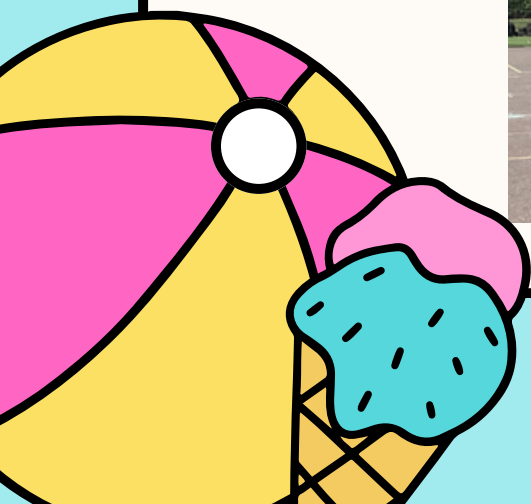


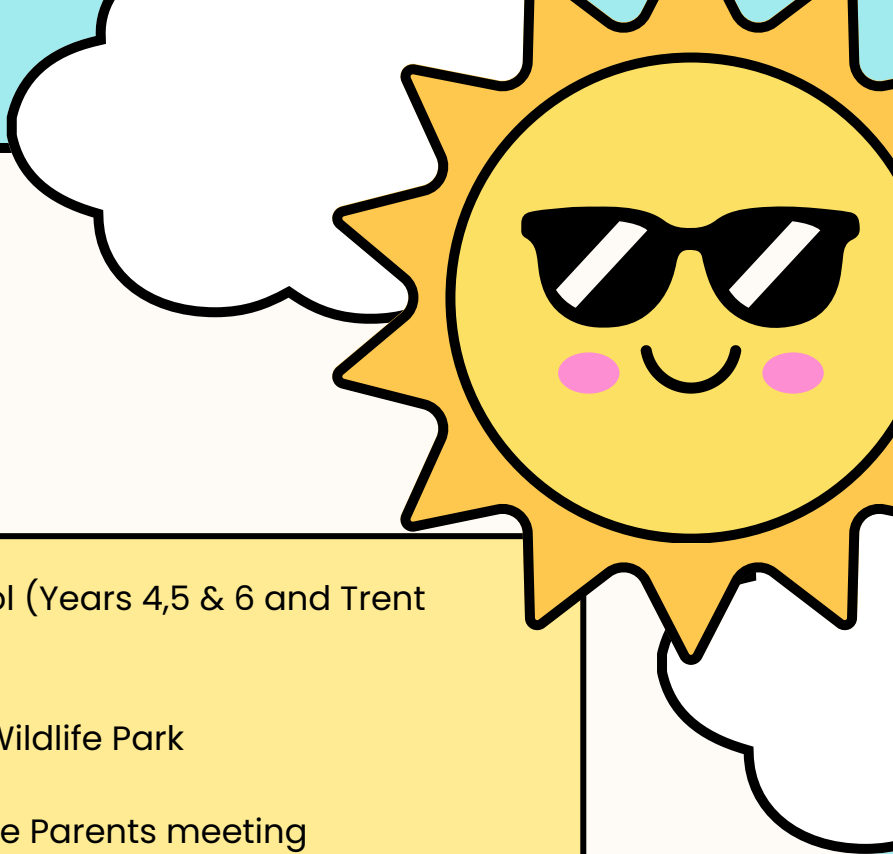
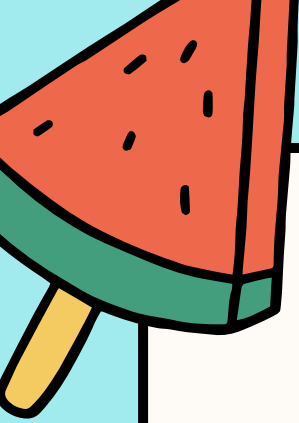


May's Newsletter

MAY DAY PARADE

We had a lovely day on Friday 1st May for our May day celebration. Thank you to all of the community who came and helped walk the children around the route and those that cheered us on as we went by. It always has a great community feel to it. A big well done to year four who danced perfectly around the Maypole.





REMINDERS

1st-12th June- Swimming pool (Years 4,5 & 6 and Trent View Hub)

5th June- Nursery trip- Peak Wildlife Park

10th June- Reception Welcome Parents meeting

16th June- Opal Fun Play Afternoon (Nursery and Reception)

19th June- Year 1 Trip - Thomas Land

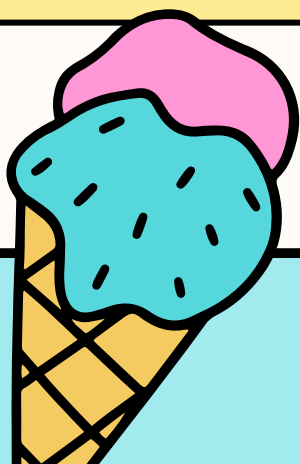
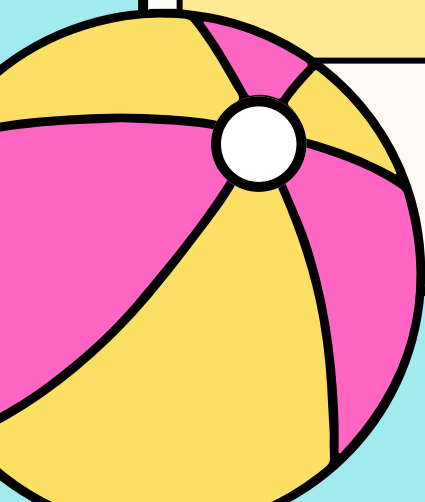
23rd June- Year 2 Trip- Seaside

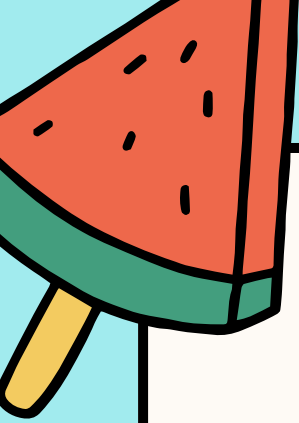
24th June- Festival

25th June- Year 1-6 Colour Run Sports day

30th June- Year 5 trip- Go ape

1st July- Transition day





SAFEGUARDING

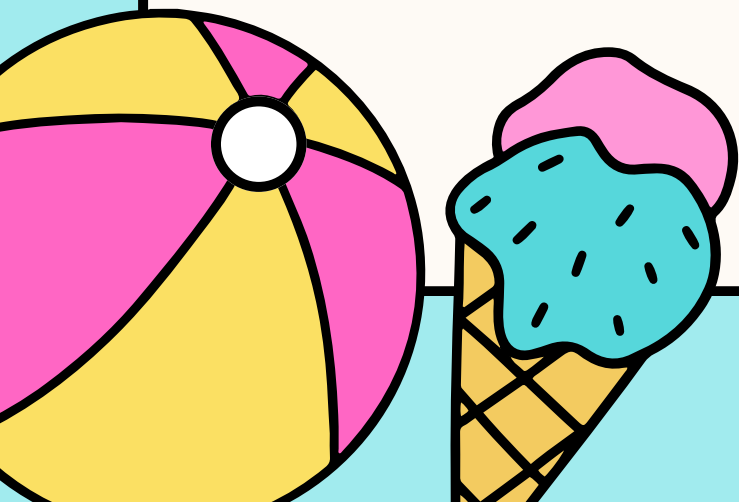
At River View we use the NSPCC Talk PANTS resources to help keep children safe. The Pantosaurus resources have been helping parents, carers and school since 2013 to talk about body privacy and help keep children safe from sexual abuse. Talk PANTS helps children understand that their body belongs to them, and they should tell a safe adult they trust if anything makes them feel upset or worried. The link below contains advice for parents in reinforcing this message at home.

<https://www.nspcc.org.uk/advice-for-families/pants-underwear-rule/>

We also use the NSPCC Speak out Stay safe resources with our year 5 and 6 children in the summer term. <https://learning.nspcc.org.uk/services/speak-out-stay-safe>

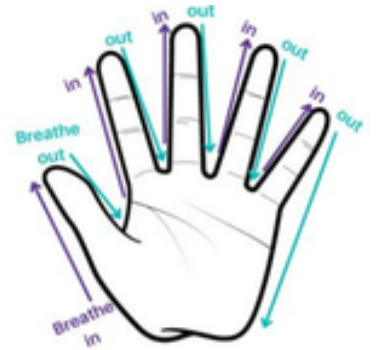
RICHER RAINBOW CLUB

Our Richer Rainbow Club continues to be a popular and much-loved part of our school day, offering a safe, caring and fun environment for children after school until 5:45pm. The children enjoy a wide range of engaging activities—from creative arts and games to time spent socialising with friends—ensuring every session is filled with laughter and enjoyment. As part of the provision, children are also provided with a healthy snack and a light tea, helping to keep them energised and content. It's a wonderful way for children to relax, play and unwind at the end of a busy school day.



Feeling anxious?

Anxiety is a feeling of unease, worry or fear and is a common emotion that many of us experience. The strategies below can help. Remember, you do not need to do all of these things each time. Everyone is different, and it is about figuring out which of these strategies suits you best.



Happy Hand Breathing

Hold your hand out in front of you and trace the outline of each of your fingers slowly with the other hand. Breathe in as you go up each finger, and out as you come down. Move and breathe as slowly as it feel comfortable.

5 - 4 - 3 - 2 - 1

GROUNDING

Technique

- 5 Things I can See 
- 4 Things I can Touch 
- 3 Things I can Hear 
- 2 Things I can Smell 
- 1 Things I can Taste 

Find Your Calm

Connecting with what we can see, touch, hear, smell and taste is sometimes called "grounding". Doing grounding techniques can make us feel more present and bring us back into our body which in turn can reduce the intensity of our anxiety.

Distraction Techniques



Consciously practising distraction techniques can help ease anxiety. These are quick and immediate ways to help you focus on something other than the objects or situation that are causing you to feel anxious.

For example:

- Doodling or mindful colouring
- Drinking cold water
- Listening to nature sounds
- Colour counting-how many objects can you see that are blue?