

#### **Family Bulletin**

### UPCOMING DATES

DATE	EVENT
Monday 22nd May	Inset day
Friday 26th May	Last day of term. Usual finish time.
Monday 5th June	First day back of Term 6
Friday 9th June	School Photos

### UPDATES

#### PTA GARDENING DAY

Come and join other parents and help to add beauty to our children's school grounds Date: Saturday 20th May. Time: 11am- 1pm Entry through main gates between 11am-11:15am Tasks: Planting out what you've been growing at home from seeds given in April / any other plants you would like to donate and sowing wild flower seeds in designated areas. Please bring tools if you have them as we have a limited supply! Biscuits provided, please bring own drinks. Children welcome under parent supervision We look forward to seeing you, the weather looks sunny

## UPDATES

#### CHANGES TO PICK UP

If you need someone else to pick up your child at the end of the day please inform the school office in the morning, preferably by email, and before 2:00pm; unless there are exceptional circumstances.

If you wish to add another person as an agreed pick up, please email the office with their name and phone number and this information will be added to your child's Arbor record. This means that you will not need to inform us if this person is picking up as we can check your child's records. However, the teachers records of who can pick up your child will only be updated once a term so, if this is new information you may wish to inform us by email on the day so that the Teacher doesn't have to radio to the office for confirmation.

Teachers are not able to accept seeing text messages from you to other parents.

Don't forget to inform us if you want someone removed from your child's pick-up list.

If your child is attending an external after school club, e.g. Sporting Chance / Outdoor Project, please contact them directly

We hope you appreciate that we will always err on the side of caution to ensure that your child is picked up safely.

## Saturday 8th July 11am to 3pm

SUMMER

FAIR

**AVANTI GARDENS SCHOOL** 

## FREE ENTRY

## JOIN US FOR LOTS OF FUN!

- Bouncy Castle Artis + Crafts
  - · Games ·
  - market stalls
- yummy food
  and much more!

Avanti Gardens Primary School Oldbury Court Road entrance Finshponds –BS16 2JG

## Saturday 8th July 11am to 3pm

FAIR

UMMER

avantigardens.pta@gmail.com

# MARKET STALL APPLICATIONS OPEN

To apply to have a stall Contact avantigardens.pta@gmail.com

> Avanti Gardens Primary School Oldbury Court Road entrance Finshponds –BS16 2JG

#### MENTAL HEALTH WEEK



This week is mental health week. We hope you take the time to enjoy this poem about self-care and put it into practice.



In matters of the self, above everything else, Take measures to treasure your own mental health. For your brain, like your body, I have little doubt, Is made to be strong but it needs to work out.

So take your brain jogging, through riddles and puzzles, And lift heavy questions to build your brain muscles. Eat five facts a day for a balanced opinion, Try not to consume too much junk television.

Take regular laughter and stretch out your smile, Pick up a new skill every once in a while. Have fun with your friends and be good to each other, Take regular rest so your brain can recover.

Add good conversation to every meal, And find a safe place to express how you feel. Be kind to yourself and acknowledge each gain, And drink lots of water, it's good for your brain.

#### COMMUNITY INFORMATION



For more info on dates, locations and how the clubs run & to book: <u>WWW.THEOUTDOORSPROJECT.CO.UK</u>







## Coffee, Connect and Chat

Tuesday 23rd May- 9.30am - 10.30am

**Porto Lounge** Fishponds Road Fishponds

Friday 26th May - 9.30am - 10.30am **Grupo Lounge** Canford Lane Westbury on Trym

#### **CHILDREN WELCOME**

www.lifecoach4mums.com info@lifecoach4mums.com Insta- @LifeCoach4mums Please Email or dm us on insta for tickets



Wishing you all a fun weekend, especially Year 2 who have done great work on their SATs. Well done to you all. We really look forward to seeing you all for the last week of term next week.

#### From the whole Avanti Gardens Team





Website: www.avanti.org.uk/avantigardens/



Twitter: twitter.com/SchoolAvanti



Facebook: www.facebook.com/SchoolAvanti/

