



Friday 5<sup>th</sup> June 2026

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

*Dear Parents and Carers,*

*I hope you all had a restful and enjoyable half term break.*

*It has been a pleasure to walk around the school this week and see such positive attitudes to learning. Our pupils continue to make us proud with their behaviour, kindness, and endurance.*

*It has also been exciting to see the hard work year 1 children are demonstrating in their phonics lessons. Hopefully you will all be enjoying the chance to practice further at home. We recognise the importance of reading as the underpinning foundational skill to all other learning and it's fantastic to see the strong start being valued so highly in year 1 and by you as parents. One final push now!*

*Tomorrow is Market Harborough Carnival. If you are planning to come down and support the event, Church Langton will be 7<sup>th</sup> in the running order. Our school football team Cup final match will kick off at 2.45pm on the carnival field.*

*Thank you, as always, for your ongoing support. Working in partnership with families is key to ensuring the best outcomes for all our children.*

*Thank you for your continued support.*

*Kind regards*

*S. Ross*

*Mr Ross*

## 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**

|   |   |
|---|---|
| <b><u>Secondary School Experience</u></b> | Year 5 - Welland Park Academy 24 <sup>th</sup> June   |
| <b><u>Day Trips</u></b>                   | Year 2 – Twycross Zoo 26th June<br>Years 1+2 – Multi Skills 23rd June<br>Year 3 – Mini Olympics 25th June |
| <b><u>Multiplication Test</u></b>         | Year 4 – Week Commencing 1st June   |
| <b><u>Phonics Screener</u></b>            | Year 1 Week Commencing 8th June   |
| <b><u>Sports Day</u></b>                  | 19th June<br>Reserve 3rd July   |
| <b><u>Transition Morning</u></b>          | 30th June   |
| <b><u>Last day</u></b>                    | 9 <sup>th</sup> July at 3:15 PM   |



**Social Media** Please follow our Instagram page, which is linked to Facebook  
@churchlangton\_ce\_primary

## EYFS

Leicestershire Partnership NHS Trust's School Nursing Service are encouraging you to complete your child's Reception Digital Health Contact; a quick and easy health and wellbeing questionnaire that enables you to get advice around a range of subjects including behaviour, toileting, healthy eating, development and much more.

Available to all parents/carers of children in Reception, on answering all the questions, you'll be presented with a personalised care plan full of advice, information and signposting. The School Nursing team will also be in touch if they feel you need any additional support across certain areas covered in the contact.

Complete your child's Reception Digital Health Contact here: [bit.ly/receptionDHC3](https://bit.ly/receptionDHC3)  
. Please complete before 26.06.25. Feel free to find out more about the contact in our video guide: [bit.ly/IntroducingReceptionDHC](https://bit.ly/IntroducingReceptionDHC)



Is your child in reception at our school?

**It's time to complete the  
Reception Digital Health Contact**

Complete the online form to get support and advice around behaviour, toileting, development, eating habits and much more



**[bit.ly/receptionDHC3](https://bit.ly/receptionDHC3)**

Please complete before 26.06.26

Kibworth Books, The Children's Room 3.45- 4.45pm

*Tuesday, 16<sup>th</sup> June*

*Join award-winning author and illustrator Tor Freeman here in the bookshop for a very special graphic novel workshop!*

*Perfect for fans of graphic novels and any budding artists and illustrators, this is a great opportunity to meet with Tor and find out just what it takes to create your own comic strip artwork.*

*Suitable for all ages from 6+*

*Pre-booking required*

*Ticket price includes workshop entry plus a copy of Boss of the Underworld: Shirley vs the Huge Beast*

*Pens and paper will be provided but please feel free to bring along any sketchbooks or your own drawing equipment, should you have a favourite drawing pen!*

*About Tor Freeman*

*Tor is an award-winning author and illustrator whose work includes Ten Fat Sausages by Michelle Robinson, The Book That No One Wanted to Read by Richard Ayoade, and regular strips for The Phoenix magazine, so she's very well known to comic-loving KS2 readers. Her books are hugely popular with schools thanks to their humour, visual storytelling and accessibility.*

*Need to know:*

*This event will take place in the Children's room at The Barn. We have limited space for buggies and scooters etc outside, weather permitting. Regrettably we do not have dedicated inside space for buggy storage but we will do our best to accommodate everyone.*

*Please note we do not have a customer toilet available. We'd recommend encouraging toilet trips beforehand if possible (though we do appreciate children can be unpredictable in this regard!).*

*Photos may be taken during the event for social media purposes. Please rest assured that backs of heads only will be photographed unless explicit permission*

has been given by the accompanying adult. If you would prefer for your child not to be in any photos do just let us know and we will be sure to honour this.

**Go All In:  
Graphic Novels & Comics Workshop  
With Tor Freeman**



**Tue 16<sup>th</sup> Jun 2026**

### 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

The Jubilee Food Bank website below includes an up-to-date list of items they are currently short of (which, at the moment, is most essentials). Tinned vegetables and fruit are always especially useful.

🔗 Website: <https://www.jubileefoodbankmh.uk/>

There is also an Amazon shopping list available, and any items purchased can be delivered directly to The Roebuck in Market Harborough, where we will collect them.

Please note: the collection points in Lidl and Aldi do not go to the Jubilee Food Bank.

We greatly appreciate all donations, no matter how small.

Thank you for your support.



**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.

## 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](#) .

LeicesterHigh  
SCHOOL  
FOR GIRLS

# STEM MASTERCLASS

FOR GIRLS IN YEAR 5 & 6

**Saturday 6 June**  
**9.30am - 11.30am**

1. Explore and discover the solar system and the scale of space!
2. Build and launch your own rocket!
3. Learn and search for signs for Alien life!

**Limited spaces**  
**BOOK NOW!**

[www.leicesterhigh.co.uk](http://www.leicesterhigh.co.uk)

## Year 6 Transition to secondary school

Please click on the link below to access the FREE Teen Health Transitions booklet

<https://www.teenhealth.org.uk/stories/moving-to-a-secondary-school>

Please click on the link below to access the Teen Health website:

<https://www.teenhealth.org.uk/11-14-early-teen>

## Have you heard about the new Teen Health Transitions booklet - a guide to help children who are starting secondary school?



Teen Health have created a transition booklet to help children feel more prepared for starting secondary school. It focuses on lots of different things such as organisation, routines, friendships, support networks, and emotional wellbeing. It's full of fun and exciting information, activities and challenges to help children feel more confident and supported.

"I liked the tips from other kids because they have been through it"  
year 6/7 pupil

"I loved the activities, and it made me feel less worried about starting in year 7"  
year 6/7 pupil

"It's good to know that others are worried too, not just me"  
year 6/7 pupil

It includes top tips from young people too!

The booklet is free to download, for children, parents/carers, schools and professionals.

Alternatively, you are also welcome to print the booklet (printable version available) and work through this as a class or as individuals.

This can be found at:

<https://www.teenhealth.org.uk/stories/moving-to-a-secondary-school/>



We welcome you to:

- Use this resource in class or in small groups
- Share with parents/carers
- Add to your school newsletter
- Support children to access the booklet via the download or providing printed copies for children to take home

### What is Teen Health?

Teen Health is a team of caring and dedicated Wellbeing Officers, working across Leicestershire in **ALL** mainstream secondary schools. We are commissioned to provide support to young people aged 11-19, **once they have started secondary school**. Teen Health aims to help all children and young people live happier and healthier lives by providing support with focus around emotional wellbeing, healthier choices, sexual health and healthy relationships.

You can find out more about our service and offer of support, including a wide range of resources, via our Teen Health website:

<https://www.teenhealth.org.uk/11-14-early-teen/> or click the QR code -



Once a child starts secondary school, Teen Health will look to provide the following:

- Pop up information sessions** - focussing on managing change, feelings, emotions and friendships.
- Drop ins** - an opportunity for meeting the Health & Wellbeing Officer and sharing any concerns about starting secondary school.
- A referral only, six-week wellbeing group** - aimed at young people who require extra low level, preventative support, with their transition. We encourage you to link with your feeder secondary schools to refer.

**Big T20 Family Fun Day on Sunday 7<sup>th</sup> June – Kids go for free**

The Women's fixture starts at 10-30am on Sunday 7th June and the Men's fixture starts at 2-30pm that same day.

The address is:

Leicestershire County Cricket Club

Grace Road

Leicester

LE2 8EB



### 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

### 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 week 3

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)**

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/](https://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

[www.ymcatrinitygroup.co.uk](http://www.ymcatrinitygroup.co.uk)

## 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 - 19<sup>th</sup> June

Click the logos to find out more!



Advice for parents

**Beat**  
Eating disorders



**YOUNG MINDS**



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.

**Osaby & Wigston Borough Council**

0116 2333 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)

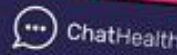


## Did you know...

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



## How to get in touch



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



Leicestershire Partnership NHS Trust runs the Healthy Together Helpline for parents and carers in Leicester, 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



## LADIES SOFTBALL CRICKET

JOIN OUR FRIENDLY ACTIVITY

Beauchamp College  
Ridgeway  
Osaby  
LE2 5TP

THURSDAYS 8PM - 9PM

No previous experience necessary



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

**Active Blaby**  
www.activeblaby.org.uk  
0116 272 7703 info@activeblaby.org.uk

**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  
LE8 4JD  
THURSDAYS 2PM - 3PM  
No previous experience necessary

SCAN HERE

## teen health

11-18 service



## 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!](#)

