



May Newsletter



Caring, Learning, Excelling

Important Dates

Thurs 7th May - Juniper Class trip to farm.

Thurs 7th May - Cricket Tournament (London Road). More info to follow.

Mon 11th - Thurs 14th May - Yr6 SAT's. No absence can be authorised during statutory testing periods.

Wed 13th May - Elm Class trip to farm.

Thurs 14th May - Holly Class trip to farm.

Fri 15th May - RNLI safety talks in school (F/S-Yr6).

Tues 19th May - Yr6 Church Schools Festival at Lincoln Cathedral.

Wed 20th May - No Pen day whole school.

Wed 20th May - Wolds Partnership Cricket Day in school

Thurs 21st May - James Street Vets visit whole school.

Fri 22nd May - Smart Stems Day. Projects about Mars.

Fri 22nd May - last day of term 5.

Mon 1st June - First day back term 6.

Mon 8th June - Wed 10th June - Yr 6 PGL residential.

Sun 21st June - Father's Day.

Key

KS1 = Yrs 1 & 2

KS2 = Yrs 3, 4, 5 & 6

FS = Foundation Stage



Apple and Cherries Visit Rand Farm Park

The trip to Rand Farm Park was a fantastic success. The children had an enjoyable and informative day, gaining a deeper understanding of farm life and animal care. We would like to thank the staff at Rand Farm Park for their hospitality and for providing such an engaging and educational experience for the children.

YEAR 6 SECONDARY SCHOOL INDUCTION DAYS

Louth Academy

Wednesday 1st - Friday 3rd July

King Edwards VI Grammar School

Tuesday 7th July and Wednesday 8th July

John Splendluffe, Alford

Thursday 9th and Friday 10th July

De Aston School, Market Rasen

Wednesday 8th July

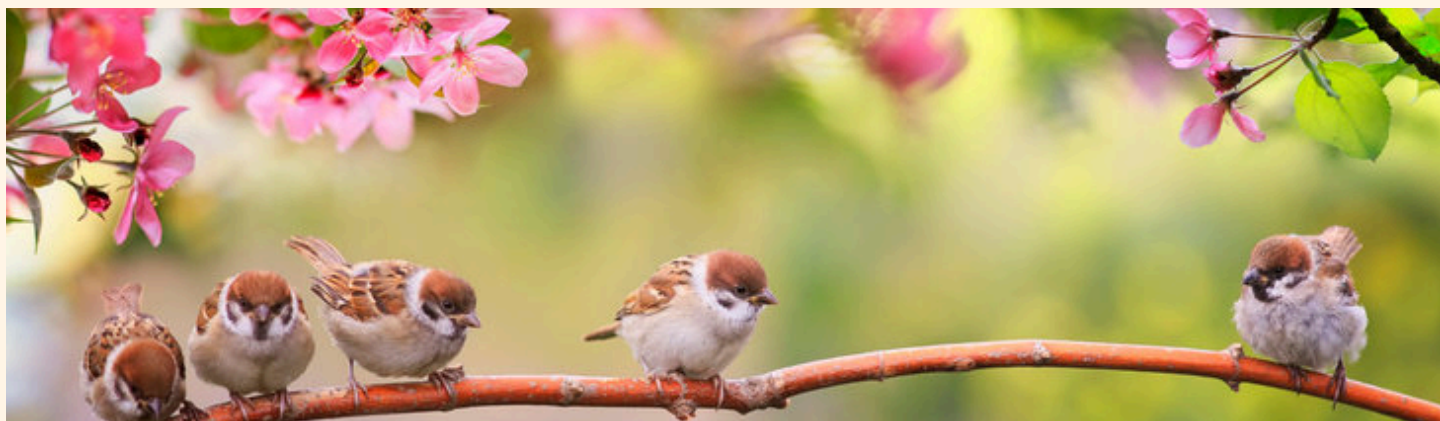
Queen Elizabeth's Grammar School, Alford

Thursday 2nd July



No Pen Day - Wednesday 20th May

No Pens Day is a national speaking and listening initiative, led by Speech and Language UK, where schools ban writing tools for a day to focus on communication, social skills, and interactive learning. It aims to boost confidence, improve oral language, and reduce anxiety around writing,



Yr 3/4 Girls Cricket Tournament



Our girls' cricket team participated in the school tournament, where they demonstrated excellent teamwork, determination, and enthusiasm throughout the day. They supported one another, communicated well, and maintained a positive attitude, even when faced with challenging matches. The team represented the school with pride, displaying outstanding behaviour and sportsmanship at all times. Overall, the tournament was a valuable experience that helped the pupils develop their cricketing abilities, build confidence, and enjoy the sport.

YR6

SATs Breakfast

8am Mon 11th – Thurs 14th
May

Our Year 6 SATs Breakfast Club will be running each morning at 8:00am during SATs week, providing pupils with a calm and supportive start to their day. A healthy breakfast is essential, as it helps boost energy levels, improve concentration, and support memory—key factors for performing well in exams. Pupils who attend will have the opportunity to enjoy a nutritious meal with their friends, settle any nerves, and arrive at their tests feeling focused and ready. We strongly encourage all Year 6 pupils to attend and take advantage of this positive start to the day.



School Transport

[Lincolnshire children starting primary school or secondary school in September 2026](#)

If your child is starting primary school or transferring to secondary school in September 2026, they may be eligible for school transport. If you think your child is eligible, you may apply for transport after 2nd March (secondary offer day) or 16th April (primary offer day) once you have your offer of a school place.

Applications can be made online at the website below.

****Please do not apply until you have a formal offer of a school place****

For more information about the home to school transport policy and online applications please go to:

www.lincolnshire.gov.uk/school-college-transport

Queries can be emailed to

schooltransportapplications@lincolnshire.gov.uk

Reading Recommendations-

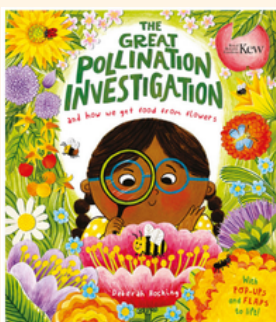
Each month Miss Tuplin will recommend a book for each Key Stage. If you like the sound of these books and would like to share them with your child, you can find the book in school or visit our local library to borrow a copy



EYFS

The Footballing Fairy by Irina Avgustinovich

Femi the fairy adores playing football. However, when she boots a pumpkin into a bowl of soup at a party, the Fairyland King tells her to practise more appropriate fairy activities, rather than shooting and kicking. Full of self-doubt, Femi wonders if she should hang up her football boots, but an elf gives her the encouragement she needs to believe in herself.



KS1

The Great Pollination by Deborah Hocking

Why are flowers so bright and beautiful? Why do insects buzz around them? What's the link between flowers and the food we eat? Join the investigation by lifting flaps to learn more about flowers, plants and pollinators. Created in partnership with the Royal Botanic Gardens, Kew, this informative non-fiction picture book is packed with facts, including diagrams using proper scientific vocabulary. Each page, pop-up and flap is stunningly illustrated, and there's a tomato seed experiment to carry out.



LKS2

Guardians of the New Moon Ming and Miaow's Great Race by Eric Huang

The Jade Emperor orders a great race between all the animals on Earth. The 12 fastest shall be immortalised in the Chinese zodiac. Miaow the cat teams up with Ming, an elemental fox who can transform into a girl. Together they battle to stay in the race as they journey across a magical landscape.



UKS2

Land of the Last Wildcat by Lui Sit

Puffin Lau is a 10-year-old girl obsessed by the Kuri, the legendary wild cat of Linger Island. Her scientist mum is usually away on research, so Puffin lives with Grandad Moe and her best friend Lance. One day Puffin finds a living Kuri in the Linger museum. Her mum's boss wants to experiment on the Kuri to extract its healing power. Can Puffin and Lance rescue it?



SUMMER COMPETITION DAY

THURSDAY 21ST MAY

ORDER A MEAL ON THIS DAY AND BE IN WITH A CHANCE OF
WINNING – FIND THE LUCKY STICKER TO WIN A PRIZE!

ORDER DEADLINE: TUESDAY 12TH MAY BY 3PM

IF YOU REQUIRE ANY ASSISTANCE ORDERING THE MEAL, PLEASE DO
NOT HESITATE TO CONTACT US AT ENQUIRIES@THEFARMKITCHEN.COM
BEFORE THE ORDER DEADLINE.



F/S Enjoy Earth Day 23.04.26:

LOOKING AFTER YOURSELF DURING SATS

You might be feeling worried about your SATs, how you will feel during the test and if you will be able to answer the questions. Some stress is normal and can help you do your best but too much stress is not good for you.

Here are some top tips to help:

- Talk to your teachers. Your teachers are there to help if you need support with your work or to manage worries.
- Learn some relaxation techniques, such as mindfulness and breathing exercises, which you could use if you feel anxious in a test.
- Try to get 8 to 10 hours sleep per night so you can focus better when taking your tests. Have a regular bedtime and avoid screens in the hour before bed-try reading, colouring, or listening to your favourite music instead.
- Keep active. Do some sport or go for a walk outside in the fresh air to improve your sleep and your mental health.
- Eat regular meals to give you energy and drink plenty of water that is best for your health and improves concentration. It is best to avoid high sugar and energy drinks.
- Try not to compare yourself to others. Everyone is different with their own special strengths and your wellbeing is the most important thing.



The Farm kitchen

To see the menus for each week scan
the QR code.



What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so enthralls young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK... and knowing what to do about content that upsets them.

1. UNDERSTAND THE ALGORITHM

Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.

3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.

4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.

6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.

8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

Meet Our Expert

Shazia Sarwar-Aziz is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.



Sources: <https://www.bbc.com/news/technology-63204805>
<https://sproutsocial.com/insights/social-media-algorithms/>

NOS
National Online Safety
#WakeUpWednesday