

HELLO YEAR 6, SOON TO BE YEAR 7!

I hope you and those around you are all keeping well.

My name is Mrs Lynch and I'm going to be your Progress Leader for your first two years at Higham Lane School.

I'm going to be writing to you weekly between now and the end of term to keep you updated with how things are going at school and share information with you.



Monday 19th July

I hope you have all been enjoying the hot weather this weekend. I have been trying to keep Brandie cool using the hosepipe. She loves to chase the water so it has been good exercise for her too! I am not particularly good at gardening but I do try. My runner beans are growing well—my children actually enjoy eating these knowing they have come from my hard work! I wonder if you are trying to grow anything and what you are good at in the garden? We have a gardening club at HLS so I bet some of you will be joining it in September.

In school this week, the ice cream van is coming so everyone can have an end of term treat. I hope you are enjoying your final days of Primary School and also having a few treats. If you are celebrating Eid this week, then Happy Eid to you all!

Covid LFD Tests

Testing for Covid has become a part of my normal life—I do it twice a week at least. I know that for some of you the September tests will be the first time you have done it and I know some of you are a little anxious about it. I have prepared another presentation for you to watch—it tells you all about the process so watch it and hopefully it will calm any worries.

<https://www.youtube.com/watch?v=OXYnkwJX70E>

Please remember to contact us at school if you do have any concerns about the testing.

At HLS we are very aware of how the pandemic has affected people and we have all had different things to cope with. As the Summer approaches I wanted to let you know of all the services available to you over the holidays should you need support. We always say it is okay to *not* feel okay—but you do not need to suffer alone and help is available.

If you are 11-18 talk to someone today: 02476 641799 (8am-8pm) or 0300 200 0011 (overnight). Or download the Stay Alive app www.cwriase.com

Take a look at <https://www.kooth.com>. This is an online Mental Health and Wellbeing Community. It is free and anonymous.

The Meeto app allows you to talk anonymously about difficult things with other people of a similar age or experience: <https://www.meetoo.help>

So that is the end of my newsletters! It has been fun to write to you each week but it is going to be much better when I finally get to meet you in September.

Have a lovely safe Summer

Best Wishes

Mrs Lynch

