

Dear Parents and Carers,

**Welcome back** - It has been lovely to welcome back all of the children after the Easter break and we have all greatly enjoyed the warm sunshine whilst taking part in our outdoor activities.

**Outdoor gym** - If you have been onto the KS2 playground, you may have noticed that we have had our new outdoor gym fitted which is proving really popular with the children and it has been fantastic to see some of the older children from Grove enjoying using this after school as well. I am delighted to see how respectful everyone has been of this new equipment and look forward to seeing the children being able to enjoy this for years to come.

### IMPORTANT - Emergency Alerts and Secret Phones

On Sunday 23rd April there will be a national UK Emergency Alert test. In the event of an emergency, like severe flooding, the Emergency Alert system will notify all mobile phones with an alert sound - even when they are on silent.

Any alert may put victims and survivors of abuse at risk if they have a secret phone. Sharing this information with victims and survivors so they can take action to prevent their phone activating during an alert may prevent a potential confrontation or abuse if their secret phone is discovered by their abuser.

They can watch this [video](#) from Refuge to learn how to turn off emergency alerts on their mobile phone, and prevent their phone from being detected in the event of an emergency alert.

**Arbor App** – Thank you to all of the parents who have signed up to the Arbor App. If you have not yet signed up, please can you do this by Friday 28<sup>th</sup> April as our first aid slips, parents evening appointments and reports will all be shared via the Arbor app later this term.

If you have lost the information explaining how to do this, please contact the office who will be able to help you.

*Lisa Millington*  
**Headteacher**



## This week at Longlands



### Mental health support

#### Breaking the myth mental health support

Over the coming weeks, you will be receiving communications about mental health support. This is important as a survey conducted by the Marches Academy Trust in October 2022 identified some of our children across the Trust needed advice and guidance on information around mental health and wellbeing. This will also be helpful to parents supporting your young people.



#### Breaking the myth...

- A short factual postcard of topics, information and links to support children and parents from our school communities.
- The postcard can be found on our school website, on our social media channel or via the Headteacher's weekly communication.
- The postcard will cover a topic per half term and be distributed each week with facts and information with links and resources for parents/carers to use - we hope you find them useful.

Marches Academy Trust 

#### Why?

- A survey was conducted in October 2022 that identified some of our children needed advice and guidance on information around mental health and wellbeing.

#### What is our first topic?

- Our first topic will be on sleep. This was identified from our survey as something that our children wanted support with.

## CELEBRATION

### Happy Birthday to:

Poppy	Elm	Morgan	Rowan
April	Beech	Scarlett	Maple
Lexi	Elm	Ruby	Beech

## AWARD WINNERS



### Star of the Week

Acorns	Daphne
Saplings	Matilda
Fir	Boden
Willow	Archie
Maple	Shelby
Rowan	Gracie
Elm	All of Y4
Beech	Ali
Oak	Raymond

## UPCOMING EVENTS

April	
24 <sup>th</sup>	Swimming – Year 3
25 <sup>th</sup>	Cricket – Years 3/4/5/6
May	
1st	Bank Holiday
2nd	Cricket – Years 3/4/5/6
3rd	Years 3 & 4 Stepping out pedestrian training
8th	Additional Bank Holiday – King's Coronation
9 <sup>th</sup> – 12th	Year 6 SATs tests
9th	Cricket – Years 3/4/5/6
10th	<b>CIRCUS – don't forget to buy your tickets!</b>

[Click here](#) to view our term dates.

