

OLD MILL PRIMARY SCHOOL



COMMUNICATION

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www.facebook.com/OldMillPrimarySchool

Our school website hosts a wealth of information about our school, including our curriculum, policies and procedures:
<https://www.oldmillprimary.co.uk/our-school>



Our communication with parents continues to be via Ping - please ensure you have the app downloaded, notifications switched on and check messages regularly.



NEWSLETTER

January 2026

MESSAGE FROM MRS. SMITH-STEWART

Dear Parents and Carers,

What a brilliant start to 2026 we have had here at school! The children have come back with smiles, laughter and lots of enthusiasm to do well at school.

We were very proud to share our Ofsted report with you this month and hope you all enjoyed reading the wonderful comments about our school and all the amazing children.

We have introduced a new expectation this half-term:

'We take pride in our work'

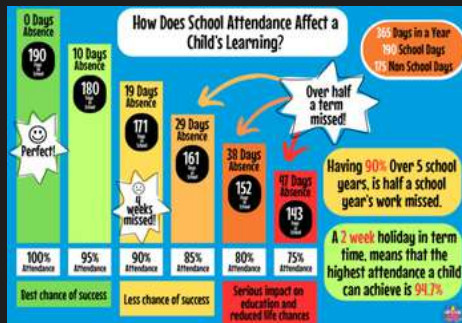
Everyone has been trying so hard to improve their presentation and handwriting and so many children have been to myself or Miss Howlett to show off their books!

I hope you all have a lovely half-term break!

Alison Smith-Stewart

ATTENDANCE

Regular school attendance is crucial for primary children, as research shows that missing just 10% of school can significantly hinder academic progress. Pupils with high attendance rates are more likely to achieve better outcomes, with 91% of students attending regularly attaining expected standards in key subjects. Please see below this month's top attendance figures:



WEEK COMMENCING 05.01.26

KS1 - 1HS/RB 99%

KS2 - 3KB 100%

WEEK COMMENCING 12.01.26

KS1 - 1HS/RB 100%

KS2 - 3KB & 3JL/KS 100%

WEEK COMMENCING 19.01.26

KS1 - 2EB 98.5%

KS2 - 5EJ 98.4%

WEEK COMMENCING 26.01.26

KS1 - 1CD 98.7%

KS2 - 6SV 98.4%

WEEK COMMENCING 26.01.26

KS1 - KINDFISHERS 100%

KS2 - 6SV 98.4%



FOREST SCHOOL PHOTOS!



Forest School has been a huge success so far this academic year! All the children love their sessions in the forest and there is always such a buzz of excitement and laughter!



ENGINEERING CLUB



On Tuesday 20th January, Engineering Club were joined by power electronics engineer Emmanuel who told us all about his job and answered some of our questions. We learnt about the difference between electrical engineers and electronics engineers, electrical insulators and converters. We discussed what it's like to be an engineer and got some tips for designing our own inventions. We also talked about green energy, hydropower and how our inventions might be able to help the planet.



The children asked some insightful questions...

Q: Would it be possible to invent something to keep Antarctica cold as global warming is causing the ice to melt?

A: This is a great idea and yes it could be possible but it would be very expensive. A better solution might be to look at why global warming is happening- burning fossil fuels or too many trees being cut down is also part of the problem as trees take in carbon dioxide so when they are cut down they cannot do this and therefore carbon dioxide builds in the atmosphere causing the temperature to rise. Maybe there are some solutions for planting more trees or chopping down less trees?

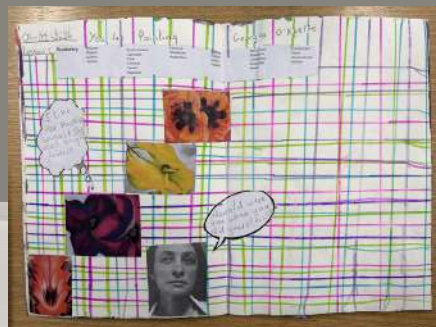


YEAR 4 ART PROJECT

Year 4 have been learning about Georgia O'Keeffe in Art. They analysed her paintings, explored painting with textures and created viewfinders to make observations sketches of flowers. They then combined their skills to create a painting in the style of Georgia, using shading and texture.



4



YEAR 5 - REUSEABLE SEWING BAGS



5

In Year 5, our design technology topic is all about bags. We have researched reusable bags, designed one, created it and then evaluated our own products.

They are amazing and we have all agreed that we would use them!

Year 5 have shown amazing resilience with their sewing skills!



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All the bags have handles as part of the design and the children have decided which fabrics to use and how to arrange them to create a bag.



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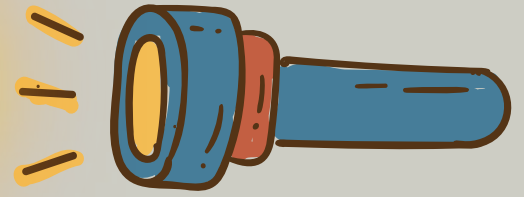
FOUNDATION STAGE EMBRACING WINTER

January's cold weather has helped bring EYFS learning about winter to life. The children have been learning about winter and the Arctic, going on winter walks to look for signs of the season, making bird feeders, and investigating ice.



They also became polar scientists like Prem Gill and explored what it would be like to visit the Arctic.

YEAR 6 - SCIENCE INVESTIGATION



Year 6 have been exploring how light travels in straight lines. They enjoyed setting up these investigations and working collaboratively in teams!



YEAR 6 - GEOGRAPHY



We could have more viruses and less medicine to treat them.



Year 6 acted out various future scenarios to show how climate change could impact daily lives

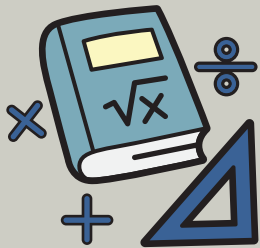
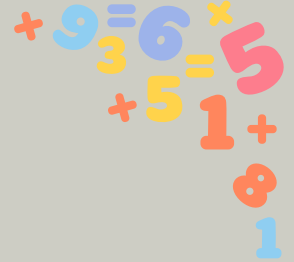
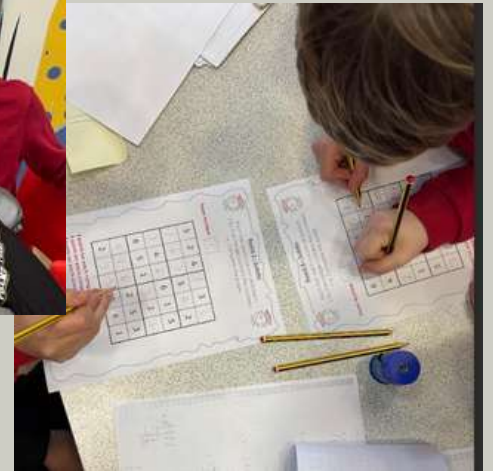
People's houses could be flooded!

There could be water shortages and food shortages.



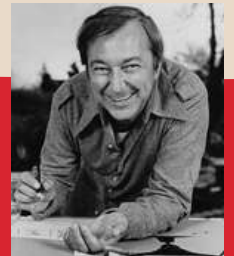
YEAR 6 MATHS QUIZ

Some of our able mathematicians represented Old Mill Primary school at a maths quiz. The children were tested on their arithmetic and problem solving abilities. Although we did not place in the top 3, the Old Mill team did superbly well, scoring 172 points. They all demonstrated excellent resilience and teamwork!



YEAR 1 ARTWORK

Year 1 have explored ready-mix paint through the 'Spots on the Tummy' story. They have developed an understanding of and made responses to the work of artist Jasper Johns using his 'Zero through Nine' piece of art.

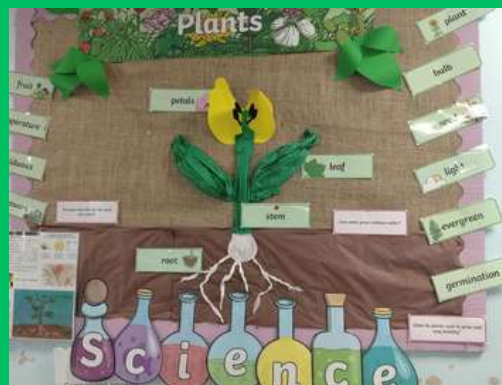
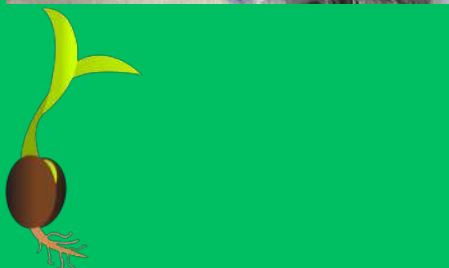




YEAR 2 - SOWING SEEDS

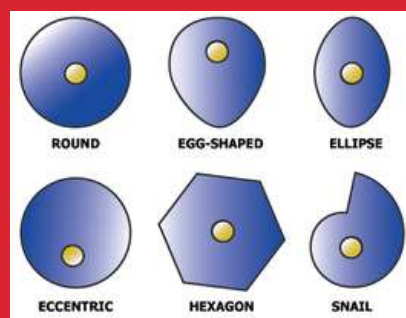
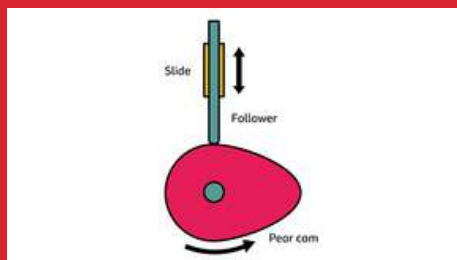


Year 2 have been sowing seeds and observing them as they grow for both Science and DT. In Science, we have sown cress seeds to investigate how plants grow in the light versus in the dark. Pupils have been recording what they have observed. In DT, we have sown basil, tomato and sweet pepper seeds in preparation for our pizza unit later in the year. We hope to be able to use our own produce for our final product!



YEAR 3 DESIGN TECHNOLOGY

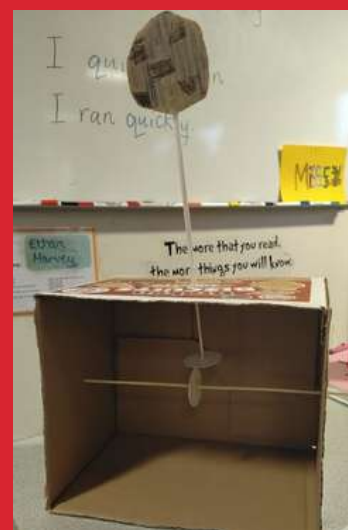
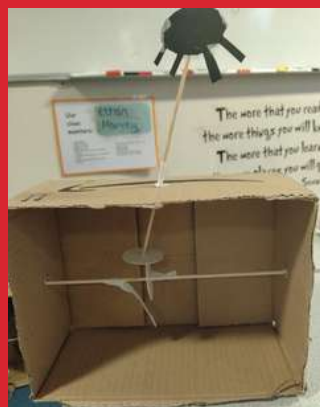
Year 3 have been learning about CAM mechanised toys in Design Technology. They created some prototypes choosing which shaped CAM would work best. They communicated effectively in teams and worked through problems together. They have then started build their designs.



Year 3 have been working hard on making their end products this week and they are starting to come to life!



These are looking really impressive! Everyone picked which style of cam mechanism to use!





NUTRITION Newsletter

JANUARY 2026

Why a balanced diet is important

Eating a healthy, balanced diet is important for children and young people. A balanced diet helps them grow properly and stay healthy. It supports brain development, builds strong bones and muscles, boosts the immune system, and helps maintain a healthy weight. Eating a variety of healthy foods also teaches good habits for life.

The NHS Eatwell Guide is based on the 5 food groups and shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet. Find out more [here!](#)



Encouraging healthy habits

Be a Role Model Lead by example, if children see you enjoying fruits, vegetables, and whole foods, they're more likely to do the same.

Eat meals together Family meals provide a chance to model healthy choices and enjoy time together.

Make Healthy Foods Fun and Accessible

Use a variety of colourful fruits and vegetables to make meals visually appealing.

Involve them Let children pick a new fruit or vegetable to try each week.

Include them in age-appropriate kitchen tasks—they're more likely to eat what they help make.

Gardening Growing their own food (even herbs in a pot) helps build excitement for trying it.

Educate Without Pressure Avoid labeling foods as "bad." Instead, talk about "everyday" foods vs. "sometimes" foods to encourage balance.

Establish a Routine Regular meals and snacks. Predictable eating times help kids feel secure and avoid excessive snacking.

Be Patient Repeated exposure. Children may need to try a new food 10-15 times before they like it.



Have healthy snacks available between meals, such as fruit, vegetable sticks or rice cakes.

Change4Life have lots of healthy snack ideas, find out more [here!](#)



Change4Life have a range of delicious, healthy dinner recipes, lunchbox ideas and breakfast favourites. Check them out [here!](#)

DID YOU KNOW?



Strawberries are the only fruit that have seeds on the outside. There are over 600 different types of strawberries!

source: Learning Resources UK

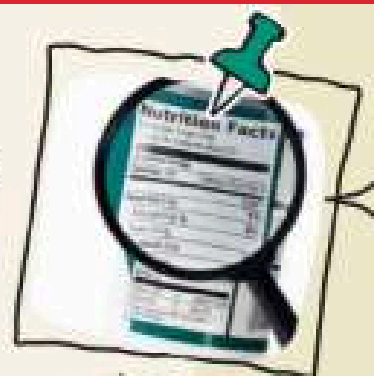


know your labels!

Checking food labels is an important habit that helps families make informed and healthier food choices.

Understand What's Really in Your Food

- Labels reveal ingredients and nutritional content that may not be obvious from the packaging.
- Helps identify hidden sugars, salt (sodium), unhealthy fats, additives, or preservatives.



Make Healthier Choices

- Compare similar products (e.g., cereals, snacks, yoghurts) to choose the lower sugar, lower sodium, or higher fibre option.
- Avoid highly processed foods with long ingredient lists and unfamiliar chemicals.

Manage Allergies and Intolerances

- Vital for spotting common allergens like nuts, dairy, gluten, soy, or eggs.
- Prevents accidental exposure in children with food sensitivities or medical conditions.

Portion Awareness

- Teaches kids and adults to understand serving sizes vs. what's actually eaten.
- Helps control overeating or undereating, especially in snack foods or drinks.

Monitor Sugar and Salt Intake

- Many "healthy-looking" foods (like granola bars, flavored yoghurts, juices) can be loaded with added sugars.
- Processed foods often contain high levels of salt, increasing the risk of high blood pressure later in life.



The NHS has lots of helpful information relating to food guidelines and labels. Check it out [here](#)



What to look for on the front-of-pack (FOP)
Nutrition labels help you make quick, informed food choices. They show key nutrients per portion, including:

- Energy (kcal/kJ)
- Fat
- Saturated fat
- Sugars
- Salt

Many use traffic light colours:

- Green = Low (healthiest)
- Amber = Medium
- Red = High (limit intake)

Some labels also include reference intakes (RIs) to show how much of your daily limit a portion contains.

Tip: Portion sizes on labels may differ from how much you actually eat, so always check!



LET'S GET SOCIAL!





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

South Leicestershire Community Board

Local Support Services
There is always a service out there for you no matter what the situation.
Click [here](#) to find details of great support services available.

LET'S STAY ACTIVE!

Simple ideas to stay physically active and boost mood!

- Find joy in every step**
Walking and cycling are great for your health and mood. A 30-minute walk can help you feel more energized and happy. Try walking to work, to the shops, or to school. You can also try walking in a park or on a path. Walking is a simple way to stay active and boost your mood.
- Be ready, Set, Go!**
Get up and move every 30 minutes. Stand up, stretch, and take a few deep breaths. This will help you feel more alert and focused. You can also try some simple exercises like squats, lunges, and planks.
- Get Gardening**
Gardening is a great way to stay active and boost your mood. It's a simple way to get some exercise and enjoy the outdoors. You can try planting flowers, vegetables, or herbs. Gardening is a simple way to stay active and boost your mood.
- Let's Dance!**
Dancing is a fun way to stay active and boost your mood. You can try dancing to your favorite music at home or in a class. Dancing is a simple way to stay active and boost your mood.
- Parks & Adventure Playgrounds**
Parks and adventure playgrounds are great places to stay active and boost your mood. You can try playing on the swings, slides, and climbing frames. Parks and adventure playgrounds are a simple way to stay active and boost your mood.
- Try something new!**
Try a new activity or sport. You can try things like yoga, Tai Chi, or a new sport. Trying something new is a simple way to stay active and boost your mood.
- Active Travel**
Walking, cycling, and pushing a pram are all great ways to stay active and boost your mood. You can try walking to work, to the shops, or to school. You can also try cycling to work, to the shops, or to school. Active travel is a simple way to stay active and boost your mood.

five to thrive

We've all heard that our body needs 5 portions of fruit or veg a day to grow strong, well our brain needs 5 things too.

- respond
- cuddle
- relax
- play
- talk

It's demonstrated in a tower of building blocks and can support your child's brain development. But this isn't just for children, the whole family can use Five to Thrive to strengthen relationships and build resilience. Find out more by visiting the family hubs website



Benefits of volunteering on physical & mental wellbeing

- Improve confidence and self-esteem
- Get Outdoor
- Build social networks
- Personal development
- Improved mental wellbeing
- Lower stress
- To find out more about volunteering opportunities in the Harborough District contact:
- Grow the community
- Have fun!

Click the flyers to find out more!

