



Buckminster Bites

Newsletter



27TH MARCH 2026

Dates for your diary.

Monday 30th March-Friday 10th April

- Easter Break

Monday 13th April

- Children back to School

Tuesday 14th April

- Parents' Evening - Pre-School and Years 2-6. Year R/1 to be confirmed.

Wednesday 15th April

- Parents' Evening - Pre-School and Years 2-6. Year R/1 to be confirmed.

Weekly Certificates

Star	5Rs	Dinner
Reader		

R & 1 -	Ella-Rose	Rafferty	Dannie
2 & 3 -	Eli	Orson	Jacob
4, 5 & 6 -	Elliot	Ebony	Ronnie

Well done to everyone who received a Certificate today.

Attendance

The Whole school attendance for this week was 95%.

We aim for our attendance to be 97% or above so we look forward to your continued support in achieving this.





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Parents' Evenings
Tuesday 14th April and
Wednesday 15th April
Pre-School and Years
2-6
Year R/1 date to be confirmed.

PARENTS' EVENINGS

Tuesday 14th April 3.30pm-6pm
with Class Teachers for Pre-School,
Year 2/3 and Year 4/5/6.

Wednesday 15th April 3.30pm-6pm
with Class Teachers for Pre-School,
Year 2/3 and Year 4/5/6.

Dates for Year R/1 to be confirmed very shortly.

Please come and join us on our Parents' Evenings to speak to your child's Teacher and ask any questions you may have. Booking is live on Bromcom to choose your one 10 minute slot per child on one of the evenings. Any queries please do not hesitate to get in touch.

Healthy Together www.healthforkids.co.uk Leicestershire Partnership NHS Trust

Healthy Together Newsletter

ISSUE 10



Welcome to your latest Healthy Together newsletter

Hello and welcome to the latest edition of your newsletter for parents/carers and school staff from the school nursing team at Healthy Together.

In this update, you can find advice around reducing screen time, information about free online parenting pathways and details of our Lanterns game, encouraging children to write down their worries and watch them float away.

Reducing the amount of screen time for children

To help you explain the importance of looking away from and spending less time on their screens, we have produced 5 easy to understand reasons for you to share with your child.

Riddle me this!
When should you turn off your screen before bed time?

- 1 1 hour before
- 2 1 second before
- 3 1 minute before

[Click here to view our 5 reasons why you need to look up from a screen](#)

Free online parenting pathways to support your journey

Togetherness courses cover concerns that parents often face with all children, from before they are born to early adulthood, including physical and mental health, understanding their feelings and how to build better relationships.

Issues that affect children with additional needs including learning disabilities and autism – are also covered.

[Click here to find out more about all of the available courses](#)



Healthy Together www.healthforkids.co.uk Leicestershire Partnership NHS Trust

In the Spotlight

Lanterns: Helping to let go of worries

For some children, feelings can be difficult to understand, share and let go of.

To help with this, the **Lanterns game** on Health for Kids encourages children to note down their feelings on one of our lanterns and watch as they float away, rather than 'bottling up' how they are feeling.



LANTERNS
WRITTEN ON THE WIND

Write About Your Feelings

[Click here to play our Lanterns game](#)

Contact a school nurse by text message

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.

Text a Public Health Nurse (School Nurse) on:

07520 615 382

Free local support for managing parental conflict

There is strong evidence that conflict between parents, whether they live together or are separated, can have a significant negative impact on children's mental health, well-being, and long-term life chances.

Not all conflict is harmful. Children can cope well with disagreements that are calm, short-lived and resolved. However, when conflict is frequent, intense, or poorly resolved, it can affect how safe children feel, how they manage their emotions, and how they behave at home and in school.

The **East Mids Relationships website** offers more information as well as non-judgmental support and guidance for managing parental conflict.

[Click here to visit the East Mids Relationships website](#)

EastMidsRelationships

Contact a health professional via the Healthy Together Helpline

You can also call to speak to the Helpline's qualified health and administrative professionals who offer easy to access, safe and free advice, support and signposting.

Call 0300 300 3001

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

