



# Lime Tree Newsletter: Spring 2 Term

Website: [www.limetree.trafford.sch.uk](http://www.limetree.trafford.sch.uk) | Twitter: [@Limetreepa](https://twitter.com/Limetreepa)

## Diary Dates

### Monday 20<sup>th</sup> Feb 2023

\*School Opens for Spring 2 Term  
\*Multi Skills & Games Yrs 1&2 – until Easter  
\*Chinese Club Mandarin – until Easter

### Tuesday 21<sup>st</sup> February 2023

\*Multi Sports Yrs 3&4 – until Easter

### Wednesday 22<sup>nd</sup> February 2023

Chinese Club Mandarin – until Easter

### Thursday 23<sup>rd</sup> February 2023

\*Multi Sports Yrs 5&6 – until Easter  
\*Choir Club - until Easter

### Friday 24<sup>th</sup> February 2023

\*Running Club – The Lodge 8:20am every Friday.

### Wednesday 1<sup>st</sup> March 2023

FoLT – Film Night Yrs 1-6

### Thursday 2<sup>nd</sup> March 2023

\*Year 6 Singing Festival – Sale Waterside

### Tuesday 7<sup>th</sup> March 2023

Year 3 – Bridgewater Hall

### Thursday 9<sup>th</sup> March 2023

Year 4 & 5 – Bridgewater Hall

### Friday 10<sup>th</sup> March 2023

Parents Forum 9am  
Tree Tots Stay and Play 10-11am & 2-3pm

### Thursday 16<sup>th</sup> March 2023

EYFS Mother's Day Tea Party 10-11am & 2-3pm

### Wednesday 22<sup>nd</sup> March 2023

Class Photographs – Whole School

### Friday 24<sup>th</sup> March 2023

Easter colouring competition

### Wednesday 29<sup>th</sup> March 2023

\*Scholastic Book Fair – 3:15pm - 5:45pm (The Avenue)  
\*Parents Evening Reception to Year 6 – 3:30pm to 6pm

### Thursday 30<sup>th</sup> March 2023

\*Scholastic Book Fair – 3:15pm – 6:45pm (The Avenue)  
\*Parents Evening Reception to Year 6 – 3:30pm to 7pm

## Your chance to catch up with key events from across the school this term

This term we celebrated **Children's Mental Health Week** (6<sup>th</sup> February to 10<sup>th</sup> February) with this year's theme being '**Lets Connect**'

For Children's Mental Health Week 2023, we were encouraged to connect in our very own community at Lime Tree Primary Academy and with others in healthy, rewarding, and meaningful ways. All the children and the staff have taken part in many fun activities such as yoga, meditation, sports, foot spas. Some of the braver staff even took part in a cold water dip! We hope you enjoy seeing some of these activities in our Spring 1 newsletter.

# Wellbeing Week



Years 3, 4, 5 and 6 have all enjoyed playing football this week. We know sport and being active can help with our mental health. Football fun with our friends certainly put a smile on our faces!



4L were asked what they think "Mental Health" is and these are all of the amazing things they came up with (image 1 attached)

We have been thinking about all of the different ways that we can connect with others and then we created a paper chain to connect our different ideas. We were inspired by the story "The Invisible String" by Patrice Karst. (image 2 and 3 attached)

Year 3 have had a jam-packed week.

On Tuesday, we had a special visit from Just Psychology. We discussed different breathing techniques and our coping mechanisms to help keep a healthy mind. We also designed our own superhero's and superpowers we could have.

We read Ruby's Worry and discussed why it is Important to share our worries. We discussed who we can share our worries within and outside of school. We then made our own worry dolls based on our favourite people and characters.



Staff were invited to join in a 'Wym Hof' experience to kick start Mental Health week in school. Staff were encouraged to spend some time focussing on breathing technique before then undertaking the ice bath challenge! Among the many benefits are the following:

- Stress reduction
- More focus and mental clarity
- Increased energy
- Reduces stress and tension
- Strengthen immune system
- Improves mental health



### Some feedback from our parents and visitors:

*Thank you, really nice tour – especially being guided around by the children. Good to see how you work with the children and the emphasis on their wellbeing and mental health.*

*Amazing getting an insight as to our children's options in school and finding out what is available to help with their wellbeing, I really enjoyed it.*

*'Fantastic attendance for a school coffee morning; I haven't seen that level of engagement in years! The tour was brilliant and you have so much to showcase' – Rebecca Trafford Parents Forum Engagement Coordinator – Rebecca recognised high levels of parental SEND*

### Lime Tree 'Lets Connect' Fair

Our parents and carers were invited into school for tea, coffee and toast to connect with some local services.

We had a total of 31 parents that attended! Thank you!

Trafford Early Help

Trafford Parents Forum

Place2Be

This was followed by a wellbeing walk led by our school ambassadors to highlight the wellbeing opportunities both inside and outside of class.



We were very lucky to have Rosie Mills from **Place for Space** with us delivering some yoga and meditation sessions for years 4, 5, and the staff.

This is what Rosie wrote about coming to our school on her Facebook page with a video.

[www.facebook.com/placeforspace](http://www.facebook.com/placeforspace)

*So this is the space I was blessed with to run yoga and mindfulness sessions for the children and staff of Lime Tree Primary Academy School!!*

*I had the most amazing time mindfully walking in the sea before everyone arrived and didn't even get my feet wet! (I also had a great time popping bubbles on it at the end ... great way to re-energise!)*

*The dreamiest of setups and the loveliest of children to spend the morning with. Lots of smiles, questions and calm faces ... a perfect combination!*

*Having worked in education and been a teacher I can't thank the head teacher enough for gifting her staff with their own session ... I know how deserved and needed it is at this point in the school year ... I remember well the resistance to staff well-being events due to the 1000 things that need doing and thinking about meaning that there's no time to relax ... that's when it's exactly the right time 🙏*



## Tree Tots relaxation

This week in Tree Tots we have been encouraging the children to take part in a variety of activities to support their wellbeing.

The children demonstrated a particular interest in relaxation time, which we have been doing at the end of each day.



In wellbeing this week, **5T** and **5L** took part in a workshop hosted by Just Psychology which focussed on the 'Tree of Life'. Each child got to draw their roots, the trunk, the branches, and the leaves, these all represented different parts of themselves. They loved reflecting upon their background and who they are! We then learnt two grounding strategies, mountain breathing and the 5 senses strategy.