



Lulworth & Winfrith CE Primary School

Belief, Fellowship, Harmony
Matthew 31:32 - 33



Autumn 1, Week 2 Newsletter



Dear Families,

As we reach the end of our first full week back at school, I want to thank you for all you have done to support us. Staff have been really impressed with children showing they are 'ready to learn' and we expressed our pride through our Celebrations Assemblies this afternoon. It is always a joy to see children congratulating each other on the effort, aspiration and resilience they have shown.

Today, I want to take the opportunity to share some of the many ways in which we promote healthy lifestyles across our school community. Supporting children to develop healthy minds and healthy bodies is something we place great importance on, as we know that good physical and emotional wellbeing helps children to thrive both in and out of the classroom. Our PSHCE curriculum teaches children about making healthy choices and forming healthy relationships, and we also discuss how we can keep our bodies fit and promote positive mental health.

One of the key ways we encourage healthy lifestyles is through regular physical activity. Every child has opportunities to be active throughout the school day, including morning break and lunchtime, when they can enjoy fresh air, movement and play with their friends. In addition, all pupils take part in PE and sports lessons each week, helping them to develop and refine physical skills, confidence and enjoyment of exercise. We also work with external providers to offer a range of after-school sports clubs for families who wish their children to take part in additional activities. Our children in Winfrith class also have a weekly Forest School session where they embrace all weathers!

Staying active is not only important for physical health but also for positive mental wellbeing. Throughout the week, classes take part in active brain breaks and engage in activities such as Stormbreak, which help children understand the connection between movement, mindfulness and emotional wellbeing. These short opportunities to move, refocus and regulate emotions help children return to their learning feeling refreshed and ready to succeed.

In addition, food and hydration play a vital role in supporting a healthy lifestyle. We ask all children to bring a named water bottle to school each day so they can access water throughout lessons and remain well hydrated. If you wish, children may also bring an additional drink to have with their lunch, such as juice or squash. Only bottles filled with plain water will be kept in the classroom and please do not send in drinks which are fizzy.

Reception and Key Stage 1 pupils continue to benefit from the government's fruit and vegetable scheme and they receive a free piece of fruit or vegetable each morning. For our Key Stage 2 pupils, we encourage parents to provide a healthy snack each day, such as a piece of fruit or vegetable, to help support concentration, learning and sustained energy levels. Whilst lunchboxes may include a chocolate biscuit or crisps, we try to keep our mid-morning snack focus on healthy, wholesome options that support children's growing bodies and developing brains. Thank you for supporting us with this.

Finally, I am excited to be able to offer all our families the chance to access some free passes you can use outside of school for a family outing in the great outdoors! As you may be aware, we are fortunate to have some fantastic local partnerships that encourage children and families to spend time outside together, for example, through Planet Purbeck and Purbeck Goes Wild. We have recently been provided with **three free family passes** which offer free parking at both Corfe Castle and Studland. These passes provide wonderful opportunities for families to explore the historic castle grounds, enjoy adventures on the beach and spend quality time together in the great outdoors.

The passes are available to borrow from the Lulworth school office and can be returned after a weekend or holiday period. If there is a particular date you would like to reserve a pass, please email the school office and we will ensure it is ready for collection (from either Lulworth site or Winfrith site) on the appropriate day. Thank you, as always, for working alongside us to promote healthy minds and healthy bodies in our children. By working together, we can help our pupils develop positive habits that will benefit them throughout their lives.

Have a wonderful weekend,
Mrs Griffiths

PTFA EVENTS

1) Pre-loved Uniform Sale - Lulworth Site

From Tuesday 15th September, we'll be holding a pre-loved uniform sale at reception for one week.

Fleece - £4

Jumper - £3

Top or trousers - £2

There will be a box at reception for payment.

2) PTFA Halloween Disco is back!

Tuesday 20th October

Remember how awesome the disco was last year?! Please see the poster for timings and details and get it in your diary!

3) Events for Parents

The PTFA is also working on a series of evening events that parents can get involved in. We'd love to hear your ideas too, so if there's something you'd like us to organise, please let us know by messaging Annabel or Ruby in the All Lulworth & School WhatsApp group or contact the school office on

lwps.office@coastalpartnership.co.uk

Certificates and Achievements

Tadnoll: School Values: Henry Morris for showing kindness and friendship.

Tadnoll: Learner of the Week: James Lilley for fantastic writing every day this week!

Bindon: School Values: Bodhi Canaven-Matthews for showing kindness towards others

Bindon: Learner of the week: Leighton Carney for demonstrating aspiration and kindness all week

Worbarrow: School Values: Amelie Cazeaux for being an aspirational learner in all her lessons.

Worbarrow: Learner of the Week: Elsie Kennedy for demonstrating resilience in all her lessons this week.

Golden Ticket: this award goes to Olivia Wilkins!!

Well done to all students. You have worked so hard this week!

Upcoming Dates

SEPTEMBER

Tuesday 15 th	Little Troopers Club (Invite Only) Lulworth	3.15pm - 4.15
Monday 21 st	Year 1 - Trees for Dorset Visit	(Daytime)
Monday 21 st	Year 3/4 - Practice at Wool Primary for Singing Project	(Daytime)
Tuesday 22 nd	Budden's Trip - Invite Only	09.00am - 3.00pm

October

Monday 5 th	Yr 3 & 4: Leeson House Residential meeting for parents. Lulworth	2.45pm - 3.15pm
Thursday 8 th	Harvest Festival, Holy Trinity Church. Lulworth	2.00pm - 3.00pm
Monday 12 th	Open Morning (Both Sites)	09.00am - 12.30pm
Tuesday 13 th	SEND Parents/Teacher Consultations. Bindon/Worbarrow	08.40am - 4.00pm
Thursday 15 th	Carey Camp (Invite Only)	09.30am - 2.30pm
Tuesday 20 th	Parent/Teacher Consultations (All meetings to be held on Lulworth Sites) More info to follow 3.30pm - 5.30pm	
Thursday 22 nd	Parent/Teacher Consultations (All meetings to be held on Lulworth Sites) More info to follow 3.30pm - 5.30pm	