



Friday 22<sup>nd</sup> May 2026

## Church Langton Church of England Primary School Newsletter – Updates and Announcements

*Dear Parents and Carers,*

*How quickly this last half term has gone! The month of May has been incredibly busy here in school with many exciting learning opportunities filling our timetables. Wishing you all a very restful half-term break, we look forward to seeing everyone on Monday 1<sup>st</sup> June.*

*It was an absolute pleasure to welcome the parents of our 2026 reception cohort to our school last night. We're excited for them to become part of our school community.*

*A big thank you to our catering team for treating everyone to some delicious samples from our menu and to our wonderful FOCLs for supporting the event.*



*As a school community, we believe it is important for parents and carers to have a voice in key aspects of the curriculum at Church Langton. RSE is a vital area, and we were pleased to welcome parents into school yesterday morning to discuss the curriculum we deliver.*



*Thank you for your continued support.*

*Kind regards*

*S. Ross*

*Mr Ross*

### EYFS

*On Thursday, Reception had a fantastic trip to Warwick Castle. The children completed the Zog Trail and had a wonderful time at Knight School, where they completed their training to become brave knights! They also met an archer, who demonstrated how to use a bow and arrow, watched the amazing birds of prey, and enjoyed the exciting Zog and the Flying Doctors Show.*

*The packed lunches were a big hit, and of course, the Zog playground was a highlight of the day too! Everyone had a brilliant time and created lots of special memories.*





### Sports Day

*Sports day is on 19<sup>th</sup> June this year and we are all getting very excited for all the different events. The children have been practising enthusiastically during the last few weeks. We would love to invite you on site to watch your child and will set up a spectator area on the opposite side of the track to the children.*

*During the event, we ask that you only photograph your own children and that no photos of other children are shared on social media platforms. We also continue to encourage parents to update their permissions on Arbor for photos and filming so that when appropriate we can share pictures of the children's success on our own platforms.*

*The sports day will take place separately for each key stage with key stage 2 going first in the morning and key stage 1 in the afternoon. We have put timings below but sometimes the events can be finished earlier or later than the advertised time. If the weather is not conducive to a nice experience, we will look to reschedule the event for 3<sup>rd</sup> July.*

*Children can come dressed for sports day in a t-shirt that is the same colour as their house should they wish to. However, if they do not have a t-shirt in the same colour they can be given a bib in the corresponding colour and should wear their normal PE t-shirt.*

## Timings

Key Stage 2 (years 3, 4, 5 and 6)

9:15am to 11:30am

Key Stage 1 & EYFS (reception, year 1 and 2)

1:30pm to 2:45pm

FOCL's will be on site selling refreshments on the day, so please do bring change.

Once the event has finished, children will be taken back to their respective classes. We would also like to ask that **no dogs** are brought onto site and that any siblings that come to watch are supervised at all times.

Mrs Jones

## Summer 2 Term Dates -1st June - 9th July

<u>Residential Visits</u>	Year 6 1st June- 5th June
<u>Day Trips</u>	Year 2 – Twycross Zoo 26th June Years 1+2 – Multi Skills 23rd June Year 3 – Mini Olympics 25th June
<u>Multiplication Test</u>	Year 4 – Week Commencing 1st June
<u>Phonics Screener</u>	Year 1 Week Commencing 8th June
<u>Sports Day</u>	19th June Reserve 3rd July
<u>Transition Morning</u>	30th June
<u>Last day</u>	9 <sup>th</sup> July at 3:15 PM

## Colour Run 2026



# COLOUR RUN 2026

**THE FOCLS COLOUR RUN IS BACK!**

SAVE THE DATE - **FRIDAY 3RD JULY 2026** FROM 3:15PM ON THE SCHOOL FIELD  
TICKETS GO ON SALE NEXT MONTH  
MORE DETAILS COMING SOON!

CAN YOU HELP MAKE THIS YEAR EVEN BIGGER AND BETTER?

WE'RE LOOKING FOR PARENTS WHO COULD HELP WITH:

- \*EVENT ORGANISING (ONE-OFF HELP WELCOME!)
- \*OBSTACLES OR EQUIPMENT WE COULD BORROW
  - \*SPONSORING A COLOUR STATION
  - \*FOOD STALLS OR REFRESHMENTS
  - \*ON THE DAY VOLUNTEERS

IF YOU CAN HELP IN ANY WAY, PLEASE EMAIL:

FOCLS123@GMAIL.COM

## Free STEM Masterclass - Leicester High School for Girls

*On Saturday 6 June (9.30am – 11.30am), Leicester High School for Girls is hosting a hands-on session titled "Journey to the Stars." During the morning, pupils will:*

- build their own rocket
- explore the scale of the Solar System
- investigate the search for extraterrestrial life

The session is designed to be practical, engaging and accessible, and provides an opportunity for pupils with an interest in science and maths to enjoy learning something new beyond the primary curriculum.

### Event details

**Journey to the Stars – STEM**

**Masterclass** 🚀

For girls in Years 5 and 6

Saturday 6 June

9.30am – 11.30am

Leicester High School for Girls

Places are limited, and booking is required via our [website](#) .



### Blaston Show Art Competition

All children are invited to enter this year's Art Competition with a fun new theme: create a map of the Blaston Showground (see attached layout for ideas).

A4 paper only for display

*Artwork will be showcased in the Craft Tent*

*A great chance to share work with the wider community*

*Please hand in at school by Monday 8th June.*

*Good Luck*

*Lucy Lee-Tirrell*

*Membership Secretary*

*Blaston Show*



**We would like to invite you to  
the Jubilee Foodbank Market Harborough's  
Annual Gathering**

on

**Thursday 25th June 5.45pm for 6pm until 7.30pm**

at the Market Harborough Building Society, Newcombe House, 16  
The Point, Market Harborough, LE16 7QU

This is a great opportunity to chat and catch up with volunteers. You  
can also find out more about past achievements and the future of  
Jubilee Foodbank.

Light refreshments will be provided.

Please RSVP to

**[jubileefoodbankmh@gmail.com](mailto:jubileefoodbankmh@gmail.com)**

We'd love to see you there.

May Half Term Camp

**May Half Term  
26<sup>th</sup> May - 29<sup>th</sup> May  
AND  
Monday 1<sup>st</sup> June**



# LOPC

## -HOLIDAY SCHEME-

**FULL DAYS 9AM-4PM**

**OR**

**HALF DAYS 9AM-1PM**

**WRAP AROUND CARE  
AVAILABLE!**



Adventerous  
activites including  
water activities,  
ropes, targets and  
bushcraft.  
'Lets Get Good' Days  
each day



**Hayley@LOPC.CO.UK**

**BOOK  
NOW!**



Summer Holiday Club



The Village Hall, Tilton on the hill,  
Leicester, LE7 9DB.

## Tiddlywinks holiday club 2026!

**Come and join us for fun outdoor and indoor activities.  
For age 2-10 years**

### Summer holiday

Monday 20<sup>th</sup> – Friday 24<sup>th</sup> July week 1

Monday 27<sup>th</sup> – Friday 31<sup>st</sup> July week 2

Monday 3<sup>rd</sup> – Friday 7<sup>th</sup> August week3

8.30am – 5pm

**Sibling and full week discount  
Flexible time and hours to suit you  
Ofsted registered**

**Please contact us:**

**Tiddlywinks – 07722092146 or 07960298751**

**Or email us on: [preschooltiddlywinks@yahoo.com](mailto:preschooltiddlywinks@yahoo.com)**

## Opportunity for Year 6



### **Vox: Share what matters**

What's life all about? Where do I belong?  
How can I find meaning and purpose? And  
what's that all got to do with Christianity?

Vox is an opportunity to listen in to honest  
conversations about things that matter.  
A camera crew follows six young people as  
they head to a location in the middle of  
nowhere so they can get back to the basics  
of life and the Christian faith.



Led by Brian Boley  
07968 346127  
pastor@thechapelcentre.org.uk



Over eight episodes, we will join six young people  
as they open up the Bible to explore Christianity  
and find out what God has to say about himself,  
about us, and about life here on earth.

We will listen to their conversations as they wrestle  
with their own questions, and share what matters  
to them. We can also talk about these things  
ourselves as we share what matters to us.

Mon 18 May	Ep 1: What it's all about
Tue 19 May	Ep 2: It's Christmas!
Mon 1 June	Ep 3: Who is in charge?
Mon 8 June	Ep 4: Game-changer
Mon 15 June	Ep 5: Cancel Culture
Mon 22 June	Ep 6: You're welcome!
Mon 29 June	Ep 7: Is this justice?
Mon 6 July	Ep 8: This is just the beginning

All at 11.00am

### **Vox: Share what matters**



**Social Media** Please follow our Instagram page, which is linked to Facebook

@churchlangton\_ce\_primary

YMCA TRINITY GROUP



Here for young people  
Here for communities  
Here for you

## MENTAL HEALTH & WELLBEING SERVICES

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*'I have learnt not to be afraid of myself'* - **Counselling client**

*'Their expertise in the field of Education and Counselling was exceptional; making them not only an excellent lead trainer, but also they have a humanness which came across strongly'* - **Staff Training delegate**

*'I feel more prone to now allowing myself to take a moment to reflect on my thoughts, feelings and actions before I act.'* - **Supervisee**

**T** 01733 373187

**E** [mentalhealthservices@ymcatrinity.org.uk](mailto:mentalhealthservices@ymcatrinity.org.uk)

**W** [ymcatrinitygroup.org.uk](http://ymcatrinitygroup.org.uk)



[www.linkedin.com/company/ymcamhs/](http://www.linkedin.com/company/ymcamhs/)



We believe that everyone deserves access to wellbeing support and education. We are a leading evidence-based service focused on removing the barriers to mental wellbeing that prevent communities from thriving.

### **WHO WE WORK WITH?**

Our holistic offer allows us to take a needs-led approach to support a wide variety of settings and communities including:

- ▶ Workplaces
- ▶ Charities and community groups
- ▶ Children and young people (e.g. through education or youth services)
- ▶ Families
- ▶ Professionals and mental health networks.

### **WHAT DO WE OFFER?**

#### **CLINICAL SUPPORT**

- ▶ Counselling and therapy for ages 5+ (including children, staff and parents or carers)
- ▶ Mentoring and group work
- ▶ Reflective or clinical supervision for staff
- ▶ Mental Health hubs

#### **MENTAL HEALTH TRAINING**

- ▶ Basic awareness workshops for all ages
- ▶ Enhanced courses covering a range of specific topics
- ▶ Targeted programmes to support senior leaders
- ▶ Bespoke courses

#### **OTHER WELLBEING SERVICES**

- ▶ Room and studio hire for meetings and events
- ▶ Workplace wellbeing consultancy
- ▶ Volunteering and fundraising opportunities

## The Farms Return to Harborough

This fantastic, family-friendly event will take place in the Town Square on Sunday 7th June, from 10am to 3pm. Organised by Sustainable Harborough Community, it promises an engaging day for all ages.

There will be:

- Farm animals
- Expert speakers
- Talks and educational activities
- Stalls

Topics include agroforestry, sustainable and climate-friendly farming, local food systems, and opportunities for women and girls in farming.



**THE FARMS RETURN TO  
HARBOROUGH**

Discover Local Farming,  
Climate-friendly farming,  
Sustainable farming.

Good for food, bees,  
farmers, soil and trees.

 Sustainable Harborough Community   
[www.sustainableharboroughcommunity.co.uk](http://www.sustainableharboroughcommunity.co.uk)

**FREE EVENT**

Market Harborough Town Square LE16 7PA

**Sunday 7<sup>th</sup> June 2026 10am - 3pm**

 Sustainable Harborough Community

Part of Harborough  
Big Green Week

**THE GREAT  
BIG GREEN  
WEEK** 

# BODY IMAGE Newsletter

JUNE 2026



Funded by  
UK Government

## What does body image mean?

Body image is a term used to describe how we think and feel about our bodies – whether those feelings are positive, negative, or a mix of both. It can relate to aspects such as body size and shape, height, skin colour, overall appearance, and any physical disabilities or differences.

It is normal for children and young people to compare themselves to others, especially as they get older. However, there are signs to be aware of which could indicate that they have an unhealthy view of their body, which is negatively affecting how they feel about themselves.

Some of the signs to look out for include:

### Emotional effects

- Low self-esteem and lack of confidence
- Anxiety or depression
- Feeling ashamed, embarrassed, or “not good enough”
- Constant comparison with others

### Social effects

- Avoiding social situations (e.g., swimming, sports, parties)
- Withdrawal from friends or activities they once enjoyed
- Being more vulnerable to bullying – or being deeply affected by it

### Behavioural and physical effects

- Unhealthy dieting or extreme exercise
- Disordered eating or eating disorders
- Wearing certain clothes to hide their body
- Frequently checking mirrors – or avoiding them completely



### DID YOU KNOW?



In the UK, 52% of children aged 11–16 worry about their appearance, with body image issues affecting children as young as 3–6 years old. Nearly 1 in 3 teenagers (31%) feel ashamed of their body image.

Source: Mental Health Foundation



Supporting young people experiencing poor body image

childline

ONLINE, ON THE PHONE, ANYTIME



Parent  
Talk

YOUNG MINDS

be body



positive

NHS

# Eating Disorders

An eating disorder is a mental health condition where a person has unhealthy thoughts, emotions, and behaviours related to food, eating, body weight, or body shape. These patterns can affect someone's physical health, emotional wellbeing, and daily life.

Eating disorders often involve:

- Extreme restriction of food, overeating, or cycles of both
- Intense worry about body weight or shape
- Feeling out of control around food
- Using harmful behaviors (like vomiting, excessive exercise, or laxatives) to try to control weight

Common types

Some well-known eating disorders include:

- Anorexia nervosa – severe restriction of food and an intense fear of gaining weight
- Bulimia nervosa – cycles of binge eating followed by purging (vomiting, laxatives, extreme exercise)
- Binge-eating disorder – frequent episodes of eating large amounts of food with a feeling of loss of control



## Eating Disorders support

Many individuals are currently facing the challenge of eating disorders, often made more difficult by social pressures. Eating around others can trigger feelings of judgment or anxiety, while social media can reinforce unrealistic standards and comparisons. These influences can affect a person's relationship with food, highlighting the need for greater understanding and support. If you're concerned about eating disorders or are supporting a loved one who might be experiencing one, it's important to seek professional help and offer compassionate, non-judgmental support. There are a number of organisations that can provide advice and support, but it's important to speak to a GP in the first instance.

### KEY DATES

- Volunteers' Week - 1<sup>st</sup> - 7<sup>th</sup> June
- Great Big Green Week - 6<sup>th</sup> - 14<sup>th</sup> June
- Bike Week - 9<sup>th</sup> - 15<sup>th</sup> June
- Learning Disability Week - 15<sup>th</sup> - 21<sup>st</sup> June
- National Clean Air Day - 15<sup>th</sup> June

Click the logos to find out more!



Advice for parents



LET'S GET SOCIAL!



Health | Well-being | School Sport | PE | Physical Activity  
Supporting South Leicestershire Schools to provide opportunities for all young people



Health | Well-being | School Sport | PE | Physical Activity  
Supporting South Leicestershire Schools to provide opportunities for all young people

# South Leicestershire Community Board



Anti-Social Behaviour (ASB) Awareness Week  
29 June - 4 July

Summer is a time for young people to relax, spend time with friends, and enjoy being outdoors and we absolutely want them to make the most of it. Alongside this, we're encouraging families to have a quick conversation at home about the importance of being respectful, considerate, and mindful of others in the local community.

If you or your family experience anti-social behaviour, there is support available.

Dadby & Wigston Borough Council

0116 2888 961

Report Online

Leicestershire Police

101 (non-emergency)

Report Online



The Cube have free summer events for young people aged 11-16, on Tuesday afternoons (21<sup>st</sup>, 28<sup>th</sup> July, 4<sup>th</sup> 11<sup>th</sup> and 18<sup>th</sup> August) 1-4 pm.

There will be activities such as crafts, water games and cooking. To find out more, email [youthwork@thecubeyouth.uk](mailto:youthwork@thecubeyouth.uk)

**Healthy Together** Leicestershire Partnership NHS Trust

## Did you know...

The school nursing service is available during every school holiday to support you and your child?



### How to get in touch

**ChatHealth**

Leicestershire Partnership NHS Trust runs a dedicated, confidential and secure text messaging service called ChatHealth for parents/carers of children aged 0-11 in Leicestershire and Rutland, which enables you to get professional health advice and support.

**07520 615 382**

Available Monday to Friday 9am - 5pm, excluding bank holidays.

**Healthy Together Helpline**

Leicestershire Partnership NHS Trust runs the Healthy Together Helpline for parents and carers in Leicestershire, Leicestershire and Rutland. The Helpline's qualified health and administrative professionals offer easy to access, safe and free advice, support and signposting.

**0300 300 3001**

Calls are answered from 9am - 4.30pm on weekdays, excluding bank holidays.

**Active Blaby**  
Supporting you to be Active, Healthy & Happy



## LADIES SOFTBALL CRICKET

JOIN OUR FRIENDLY ACTIVITY

Beauchamp College  
Ridgeway  
Osby, LE2 5TF

THURSDAYS 8PM - 7PM

No previous experience necessary



SCAN HERE

www.activeblaby.org.uk  
0116 272 7703 info@activeblaby.org.uk

LET'S GET MOVING

**Active Blaby**  
Supporting you to be Active, Healthy & Happy



## TAI-CHI

A gentle exercise class to improve your health and wellbeing. SUITABLE FOR ALL AGES AND ABILITIES.

JOIN OUR FRIENDLY ACTIVITY

Blaby Scout Hut  
Skippers Close  
LE9 4JD

THURSDAYS 2PM - 3PM

No previous experience necessary



SCAN HERE

www.activeblaby.org.uk  
0116 272 7703 info@activeblaby.org.uk

LET'S GET MOVING

**teen health**  
11-19 service



**Moving On Up!**

**Starting secondary school soon?**  
The Moving On Up! guide from Teen Health is packed with tips, activities and advice from young people to help you feel confident about the transition. Download the booklet [here!](#)

# May Half Term at Leicester Cathedral



## Make a matchbox house!

**Tuesday 26 May**

10.30am-12.00pm and  
2.00-4.00pm

Use your  
imagination and  
design your very  
own mini home!



Suitable for ages 3+

## Drop-in

No charge but donations  
welcome.  
All children must be  
accompanied by an adult.

## Design your own peg doll!

**Thursday 28 May**

10.30am-12.00pm  
and 2.00-4.00pm

Using paint pens,  
decorate your  
own peg doll to  
take home.



Suitable for ages 3+

## Where is home for you?

Visit our *Living Together*  
Exhibition to  
make your  
mark!



## Come and join us for our space themed day!



Fun activities and crafts!

**Wednesday 27 May**

from 10.30am - 4.00pm

See reverse for details.



**PLANET  
PARADE**



[www.leicestercathedral.org](http://www.leicestercathedral.org)





**Wednesday 27 May**

**Watch a science  
show by Sublime  
Science!**

**11.00am-12.00pm**

No charge but donations  
welcome.



**Suitable for all ages!**

**Wednesday 27 May**

**Space themed play  
sessions for 0-7 year olds**

Slots available to book via Eventbrite. Pay  
what you can.



**Wednesday 27 May**

**Kinetic Sand Tray**

Come and play with space toys!



**Suitable for all ages!**

**Wednesday 27 May**

**Make a moveable  
rocket craft activity**

10.30am-12.00pm  
and 2.00-4.00pm

**No charge but donations welcome**



[www.leicestercathedral.org](http://www.leicestercathedral.org)





# FIRST DAY FREE



Why not give our Stage, Solve, Sport camps a go risk free?

Join us for a day at one of our Leicestershire or Manchester camps this Easter, May half-term or Summer!

Just fill out the form on our website to book in your free day!

## 3 CAMPS IN 1



STAGE



SPORT



SOLVE





ROCKET  
HOLIDAY CAMPS

AT MEADOWDALE  
PRIMARY SCHOOL

Every school holiday!  
Children aged 5-12

Children pick and choose which  
activity area they want go to  
throughout the day, making it flexible  
& unique experience for all!

Join us this May  
26<sup>th</sup> - 29<sup>th</sup> May



## STAGE

Dance - Gymnastics -  
Drama - Cheerleading - Singing  
- Musical Theatre - Performances  
- Fun Confidence Building  
Games -

## SOLVE

Problem Solving Games - Arts  
And Crafts - Treasure Hunts -  
Quizzes - Fun Experiments  
- Fort Building - Water Fights -  
Nature exploring - Orienteering -



## SPORTS

Football - Basketball - Cricket  
Dodgeball - Tennis - Capture the  
Flag - Ninja Kids - Obstacle  
Courses - Hockey - Badminton -  
Netball - Rounders -

[WWW.ROCKETHOLIDAYCAMPS.CO.UK](http://WWW.ROCKETHOLIDAYCAMPS.CO.UK)

📞 0116 350 0748





# LITTLE ROCKETS

Big fun for little ones!

✦ Our Little Rockets Camp is designed especially for our youngest adventurers – giving them the same fun and variety of Rocket, but in a way that’s perfectly suited to their age. ✦

Each day is built around our much-loved Sports, Stage & Solve areas, but with sessions tailored for younger children. Little Rockets enjoy a planned mix of activities across all three areas.



STAGE



SPORT



SOLVE



Running alongside our main camps at the same venue, Little Rockets have their own dedicated group for activities, before joining the wider camp for break times – so siblings can still attend together see each other throughout the day.

For Children aged 4-5 and currently in Reception/foundation.  
Born between September 2020 and August 2021.

[WWW.ROCKETHOLIDAYCAMPS.CO.UK](http://WWW.ROCKETHOLIDAYCAMPS.CO.UK)

☎ 0116 350 0748

£35PP

# KIDS MAY CLUB

10% Discount  
'kidsclub10'  
Valid until 18<sup>th</sup> May



These clubs are brilliant for epic fun and trying out a variety of different activities throughout the week.

Get ready to paddle together in a bell boat, conquer mega paddleboarding and aim at the target in archery!



#### Age groups

Mixed 5 - 16  
years old



#### Watersports

Dive into adventure with our diverse watersports & try canoeing, kayaking, paddleboarding, bell boating, and much more!



#### Outdoor Adventure

It's time to explore the outdoors with our qualified instructors on a wide range of activities!



**Date**  
26<sup>th</sup> May - 29<sup>th</sup> May



**Time**  
9am - 4pm

## AT NORTHAMPTON ACTIVE



**Book Online**  
[www.northamptonactive.com](http://www.northamptonactive.com)



**Contact Us**  
01604 634040



**Our Location**  
Bedford Road, Northampton, NN4 7AA