What's On Flyer

Monday 12th - Friday 16th October 2026

Parent Teacher Meetings

There is still time to book an appointment to meet with your child's teacher for our Parent Teacher Conversations. These will take place on Monday 12th October or Wednesday 14th October between 3:30pm and 6:00pm.

This is a conversation that should not include your child and whilst we appreciate that arranging childcare can be difficult, we request that children do not attend these conversations. After school Football Club and Tag Rugby Club will continue as normal on these days and After School Club will be available until 5:05pm each evening but must be prebooked.

School Photographs

We are looking forward to welcoming our school photographer on Wednesday (14th Oct) who will be taking both individual and sibling photos during the morning.
There is also an opportunity for families to arrive between 8:15am—8:30pm for photos that include individuals who do not attend our school.
(Please also note that Larch Class will need to come to school wearing their school uniform, but bring their PE kit ready to change into).

Harvest Thank You

Thank you to everyone who so generously donated an item of food or household goods to the Leominster Foodbank as part of our harvest celebrations. These will shortly be delivered to the Foodbank team who will ensure that they are put to good use in supporting members of our community.
Please also remember that we are able to issue vouchers for the Leominster Foodbank to anyone who might need them. To request a voucher please speak with Mrs Freeman or enquire at the school office.

Spooky Spectacular Disco & Raffle

We are excited to announce that a School Disco has been planned for Thursday 22nd October. This will run from 3:05pm until 4:30pm and is for children in Yr 1 to Yr 6. Children are welcome to bring a change of clothing to school on this day if they wish. Tickets are available now on ScoPay for £3.00 and will include a snack and entry into a raffle to win one of our Halloween Hampers, kindly donated by the FLSA. All funds raised during this event will be used by the FLSA as they continue to support and enhance the school experience for all pupils.

FLSA AGM

A reminder that the FLSA AGM will take place at school on Wednesday 21st October at 7:00pm. We would strongly encourage all members of our school community to come along and show support. Nominations for key roles in the FLSA are also currently open, for more information please refer to the letter sent recently, or contact the school office.

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Monday 12

- PE lessons for Willow - come to school wearing your PE kit
- Football Club for Yr 3,4, 5 & 6 pupils who have signed up - remember to bring your PE kit
- **NO** Activity Club for Yr 1 & 3 pupils due to Parent Teacher Conversations
- Parent Teacher Conversations - check your Arbor app for your appointment time

Tuesday 13

- Tuneful Tots at 9:30am - contact the school office for more details
- Healthy Tuckshop - remember your 50p
- Young Voices Club for Yr 5 & 6 pupils who have signed up

Wednesday 14

- PE lessons for Cherry & Redwood - come to school wearing your PE kit
- **NO** Craft Club for Yr 2 pupils who have signed up
- Tag Rugby Club with Luctonians for Yr 3,4, 5 & 6 pupils who have signed up - remember to bring your PE kit
- Parent Teacher Conversations - check your Arbor app for your appointment time

Thursday 15

- School Photos - photographer available from 8:15pm for family photos
- Larch Class PE - come to school in normal school uniform, but with PE kit ready to change into
- Craft Club for Yr 3,4, 5 & 6 pupils who have signed up

Friday 16

- Snack Shack - remember your 50p

Upcoming dates for your diary:

Weds 21st Oct	FLSA AGM
Thurs 22nd Oct	Spooky Spectacular Disco
Fri 23rd Oct	Non School Uniform Day in exchange for a bottle for the FLSA Bingo
Weds 11th Nov	FLSA Christmas Bingo

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Well Done to the Stars and Child of the week who were:

Cherry Class

Star Writer: **- Effie & Hailey**
Star Mathematician: **- Alfie**

Willow Class

Star Writer: **- Cameron**
Star Mathematician: **- Alex**
Child of the Week: **- Isaac**

Larch Class

Star Writer: **- Rhys**
Star Mathematician: **- Arabella**
Child of the Week: **- Tabitha**

Redwood Class

Star Writer: **- Ophir**
Star Mathematician: **- Evelina**
Child of the Week: **- Martha**

SPOTLIGHT ON...

Musician of the Month

Ella Fitzgerald



Ella Jane Fitzgerald (1917 – 1996) was an American singer, songwriter and composer, sometimes referred to as the "Queen of Jazz". She was noted for her purity of tone, impeccable diction, phrasing, timing, intonation, absolute pitch, and improvisational ability, particularly in her scat singing

You can listen to some of Ella's music on Spotify here:
tinyurl.com/MotMEllaFitzgerald

Luston Primary School

invites you to their annual

CHRISTMAS BINGO

Wednesday 11th November

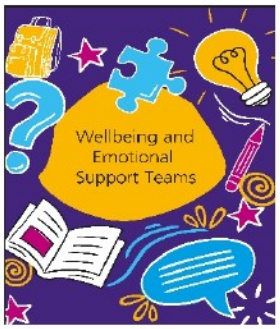
Doors open 6pm
Eyes down 7.30

Amazing bingo house hampers

and some wonderful raffle prizes

plus our **TREMENDOUS** WIN CHRISTMAS raffle*

Come along for a fun, festive evening and help support our school!



World Mental Health Day

10th October

Your mind matters!



World Mental Health Day is a day to think about our **feelings, thoughts and wellbeing.**

Just like we look after our bodies by eating, sleeping and exercising, we can also look after our **minds.**

Sometimes we might feel happy, worried, cross, sad, tired, excited...



All feelings are okay. Feelings come and go, and we don't have to deal with them on our own.

Little things that can help

My Wellbeing Toolkit

Talk to someone
Tell a trusted adult how you're feeling.

Do something you enjoy
Play, draw, read, listen to music or spend time outside.

Be kind
A smile, kind word or helping hand can make a difference.

Look after your body
Rest, drink water, eat regularly and get some fresh air.

Remember your strengths
Think of something you are good at or something you are proud of.

5,4,3,2,1

TAKE 5 BIG BREATHS & NAME...

5 THINGS YOU CAN SEE

4 THINGS YOU CAN FEEL

3 THINGS YOU CAN HEAR

2 THINGS YOU CAN SMELL

1 THINGS YOU CAN TASTE

DID YOU KNOW?



Trees don't just look lovely — spending time around nature can help us feel calmer!

What's your favourite place outdoors?

HOT CHOCOLATE BREATHING



1 **IMAGINE A WARM MUG**
Hold it gently in your hands.

2 **SMELL THE CHOCOLATE**
Breathe in slowly through your nose.

3 **COOL THE CHOCOLATE**
Breathe out slowly through your mouth.

Repeat a few times, gently and slowly.

A-Z CHALLENGE



1 **PICK A CATEGORY**
Try animals, food or things at school.

2 **START AT A**
Apple, banana, carrot...

3 **KEEP GOING**
Think of one for each letter.

Stuck? Skip a letter or ask someone to join in!

To find out more about WEST, scan the code

RAFFLE

Win a Big Blue Bear!



£2 PER TICKET

RAFFLE DRAW at the end of term

This fantastic big blue bear was kindly donated by **Hero** to raise money for the school

Raffle tickets sold via the office or Friday after school