

# OLD MILL PRIMARY SCHOOL



## COMMUNICATION

Station Road  
Broughton Astley  
Leicestershire  
LE9 6PT

admin@oldmill.leics.sch.uk

01455 284191

@OldMillPS

@old\_mill\_primary\_school

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

Spring 2 - March 2026

### MESSAGE FROM MRS. SMITH-STEWART

Dear Parents and Carers,

We cannot believe how quickly the Spring Term has gone! It has been lovely to see some sunshine and those signs of Spring definitely make the days feel happier.

The children continue to 'wow' us with their dedication to our new school rule of taking pride in our work. Miss Howlett and I love children sharing all their hard work with us and the certificates in a Monday assembly have been a real success.

Thank you to those of you who came along to our sunny Easter event, it was lovely to see so many of you supporting the school.

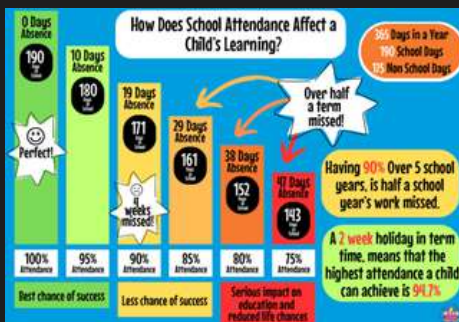
Can I politely remind everyone not to ride scooters or bikes on the school grounds.

We wish you all a wonderful Easter and look forward to welcoming everybody back for the Summer Term.

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 02.02.26

KS1 - KINGFISHERS 100%

KS2 - 6SV 98%

### WEEK COMMENCING 09.02.26

KS1 - 2ED 100%

KS2 - 5EB 98%

### WEEK COMMENCING 23.02.26

KS1 - HUMMING BIRDS 99%

KS2 - 6SV 99%

### WEEK COMMENCING 02.03.26

KS1 - FOUNDATION STAGE & 2ED 100%

KS2 - 3JL/KS 99%

### WEEK COMMENCING 09.03.26

KS1 - KINGFISHERS/1CD & 2ED 100%

KS2 - 3KB 100%

### WEEK COMMENCING 16.03.26

KS1 - 2IB 100%

KS2 - 3KB 98%



# FOREST SCHOOL

Forest School continues to be one of the highlights of the children's experience at school. Mrs Smith has introduced some wonderful new experiences into the provision and the joy on the children's faces is very clear to see!







# SPRING TERM AWARDS



These children have received a prize for all their wonderful efforts in reading this term!



Well done to these five children who have won a yummy chocolate egg for winning the OMSA Egg Hunt and Colouring competition!



A very well deserved Jordan Blankey Award for this Year 2 Pupil who has shown excellence in all that she does. We are all so proud of you. Keep up the amazing work!





# YEAR 6 TRIP TO LEICESTER CATHEDRAL

Year 6 went on a trip to the King Richard III Visitor Centre and Leicester Cathedral as part of an upcoming History topic.

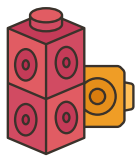
The children got a chance to decide if King Richard III was actually a good king or if the rumours of his grim reign and disposing of his nephews were really true, looking at documentation published around the time of his life and death. We got to see the exact spot where King Richard's bones were famously discovered, five hundred years after his demise and looked at his tomb, situated in Leicester Cathedral.



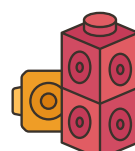
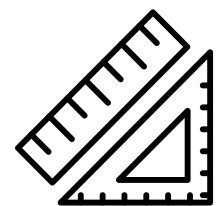
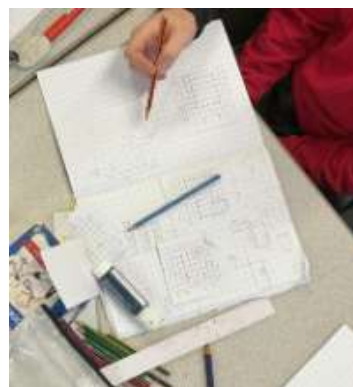
# MATHS OPEN MORNINGS



Parents joined us earlier this month to experience Maths lessons across the school.



They had an insight into how our Maths lessons are structured and how we use our Maths reasoning and problem solving skills to approach investigations. We all had a great morning and loved sharing our lessons together.



# WORLD BOOK DAY 2026!



Thursday 5<sup>th</sup> March World Book Day

What a great day we had celebrating all things books! The sun was shining and there was a lovely buzz throughout the school. From fabulous costumes and story sharing, to fun-filled activities, the children had an enjoyable day.

The coin challenge was a huge success - thank you for your generosity and digging deep to help the school raise over £700! What a fantastic result!





# LUNCHTIME PROVISION



We are excited to be launching some new provision at lunchtime after the Easter holiday. We have invested in a wide range of new equipment to engage the children in imaginative play. A huge thank you to OMSA and to Football and Fitness who have contributed funds to enable us to do this!



## The Zones

Construction - Tyres, planks, crates, tarpaulin, piping etc.

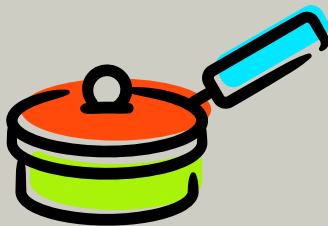
Scooters

Sports Equipment (skills based)



Home Corner - Wooden kitchen, tables, pots and pans etc.

Dressing up



Reading/Creative

Outdoor Games - Connect Four/Chess



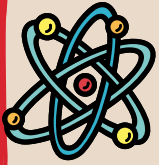
Ping Pong Tables

Free Play

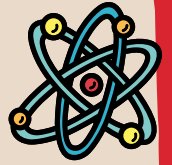
Happy Lunchtime Club

Children in KS1 and KS2 will be mixing across the whole playground which will allow opportunities for the older children to support, guide and enjoy playing with the younger children. We hope this will foster a sense of community and all working together as a big team.

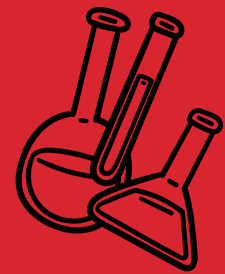
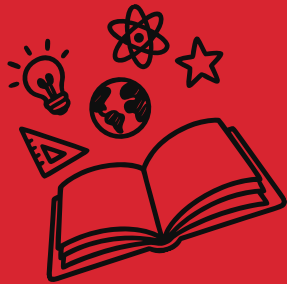




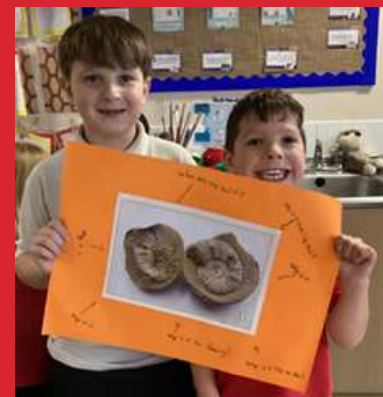
# BRITISH SCIENCE WEEK 2026



On Thursday 12<sup>th</sup> March, we celebrated British Science Week in school. This year, the theme was 'Curiosity: What's your question?'. The day started off with an assembly by Mrs Blount who introduced the theme and looked at different stem careers. Then with the help of the science ambassadors, Mrs Blount performed a variety of exciting experiments.



Each year group was provided with a selection of photos based on a particular job (geologist, dentist, astronaut, veterinarian, farmer) for children to develop their curiosity and compile a list of questions.



Each year group was also assigned an activity/experiment question to explore.



EYFS - How are animals similar and different?

Year 1 - How do birds build their nests?

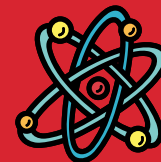
Year 2 - What is an ecosystem?

Year 3 - Does toast always land butter-side up?

Year 4 - What makes the best hankie when you have a cold?

Year 5 - What's the best design for a paper aeroplane?

Year 6 - How can I tell different inks apart?



Thank you to all of the children that took time to enter the science competition. The winners from each class will be announced after Easter, when we will also find out if we have a winner across the Symphony Trust schools.

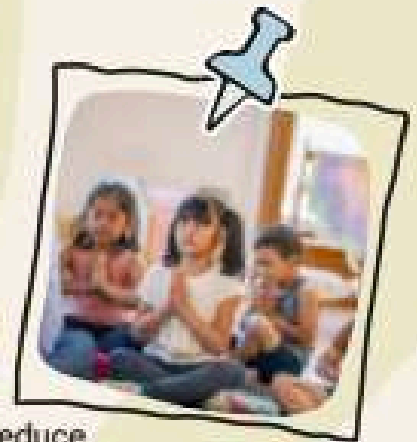


## Why is mindfulness important?

Mindfulness is important for children for several reasons, as it can have a positive impact on their emotional, mental, and physical well-being. It helps children become more aware of their emotions and learn how to manage them effectively. Mindfulness teaches children to pause, recognise what they are feeling, and respond in a calm and controlled way rather than reacting impulsively.

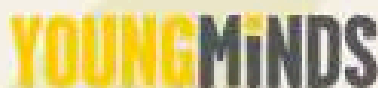
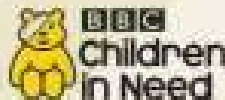
Children can experience stress even at a young age, and mindfulness such as deep breathing or focusing on the present moment can help reduce anxiety and promote a sense of calm and grounding.

Practising mindfulness also helps children improve their concentration by training them to focus on one thing at a time, which can enhance their learning and academic performance.

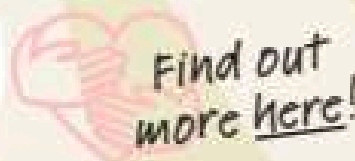


## Mindfulness Support

There are lots of amazing organisations that help children and young people learn about mindfulness. Tap a logo to jump straight to their website and start exploring!



## 5 Ways to Wellbeing



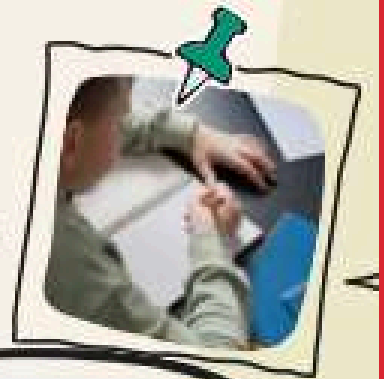
The **Five Ways to Wellbeing** are principles designed to help us lead happier and healthier lives.

- CONNECT** Spend time with friends and family. Building strong relationships helps children feel supported and secure.
- BE ACTIVE** Encourage regular physical activity—such as playing outside, dancing, or taking part in sports—to boost both physical health and mood.
- BE MINDFUL** Help children pay attention to their feelings and surroundings through mindfulness, gratitude, or observing nature.
- KEEP LEARNING** Support children in trying new hobbies or skills. Learning helps build confidence and a sense of achievement.
- Give** Teach kindness through small acts of helping or sharing. Giving to others increases happiness and self-esteem.

# EXAM ANXIETY

Tests and exams can be a difficult time for children and young people, as well as for their parents or carers. In the lead-up to assessments, many experience feelings of anxiety. This can show itself in different ways, such as:

- Frequent worrying
- Feeling tense or on edge
- Headaches or stomach aches
- Difficulty sleeping
- Increased irritability
- Changes in appetite, eating more or less than usual
- Loss of interest in activities they previously enjoyed
- Low mood or negative thinking



## DID YOU KNOW?



According to a 2025 report by Young Minds (summarised by the House of Commons Library), 56% of Year 6 children (aged approximately 10–11) who took SATs said that they “worried about their abilities.” The same report noted that 35% said SATs “made them feel ill,” and 28% said the tests “made them feel bad about themselves.”

## YEAR 6 SATS SUPPORT

SATs are used to help ensure pupils receive the right support as they move on to secondary school. While children should not feel under pressure, preparing for SATs and taking the tests can sometimes lead to worries or comparisons with others.

Parents and carers play an important role in helping children feel calm and confident during this time. Here are some simple ways you can support your child:

- Good sleep habits by setting clear boundaries around screen time and encouraging a calm, regular bedtime routine.
- Provide healthy meals and snacks, and encourage your child to drink plenty of water.
- Praise your child’s effort and talk positively about their strengths to help build their confidence and self-esteem.
- Make time to talk and listen. Encourage your child to share any worries, acknowledge their feelings, and help them tackle concerns in small, manageable steps.
- Help your child learn how to relax. Try calming activities together and model good self-care and wellbeing yourself.
- Finally, plan a treat or enjoyable activity together to celebrate the end of the tests and give them something positive to look forward to.

### STRESS AWARENESS MONTH- APRIL

April is Stress Awareness month. For support and to access online webinars and resources, [click here](#)



Find more exam support for children & young people by clicking on the logos



Health | Well-being | School Sport | PE | Physical Activity  
Supporting health and wellbeing through physical activity 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

Healthy  
Leicestershire

## Introducing Healthy Leicestershire!

Healthy Leicestershire provides residents with the all latest information, top tips and useful links around health and wellbeing. Check out their dedicated Facebook page [here](#) to keep up to date with the support available across Leicestershire.

Click here →

## EXAM ANXIETY

Simple steps to help manage stress and anxiety

**What is exam anxiety?**  
Exam anxiety is a feeling of nervousness, stress, or worry that occurs before or during an exam. It can affect your ability to think clearly and perform well.

**Why does it happen?**  
It can be caused by a number of factors, including:
 

- Feeling nervous about the exam
- Not being prepared enough
- Worrying about the results
- Feeling tired or stressed

**How to manage it:**

- Get a good night's sleep
- Eat a healthy diet
- Exercise regularly
- Practice relaxation techniques like deep breathing or meditation
- Talk to your teacher or a friend if you're feeling nervous

**Support:**

- Speak to your teacher or a friend
- Use the resources on this page
- Call the NHS helpline on 111

**Active Blaby**  
Supporting you across Blaby, Oadby & Wigston

## WALKING FOOTBALL

JOIN OUR FRIENDLY ACTIVITY

Wigston Academies Trust  
Station Road  
Wigston  
LE18 2DU

TUESDAYS 6PM - 7PM

No previous experience necessary

SCAN HERE

www.activeblaby.org.uk  
01532 272 7703 info@activeblaby.org.uk

LET'S GET MOVING

**teen health**  
11-19 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!](#)

