



Newsletter

Thursday 16 January 2025

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'Lucky Plate' Day Many thanks to parents and carers in encouraging their child to opt for a school meal today, as part of our 'Lucky Plate' competition! It was great fun, and we intend to continue to make the competition a regular event each term. As mentioned last week, such initiatives are designed to improve pupil take-up of Universal Infant Free School Meals, and so to take advantage of the meal provision offered by the school.

Learning for Life (L4L) & 'Healthy Minds' As part of its Well-Being provision, the school has recently worked with its NHS 'Healthy Minds' partners to build further upon our school rules (see attachment), with a classroom poster for each class to help recognise the part which emotion and feelings play in learning. All of the school's pupils are aiming to feel 'Just Right (Ready)!' for their learning (ie. in the green zone of the attached poster), and to this end practice simple awareness exercises with their friends in class to help to support this. If you have time, please talk to your child about this important aspect of the school's Well-Being provision, and see if she or he can remember any of the exercises we are using to help us to calm down or wake up in class!

Public Health Well-Being Resources In relation to the above, a reminder that Public Health and other resources are available to support the Well-Being of our pupils and school community. Public Health England (PHE) [Better Health – Every Mind Matters campaign](#) provides NHS-endorsed tips and advice to help children and young people's mental wellbeing, and equip parents and carers with the knowledge to support them.

Advice available on the [Every Mind Matters website](#) has been developed in partnership with leading children and young people's mental health charities, including [Young Minds](#), [The Mix](#), [Place2Be](#) and [The Anna Freud Centre](#). It is designed to help parents and carers spot the signs that children may need support with their mental health, and also provides advice that can help maintain good mental wellbeing. The site also provides tools to help young people build resilience and equips them to look after their mental wellbeing.

Cold Weather Clothing As you will be aware, being in an exposed situation on the top of a hill, our school's playgrounds can be very chilly in cold weather. Can we please ask parents and carers to ensure that children have a warm coat and hat if appropriate to help keep them warm. Please name each item to minimise confusion in the event of loss.