



Rufford Church of England Primary School



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Headteacher: Mrs R.H. Elleray
'Together in Faith and Learning'

3rd February 2023

Dear Parents and Carers,



Our 'Young Minds' Group continue to support the mental health and well-being of their peers in school. They meet weekly with Mrs Coogan after school and have planned resources and presentations to share in school during 'Children's Mental Health Week' which starts on Monday.

This year's theme is **'Let's Connect'** and is about making meaningful connections. Human beings thrive in communities, and this connection is vital for our wellbeing. When we have healthy connections – to family, friends and others – this can support our mental health and our sense of wellbeing. 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. Amongst other initiatives, 'Young Minds' hold twice weekly talking groups at lunchtimes inviting children to come and talk about any worries or concerns they may have or to simply have a chat with a friendly face.

Resources and ideas to support families with positive mental health and well-being can be found via this link: <https://www.childrensmentalhealthweek.org.uk/families/>



Next Tuesday, 7th February, is Safer Internet Day. The theme for this year is **'Want to talk about it? Making space for conversations about life online'**. The day will call upon everyone to join together to make the internet a safer and better place for all, and especially for children and young people. We will be working with the children across school to focus on promoting the safe, responsible and positive use of digital technology. During the week children will be exploring ideas and information about keeping safe online and will take part in an assembly, relevant to their age, which will focus on Safer Internet Day.

Information for parents and carers about keeping your child safe on the internet can be found by accessing this link: <https://saferinternet.org.uk/guide-and-resource/parents-and-carers>

Our Worship theme next week will be... 'Sadness and Loneliness' We will reflect on ways to change these feelings in ourselves and in others. We will look at the work of organisations e.g. the Samaritans, carers etc. who try to help people to feel better. 'Young Minds' will encourage us to connect and support each other by talking and playing together. Danny and Father Mark will lead our worship on Wednesday morning exploring the bible story of The Wedding at Cana.

'Let your light shine in the world' (Matthew 5:16)

Healthy Eating Policy

As a school we teach and encourage children to adopt a healthy lifestyle. Infant children are provided with fresh fruit daily for snack time. Junior children are able to bring a healthy snack to school for mid-morning break should they choose to. Please support our healthy eating policy by only sending in healthy options for snack time e.g. fruit or vegetables. Crisps, chocolate bars and sweets are not to be brought to school for snack time.

Class Photographs

Ordering for class photographs can be completed online following the instructions on the envelope you have been sent. If you would prefer to send orders into school then please return by **Monday 6th February**, thank you.

Endeavour Holiday Camps

Holiday camps over the half term break will be run by West Lancashire Sport Partnership between 13th and 17th February 2023 for children aged 5 to 12 years. For more information please email

holidaycamps@endeavourlearning.org. To book a place for your child please follow this link:
<https://ec.schoolactivity.co.uk>

Friends PTFA

School Lottery: 2022's School Lottery raised £395.00, the full amount of which will be donated to school to purchase resources for the children. If you are interested in joining the School Lottery monthly draw please see the details on the letter sent home earlier this term.

For those of you who are existing members, if you wish to continue for this coming year and haven't got a standing order already set up, please make your payment no later than 3.15pm on **Wednesday 22nd**

February. Payments can be made via:

Bank transfer or standing order - payment monthly (£2 per month per number) or one payment of £24 per number

Account Name: Friends of Rufford School, Reference: (Your Surname) Lottery (e.g. Smith Lottery)

Sort Code 40-24-14, Account Number -61064851

Veg Boxes: Orders for February Veg Boxes should be made by midday on **Monday 6th February** for local Rufford delivery or collection from Tarleton on Wednesday 8th February. To place an order please visit <https://www.pta-events.co.uk/friendsofruffordschool> Payment details: Friends of Rufford School, Account number: 61064851, Sort Code: 40-24-14, Ref: Veg Box

Trussell Trust Foodbank

The Food Bank donation box is outside the main school gate on Flash Lane each day. Please feel free to continue to send any non-perishable foodstuffs, toiletries and cleaning products to maintain our support for the work of the Trussell Trust all year round.

School will close for the half term holiday at **3:15pm** on **Friday 10th February** and will re-open on **Monday 20th February** at **8:55am**.

Please do contact us if you have any questions.

Wishing everyone a good weekend.

Yours sincerely

Mrs Rachel Ellera
Headteacher



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