Mouse.

Mouse has never had a friend quite like Pig. Pig is so incredibly kind, endlessly thoughtful and fabulously fun, but he also has a big secret... he's a tremendous worrier!

When Pig gets the brilliant idea to throw a party for Mouse and their friends, he can't help but think of everything that could possibly go wrong. After all, what if a lion eats all the invitations? What if nobody comes? Or worse, what if everyone comes and has an awful time?

In this adorable story, Linzie Hunter's charming, bright illustrations pair perfectly with her sweet and funny story about friendship and the endless wonder of "what if" that readers of all ages can relate to. This picture book is a great conversation starter in the home or classroom and a great way to talk to your children about worries or anxieties. Perfect for boys, girls, families and anyone who has ever had a worry or a wobble!



BREAK THE MOULD SINÉAD BURKE

Sometimes we can feel like we are not good enough. That we don't belong. Or that we want to be more like our friends. In this empowering guide, Sinéad Burke draws on her own experiences and encourages young readers to believe in themselves, have pride in who they are and use their voice to make the world a fairer, more inclusive place.

From the power of being different, to celebrating the things you love about yourself and helping others do the same, this is a brilliantly inspirational handbook for breaking the mould and finding your place in the world.



KIKI KALLIRA BREAKS A KINGDOM SANGU MANDANNA

Kiki Kallira has always been a worrier. Did she lock the front door? Is there a terrible reason her mum is late? Recently her anxiety has been getting out of control, but one thing that has always soothed her is drawing. Kiki's sketchbook is full of fantastical doodles of the Hindu myths and legends her mother has told her since she was tiny.

One day, her sketchbook's calming effect is broken when her mythological characters begin springing to life and Kiki is pulled into the mystical world she drew. There, she discovers the band of rebel kids who protect the kingdom, as well as an ancient, monstrous god bent on total destruction. Kiki must overcome her fear and anxiety to save both worlds - the real and the imagined - from his wrath.

But how can a girl armed with only a pencil defeat something so powerful?





for every parent

Family Transitions Triple P

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Making Conflict Better

A free course for parents

Are you a parent who is separated or divorced?
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How

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A space to find what works best for you and your children
during this difficult and challenging time

We ask that you commit to all 5 sessions
You don't attend with your ex-partner
Sessions can be face to face or virtual to suit your needs

We understand that conflict can be over a variety of situations
Finances, new partners, extended family, holidays, special occasions
and much more

My Family First



For more information:
Email:
RPC@westberks.gov.uk
Phone: 01635 503400

Groups start from
January 2023, dates and
times to be confirmed.



West Berkshire
COUNCIL



Would you like to learn more about how to help your child's mathematical development before they start school?

Come and be a part of three informative and relaxed sessions held on Zoom led by education advisers Kirstie Hanson & Louise Griffiths. The aim of the sessions is to explore how you can support your child with their learning at home.



Wednesday 19th April 7-8pm What is early maths?

Wednesday 26th April 7-8pm Numbers and mark making

Wednesday 3rd May 7-8pm Everyday maths in the world around you and stories

All sessions are free of charge and can be booked by emailing the Early Years Service on earlyyears@westberks.gov.uk



How to get your child school ready. Do you have a child who is due to start a West Berkshire school in September 2023?

Come and be a part of three informative and relaxed sessions held on Zoom led by education advisers Kirstie Hanson & Louise Griffiths. The aim of the sessions is to explore how you can support your child with their learning at home.



Monday 23rd January 7-8pm How to be a good talker

Monday 30th January 7-8pm Early Reading & Phonics

Monday 6th February 7-8pm Early Writing

All sessions are free of charge and can be booked by emailing the Early Years Service on earlyyears@westberks.gov.uk