



# Cranwell Primary School Newsletter Page 1

## Happy Easter

Have a lovely Easter Break. Remember, we return to school on Tuesday 22nd April 2025.

## Parent Evenings

A big thank you to the parents who attended our most recent parent interviews. We hope you found the sessions useful, providing information about how your child is progressing in school.

## LumiNova

There is a new tool to support our students' emotional well-being: **Lumi Nova**—a carefully designed app aimed at helping children between the ages of 7 - 12 manage feelings of anxiety. **Lincolnshire County Council and Lincolnshire Partnership NHS Foundation Trust are providing free access to Lumi Nova to families living in Lincolnshire.**

Lumi Nova is a breakthrough digital therapeutic game for childhood anxiety, co-designed with children, parents, NHS clinicians, and experts in mental health, human-centred design, and ethical gaming technology. It empowers young minds to overcome mental health challenges and create life-long skills using highly immersive experiences that are self-guided, interactive, and fun.

Parents can register their child online or download the app.

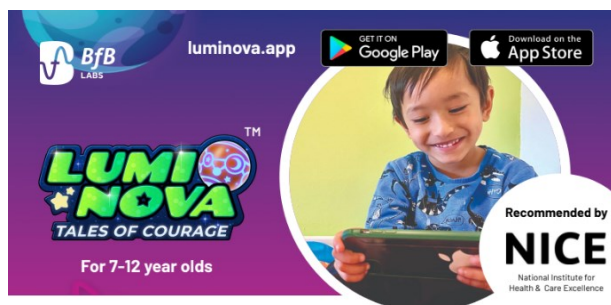
**Who is Lumi Nova for?**

**Lumi Nova is for 7-12 year olds facing difficulties with anxiety, including:**

- **Phobias** e.g. Being afraid of spiders or insects, heights, being near dogs, or the dark.
- **Social anxiety** e.g. Feeling worried about making new friends, going to social events.

**Separation anxiety** e.g. Unable to sleep alone, worried about being away from parents, going to school. Lumi Nova provides Exposure Therapy and should not be used with children who have severe anxiety.

Further information can be found at <https://luminova.app/> or <https://www.youtube.com/watch?v=mmgrU4zXU3M&scrlbrkr=72fa057e>



## Effective Digital Therapeutic Support for children with anxiety

- ★ Instant access through a mobile app
- ★ Based on highly effective Cognitive Behavioural Therapy
- ★ Helps breakdown fears and worries into manageable steps
- ★ Trusted by the NHS



Enable your child to learn life-long skills to self-manage their worries and build resilience



## Timings of the School Day

School drop off is between 8:40am and 8:50am.

School starts at 8:50am.

Drop your child at the silver gates, and allow them to walk around to the green gate.

School finishes at 3:20pm for all children.

Please note, this is when lessons end. Children will be out a few minutes after this point. Additionally, sometimes unforeseen things happen in class which result in the children coming out a 5/10 minutes later. Thank you for your understanding.

Please try not to stand immediately in front of the green gates at the front of school. This will allow children to easily exit the school and locate their parents.

If you wish to speak with your class teacher please make an appointment either by emailing or telephoning the school office, or see the member of staff at the gates at the end of the day.

## Contact Details

Please ensure that the school office is notified of any change in your contact details. You can email into :

[enquiries@cranwell.lincs.sch.uk](mailto:enquiries@cranwell.lincs.sch.uk)

## Term Dates

### Academic Year 2024-25

Term 5 : ends — Fri 23rd May 2025

Term 6 : Tue 3rd June — Tue 22nd July 2025

### Academic Year 2025-26

Term 1 : Thur 4th Sept — Thur 23rd October 2025

Term 2 : Mon 3rd Nov — Fri 19th Dec 2025

Term 3 : Tue 6th Jan — Fri 13th Feb 2026

Term 4 : Mon 23rd Feb — Thurs 2nd April 2026

Term 5 : Tue 21st April — Fri 22nd May 2026

Term 6 : Mon 1st June — Wed 22nd July 2026

### Academic Year 2026 -27

Term 1 : Thur 3rd Sept — Fri 23rd October 2026

Term 2 : Mon 2nd Nov — Fri 18th Dec 2026

Term 3 : Tue 5th Jan — Fri 12th Feb 2027

Term 4 : Mon 22nd Feb — Thurs 25th March 2027

Term 5 : Wed 14th April — Fri 28th May 2027

Term 6 : Mon 7th June — Wed 21st July 2027

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### Free Safeguarding Awareness course for Parents and Carers- England Football Learning

England Football's learning faculty has designed a short safeguarding course for parents. The course is designed to help parents and carers make an informed choice, about the footballing infrastructure in which children are enrolled.

Further information and the link to the course can be found here:

<https://learn.EnglandFootball.com/courses/safeguarding/safeguarding-awareness-for-parents-and-carers>

### Navigating Puberty

NSPCC Learning has designed a booklet on navigating puberty to share with parents and carers of children and young people who have learning disabilities. The guide sets out: what puberty is; changes that happen to everyone during puberty; and top tips to support children through the physical and emotional challenges that puberty brings. Further information and the booklet download can be found here:

[https://learning.nspcc.org.uk/research-resources/navigating-puberty-booklet?utm\\_campaign=20241202\\_KIS\\_CASPAR\\_December02&utm\\_content=Navigating%20puberty&utm\\_medium=email&utm\\_source=Adestra](https://learning.nspcc.org.uk/research-resources/navigating-puberty-booklet?utm_campaign=20241202_KIS_CASPAR_December02&utm_content=Navigating%20puberty&utm_medium=email&utm_source=Adestra)

### Uniform

We have been very impressed with the children looking so smart in school.

Please remember that long hair should be tied up, and jewellery, make-up and nail polish are not allowed. We would be grateful if parents could support the school with these rules.

### Remember—Name Everything!

Be aware that when you have a class of 30 children the majority of white shirts are the same size and often from the same providers. Ties are identical! Shoes also look very similar. Trying to distinguish whose items are whose is very difficult without them being named!

Thank you for your help.

### Road Safety

A reminder to please take care driving in and around the school area. Please remember there is a 5mph speed limit on the drive.

Parking in and around school is often congested at drop off and collection times, as are most schools around England. I ask all parents that you always consider where you park when dropping off and collecting your children. Yes, you may think you are parked sensibly and your car is not in the way or 'not harming anyone' where it is, but can children cross safely where you have parked? Will your car make it difficult for other cars to get past? Please spare a thought for all the local residents living around the school perimeter, especially in Cherry Tree Crescent, Baghdad Road, Delhi Square and the Costcutter car park.

Please can we show full consideration and ensure we do not

park on, or obstruct any driveways or paths, or on any double yellow line areas on the school drive. School are aware of Lincolnshire Police's visits to these areas and are warning parents they are issuing tickets where appropriate. Many thanks for helping to respect our neighbours.

### Exit on the Left

The one-way system in the morning is continuing to work really well with parents dropping their children off. Please make sure your child leaves their car via the passenger side of the car to avoid any accidents. Please make sure your car is stationary when your child exits/enters the car.

### Disabled Parking Considerations

We have limited disabled parking on the school premises, and we do have families who require these.

We are unable to enforce this but please be considerate and keep these spaces free for those that require them.

To avoid any misunderstanding when using the disabled bays please display your Blue Badge.

We appreciate your understanding in this matter.

### Travelling to and from School

We openly encourage children to either walk or ride their cycles to school, but they must do so safely.

#### Top Tips for Riding to School

- Ride with your children.
- Do not let your child ride to school if they are not riding with you, or not attending Bikewise Training, or not safe to do so alone.
- Wear a properly-fitted helmet. It is the best way to prevent head injuries and death.
- Ride on the pavement when you can.
- Use hand signals and follow the rules of the road.
- Wear bright colours and use lights, especially when riding at night and in the morning.

Please see below some useful websites to help you teach your child the rules about cycling:

<https://bikeability.org.uk/cycle-more/family-cycling/essential-cycling-skills-for-families/>

<https://www.raleigh.co.uk/gb/en/cycling-advice/riding-guide-cycling-to-school-safely/>

Please can we all help keep everyone safe by ensuring children dismount their scooters and bicycles as they enter the school grounds. Many thanks.

### Mobile Phones and Watches

We do not support children bringing mobile phones into school, however we do realise that some older children need them for safety reasons if they are walking home alone. If this is the case, phones must be left with the class teacher during the school day.

The school is not responsible for damage or loss of phones.

We do not allow watches into school which take photographs or have communication capabilities. Please understand this is for Safeguarding purposes.

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## Internet Safety

Help your child become a smarter, safer and happier explorer of the online world.

Google have a 'Be Internet Legends Parent's Page' — a helpful handbook full of tips and tricks for supporting your child's digital education.

There are lots of simple ways to reinforce the important online safety lessons your child has been learning in school, through Google's Be Internet Legends programme. Created in partnership with Parent Zone, the programme is empowering families to make the most of the internet by helping them become confident digital citizens.

See more at : [https://beinternetlegends.withgoogle.com/en\\_uk/parents/](https://beinternetlegends.withgoogle.com/en_uk/parents/)

## Packed Lunches

If you want ideas on how to make a healthy packed lunch: [www.nhs.uk/change4life/Pages/healthy-lunchbox-picnic.aspx](http://www.nhs.uk/change4life/Pages/healthy-lunchbox-picnic.aspx) ...have got some great ideas for you, and in no time you'll have delicious lunchbox ideas for all the family.

Take the lunchbox list with you when you shop - it will help you avoid reaching for tempting, less healthy foods, and it could save you time and money too!

## Ordering Hot Meals

Please remember that infant classes are provided with Universal Infant Free School Meals. Please remember to order and outline any allergies. Children in Key Stage 2 currently can order hot meal lunches through Ideal School Meals, our food provider, or parents may wish to send in a packed lunch instead. Children in Foundation Stage and Key Stage One also receive a piece of fruit each day through a Government initiative.

## Healthy Snacks at Playtime

Just a gentle reminder that your child needs a healthy snack for break time and a water bottle to take into their class. Whilst some of the cereal bars do offer health benefits, they also contain a high level of sugar which is detrimental to your child's teeth, leading to tooth decay. Fresh fruit, vegetables, raisins or cheese for their morning snack are the best choices and we would ask children to save their other snacks for lunchtime. If your child has access to fresh water throughout the day, then they are able to remain hydrated and concentration levels are improved, aiding good progression.

## Lunches

If you want ideas on how to make a healthy packed lunch: [www.nhs.uk/change4life/Pages/healthy-lunchbox-picnic.aspx](http://www.nhs.uk/change4life/Pages/healthy-lunchbox-picnic.aspx)

...have got some great ideas for you, and in no time you'll have delicious lunchbox ideas for all the family.

Take the lunchbox list with you when you shop - it will help you avoid reaching for tempting, less healthy foods, and it could save you time and money too!

## Reading Force — Service Families

Please find an online resource which is designed for keeping Forces families close and connected through sharing stories.

There is support for forces and ex-forces families with free fun shared reading resources and activities.

See : <https://www.readingforce.org.uk/> for more details.



## Start for Life home - NHS

Pregnancy, baby and parenting advice -

Better Health – Start for Life. A place for trusted NHS advice and guidance to help you have a healthy and happy baby during pregnancy, birth and parenthood.

<https://www.nhs.uk/start-for-life/>

## Healthy Video Viewing

The American Psychological Association has created a guide which can be shared with parents to help support teenagers develop healthy online viewing habits.

[https://healthyviewing.apa.org/?gl=1\\*118qit4\\*\\_ga\\*MTlwMDM4MjY2NC4xNzQyNDY4Njc0\\*\\_ga\\_SZXLGDJGNB\\*MTc0MjQ2ODY3NC4xLjAuMTc0MjQ2ODY3Ny42MC4wLjA.\\*\\_gcl\\_au\\*MTY3Njg1Mzg3Ni4xNzQyNDY4Njc4](https://healthyviewing.apa.org/?gl=1*118qit4*_ga*MTlwMDM4MjY2NC4xNzQyNDY4Njc0*_ga_SZXLGDJGNB*MTc0MjQ2ODY3NC4xLjAuMTc0MjQ2ODY3Ny42MC4wLjA.*_gcl_au*MTY3Njg1Mzg3Ni4xNzQyNDY4Njc4)

LCC Safeguarding in Schools Team

## Sports Days

This year's Sports Days will be held on:

### Key Stage Two Sports Day

Tuesday 15th July @ 10:00am

### Key Stage One & Foundation Stage Sports Day

Tuesday 15th July @ 1:15pm

More details to follow.

## School BBQ

The School Annual BBQ will take place on Wednesday 25th June 2025 from 4:00pm – 5.30pm here at School. Any stall holders who would like to request a pitch, please contact [enquiries@cranwell.lincs.sch.uk](mailto:enquiries@cranwell.lincs.sch.uk)

## Twitter & Facebook

Check out our fantastic twitter page at [@CranwellSchool](https://twitter.com/CranwellSchool)

You can keep up to date with the exciting things going on in school by following our Twitter account on the school website and [@CranwellSchool](https://twitter.com/CranwellSchool)

School can be found on Facebook at

<https://www.facebook.com/share/162GGHnwTm/?mibextid=wwXlfr>

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## School Vacancies

### Supply Learning Support Assistant

Successful applicants to preferably hold NVQ Level 2/3 Teaching Assistant Qualification or equivalent.

Salary – Dependent on role:

Either (G2-03 – G2-06) - pro rata based on 37 hours.

or

Salary (G2-06 – G2-09) - pro rata based on 37 hours.

The applicant will be able to demonstrate the ability to:

- work with individual children, small and large groups within/and outside the classroom
- input, analyse and reflect on assessment data
- be able to display excellent Maths, English and Computing skills.
- be a dedicated and enthusiastic Teaching Learning Support Assistant with high expectations to raise standards for all children
- have the ability to work with children with additional needs in a caring and sensitive way in partnership with the school and family to ensure the development and progression of the pupil's outcomes
- have a good working knowledge of the Special Educational Needs Code of Practice, working closely with the SEND team/class teacher through the assess/plan/do/review model
- Have an understanding of Sensory and Physical needs
- Have an understanding of supporting individuals with Education Health Care Plans (EHC Plans) and be able to deliver specific interventions
- Have a calming, patient attitude with excellent behaviour management skills
- be flexible, and happy to join a motivated, supportive team.
- be able to show skills in display work to enhance the learning environment.
- be willing to take on additional duties to aid the running of the school such as play duties.
- be able to go above and beyond to support the school.

### Supply Midday Supervisors

Our School requires Supply Midday Supervising Assistants (MSA) to cover sickness and absence of current staff. The role will be for 1.5 hours on the days required : 11.45am to 1.15pm.

The successful candidates must be willing to help within the hall for lunches, including setting up the hall with tables and chairs, cleaning equipment, managing waste collection and supervising the children. The role will also include outside play duties involving supervising the children, structuring and arranging games and play activities for the children across the school or work with individual children with their EHCPs.

Patience and good behaviour management skills are essential, along with a good sense of humour.

You will be supported by colleagues who are enthusiastic about their contribution to pupil development and table manners.

The appointment will be subject to both a full D.B.S. clearance and reference checks. Knowledge of Safeguarding and Child Protection would be an advantage, and training will be provided by the School.

#### **Application forms are available from:**

Online at : <https://www.cranwell.lincs.sch.uk/Downloads.asp>

Applications should be duly completed, along with a supporting statement no more than 2 sides of A4 demonstrating their suitability for the role.

Please email Application forms to [enquiries@cranwell.lincs.sch.uk](mailto:enquiries@cranwell.lincs.sch.uk)

Closing date for applications: - n/a

Interviews scheduled for : - TBC

***Cranwell Primary School is committed to safeguarding the welfare of children and young people and expects all staff and volunteers to share this commitment. All employees will be subject to an enhanced DBS check.***

***In accordance with Part 7 of the Immigration Act 2016 (Fluency Duty), the ability to converse at ease with customers and provide advice in accurate spoken English is essential for the post.***

**Cranwell Primary School is committed to safeguarding and promoting the welfare of children, young people and vulnerable adults and expects all staff and volunteers to share this commitment.**

**Here at Cranwell Primary School, we want our workforce to reflect the make-up of the community we serve. Therefore, we welcome all applications irrespective of gender, ethnic origin, belief, sexual orientation, age or disability, and we consider ourselves to be a family friendly employer.**

**We will be conducting an online search as part of our Safer recruitment procedures.**

**Application forms for unsuccessful candidates will be kept for 6 months and then destroyed.**

**All shortlisted candidates will need to verify their eligibility to work in the UK at interview.**

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## About Beacon

We are a friendly and experienced team, dedicated to supporting adults, young people and children over the age of five who have been affected by substance use.

We work with individuals and families, providing information and advice tailored to their personal circumstances and goals.

Our aim is to equip you with the knowledge, tools and emotional resilience needed to navigate the impact of substance use and focus on your wellbeing.



The service has helped me understand and feel safer. I realise people are there for me.

A young service user, aged 9



## Our friends and family service

We offer support and information for families, friends and others who are affected by a person's use of alcohol or drugs.

We recognise the wider impact that the use of substances can have on family and friends, and our team are here to listen to how it's affecting you in a safe, confidential environment.

The service is free and entirely non-judgemental, and you're in control of the level and type of support that you'd like us to provide.

## Get in touch

We have six welcoming hubs across Lincolnshire, or can be contacted by telephone or email.

## Hubs

Lincoln	Spalding
Grantham	Gainsborough
Boston	Skegness

## Contact us

→ [www.lincsbeacon.co.uk](http://www.lincsbeacon.co.uk)

→ 0800 304 7021

→ [lincs.info@lincsbeacon.co.uk](mailto:lincs.info@lincsbeacon.co.uk)



A safe place for anyone affected by somebody else's use of drugs or alcohol

## What we offer

We can give advice and guidance around any effects you may be experiencing including stress, anxiety, isolation and the impact to your mental or physical health, relationships and finances. This can be through:

- **One-to-one sessions**  
Talk through how you're feeling and put steps in place to manage the impact, both as an individual or as a family
- **Support groups or activities**  
Meet with others in person or online who share similar experiences to build a network of peer support
- **Bespoke support**  
Referrals to other support organisations and if applicable, arranging meetings with treatment providers, the person in treatment and yourself

## Making a referral

We accept self-referrals and also referrals from family members, concerned others or professionals. You can make a referral on our website, by email or telephone.

→ [www.lincsbeacon.co.uk](http://www.lincsbeacon.co.uk)

→ 0800 304 7021

→ [lincs.info@lincsbeacon.co.uk](mailto:lincs.info@lincsbeacon.co.uk)

## Where to access our support

Our service is flexible and we will meet you where you feel most comfortable. This could be at one of our offices, a community venue, home or school, online or over the phone. We can offer convenient appointment times to fit in with your schedule.

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inourplace 

**NHS**

An update on

## WELLBEING FOR SCHOOL PARENTS

From [inourplace.co.uk](https://inourplace.co.uk)

An NHS learning space developed by psychologists



### January 2025

inourplace is funded in your area to provide your family with free access to expert learning about childhood development, wellbeing, brain changes, and much more to help you to connect with your children and make sure they thrive.

Here's a quick round up of what we think is great on [inourplace](https://inourplace.co.uk) this month.

#### Why so sensitive? Teenage brain changes



### Understanding your teenager's brain

For parents of teens and pre-teens to understand the major brain development in adolescence and how to keep connected

[\(bitesize e-learning\)](#)

#### For teens: Brain changes, big feelings and relationships



### Understanding your brain (for teenagers only!)

For teens and pre-teens to learn about brain development, why sleeping later is normal and keeping calm is harder

[\(bitesize e-learning\)](#)

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# Cranwell Primary School *Newsletter* Page 7

A wellbeing guide a SEND parents

Autism and emotional wellbeing



## Understanding your child with additional needs

Your space for thinking about parenting with specialist information for neurodiversity and/or other SEND wellbeing and support for your child

[\(bitesize e-learning\)](#)

### Confident in your vaccination choices?



## Navigating parental decisions: vaccinations and other health choices



The Health Visitor's advice

[\(5 minute read\)](#)



## What do parents of autistic children need to know about emotional health?

The Psychologist's view

[\(2 minute watch\)](#)

### Understanding big feelings for small people



## Understanding your child's feelings - a taster

An introduction to emotional wellbeing and how understanding feelings can help nurture confidence, resilience and friendship

[\(short bitesize e-learning\)](#)

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