

**Dear Parents and Carers,**

Our last full week has been extremely busy and full of lovely end of year events. On Monday, Year 5 visited Grove School for a Year 5 taster day. This was a great opportunity for them to see what it is like at secondary school and take part in some lessons and activities. "We had a really great day at Grove School. We solved problems in teams and completed a treasure hunt to find our way around the school. We did a fun history lesson with Mr Shone and explored ideas around aliens." Lucie – Beech.

On Wednesday, we had a fantastic sports' day and it was wonderful that all of the children were involved from Nursery to Year 6. The behaviour and attitude of the children was brilliant and really captured three of our values – we try our best, we are kind and we respect each other. "Sports day was fun. We really enjoyed ourselves. We helped KS1 and they were so sensible and respectful." Ronnie and Sky – Oak.

We have also had the school disco which was great fun, an assembly led by Carolyn from CAP about money awareness, and our Pupil of the Year assembly.

Some exciting news! We are pleased to share that Longlands Primary School has achieved the School Games Platinum Mark Award again for the 2022/23 academic year! The School Games Mark is a Government-led award scheme which recognises school's engagement (provision and uptake) in the School Games against a national benchmark and to celebrate keeping young people active, and we are delighted to have been recognised for our success!

As we break up for the summer holidays on Wednesday, this will be the last newsletter of the year. We look forward to seeing all of the children at the start of the autumn term at 8:45am on Monday 4<sup>th</sup> September.

Finally, I want to thank you all for your tremendous support of the children, the school and myself throughout the year. I have had a wonderful first year at Longlands and look forward to many more.

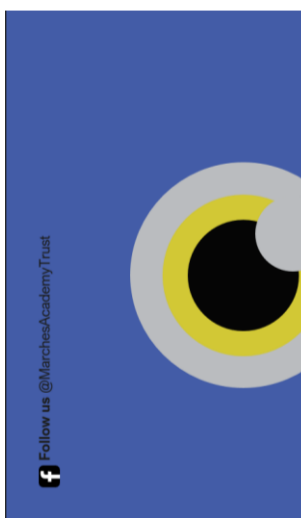
*Lisa Millington*  
Headteacher



### This week at Longlands



  
**Breaking the myth – Week 5**



**Breaking the myth...**

**Vitamin D...**

Vitamin D is sometimes known as the 'sunshine vitamin': the natural type of vitamin D is produced in your skin when you're exposed to sunlight. In the UK, sunshine isn't strong enough to allow you to make your own vitamin D in winter. So, it's now recommended that everyone over 1 year old take 10 micrograms (400 International Units) a day from October to March.

**Where can I get this from?**

- Oily fish (such as sardines, pilchards, herring, trout, tuna, salmon, mackerel and kippers).
- Egg yolk, red meat and liver.
- Cod liver oil (although this should be avoided if you're pregnant).

**Marches Academy Trust **

**What can I do?**

- Vitamin D is essential for more than just bone health, it is also of benefit for;
- Improving muscle strength.
  - Keeping your immune system strong, helping to fight off infections.
  - Protecting you against certain cancers.
  - Reducing your risk of falls.
  - Helping to stave off depression and low mood.
  - Keeping your energy levels up.

**Links for support**

[Vitamin D - NHS \(www.nhs.uk\)](http://Vitamin_D - NHS (www.nhs.uk))

## CELEBRATION

**Happy Birthday to:**

- |         |          |           |          |              |        |
|---------|----------|-----------|----------|--------------|--------|
| Ollie R | Beech    | Leonard   | Maple    | Lillie-Grace | Fir    |
| Emily   | Oak      | Isla      | Acorns   | Lylah        | Rowan  |
| Emma    | Rowan    | Isaac     | Fir      | Leon         | Oak    |
| Logan   | Maple    | Johnathan | Rowan    | Corey        | Rowan  |
| Ronnie  | Oak      | Betty-Jo  | Elm      | Austin       | Rowan  |
| Arthur  | Saplings | Gracie    | Rowan    | Nate         | Oak    |
| Jenson  | Rowan    | Gabriel   | Rowan    | Shelby       | Maple  |
| Amber   | Rowan    | Nandi     | Willow   | Stanley      | Acorns |
| Jaxon   | Maple    | Dexter    | Saplings |              |        |

## AWARD WINNERS



**Star of the Week**

- |          |         |
|----------|---------|
| Acorns   | Jaiden  |
| Saplings | Rhys    |
| Fir      | Rory    |
| Willow   | Elliott |
| Maple    | Rogue   |
| Rowan    | Jenson  |
|          | Olivia  |
| Elm      | Jake    |
| Beech    | Mason   |
|          | Lily    |
| Oak      | Adam    |

## UPCOMING EVENTS

July	
24 <sup>th</sup>	Bring your bike to school day
24 <sup>th</sup>	Summer Fair – 3:30 start
25 <sup>th</sup>	Last day for <a href="#">Parent Feedback</a>
26 <sup>th</sup>	Whole School Picnic

