

OLD MILL PRIMARY SCHOOL



COMMUNICATION

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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

Summer 2026

MESSAGE FROM MRS. SMITH-STEWART

Dear Parents and Carers,

As we reach the end of another school year, it is hard to believe how quickly the time has flown by. We are incredibly proud of each and every one of our children for all they have achieved this year.

The recent heatwave certainly tested us all, but the children coped exceptionally well, showing resilience, maturity and a positive attitude throughout.

This term has been filled with celebrations, memorable events, and an enormous amount of hard work and dedication from both the children and our staff. It has been a wonderful way to end the year, and we would like to thank you for your continued support throughout.

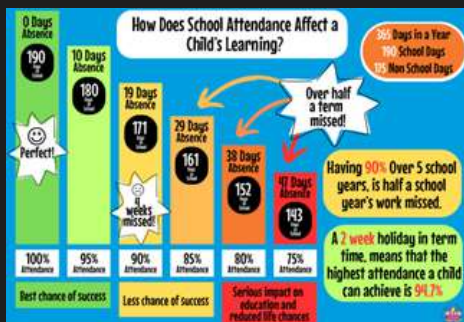
We wish you all a safe, happy and restful summer holiday. We hope you have the opportunity to relax, make special memories together and enjoy plenty more sunshine. We look forward to welcoming everyone back in the new school year.

Best wishes,

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 23.02.26

KS1 - FHB 99.6%

KS2 - 6SV 99.7%

WEEK COMMENCING 02.03.26

KS1 - FHB/KF & 1HS/RB 100%

KS2 - 3JL/KS 99%

WEEK COMMENCING

KS1 - 09.03.26 FKF, 1CD & 2ED 100%

KS2 - 3KB 100%

WEEK COMMENCING 16.03.26

KS1 - 2IB 100%

KS2 - 3KB 98%

WEEK COMMENCING 23.03.26

KS1 - FHB 99%

KS2 - 4AH/RG 99%

WEEK COMMENCING 13.04.26

KS1 - 2IB 100%

KS2 - 5EB 99%

WEEK COMMENCING 20.04.26

KS1 - 1CD & 1HS/RB 100%

KS2 - 6SV 99%

WEEK COMMENCING 26.04.26

KS1 - 1CD & 1HS/RB 100%

KS2 - 3KB 100%

WEEK COMMENCING 05.05.26

KS1 - FHB, FKF & 1HS/RB 100%

KS2 - 3KB 100%

Year 2 Trip

Last half term, we went on a trip to the University of Leicester Botanic Gardens as part of our Science curriculum. We identified herbs and trees, explored the glasshouses and other parts of the gardens, hunted for minibeasts and went pond-dipping. Some of the children caught newts which was very exciting. Don't worry though, the newts were safely returned to the pond to enjoy the rest of their day!

We were lucky to have visited while the bluebells were in full bloom - one pupil described the gardens as "magical". A very busy, educational and enjoyable day was had by all.



The bluebells were beautiful!



I loved pond dipping!



Look what we managed to catch!

YEAR 5 RESIDENTIAL

Our Year 5 pupils had an unforgettable time on their residential, embracing every opportunity with enthusiasm, bravery and resilience.

Throughout the trip, they challenged themselves with a range of exciting adventurous activities, supported one another and created memories that will last a lifetime. We are incredibly proud of the confidence, teamwork and positive attitude they demonstrated throughout the week.

Well done, Year 5!



YR5/6 Dynamo Cricket Tournament at Countesthorpe Cricket Club

Another fantastic performance from Old Mill Cricket Team who won every game before losing narrowly in the final. They played with a huge amount of skill and determination and we are very proud of their efforts.

As the best placed school from the Blaby and Lutterworth District, we now have a playoff against the Harborough winners to see if we qualify for the county finals at Grace Rd.

Sadly, the final was cancelled due to the heatwave.

But to get through to this stage was an amazing achievement for Old Mill!



TRIP TO THE CHURCH

1

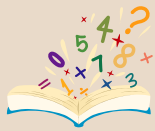
Year 1 enjoyed a walk to the church to explore a place of worship as part of their learning. They discovered the different features of the church and learned about its importance to the local community. One of the highlights of the visit was having the opportunity to ring the church bell, which everyone thoroughly enjoyed!



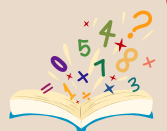
NETBALL WITH MISS JEFFERIES



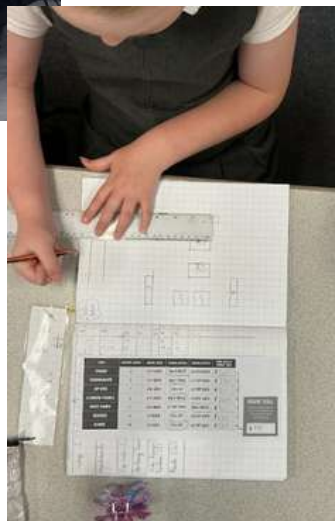
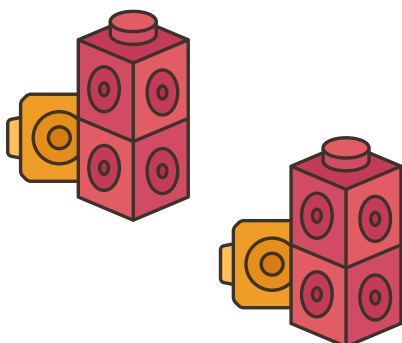
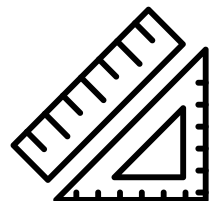
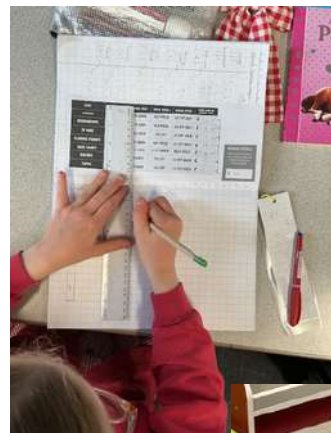
Old Mill came runners up in the Year 5/6 Netball area finals, qualifying for the county semi-finals! They attacked this with resilience and determination, finishing with a defeat of 7-5. But what an amazing team effort!



National Numeracy Day



This term, we celebrated National Numeracy Day; this year's theme is Maths Across the Community! Across the school we took part in a 'Would You Rather?' live lesson with TTRS and Mr MoneyJar and participated in some money and community activities, from working in shops, building parks to skate areas. We developed our understanding of money and how maths is used in our communities. We fantastic day had by all our mini mathematicians!





YEAR 3 TRIP

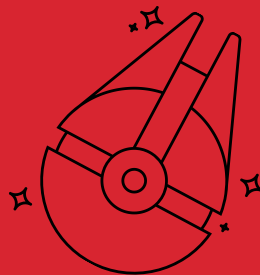


We had a talk about Egyptians and got to do hands-on activities like hold real artifacts and look at real mummies.

We did some dressing up, pretended to sort organs into canopic jars and got to explore the museum on our own - lots of things to do and see.



The Star Wars toys were a big hit.



YEAR 1 SUMMER ZOO TRIP!



Year 1 had a wonderful day out at Twycross Zoo. The weather was perfect, and we were lucky to see lots of amazing animals, including a very active tiger, which really excited the children.

During our visit, we took part in an educational talk where we were shown different animal skulls and guessed which animals they belonged to. We also learned about the different types of teeth that herbivores and carnivores have and how they are adapted to the animals diets. Everyone had a fantastic day, and it was a fun and memorable learning experience for all!



End of Term Award Winners



Our very deserving winner of the special Jordan Blankley Award! This award is for a pupil who always endeavours to do their very best, who is a role model to their peers and someone who always follows the Old Mill Way. *This award is in memory of Jordan Blankey.*



We are all very proud of you!



Our seven recipients of the Governor Award for this term!
It was lovely to hear why each of these pupils received this award.

Well done to all of you! I bet your friends and family are all so proud of you!

COLOUR DASH!

Our very first School Colour Dash was a huge success and a fantastic day of fun, laughter, and teamwork! Pupils raced through clouds of colourful powder, cheered each other on, and enjoyed every colourful moment. It was wonderful to see so many smiling faces!

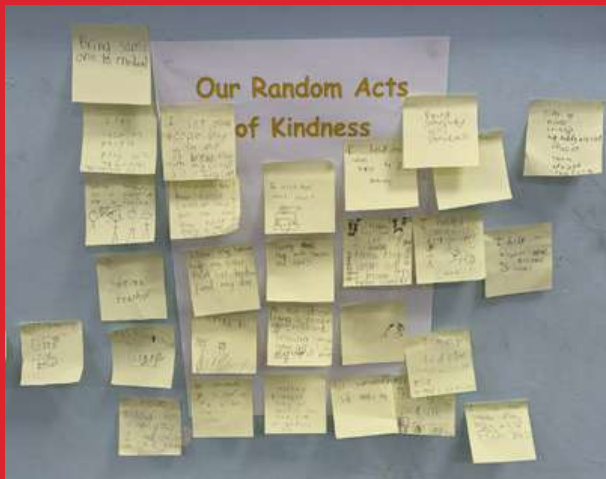
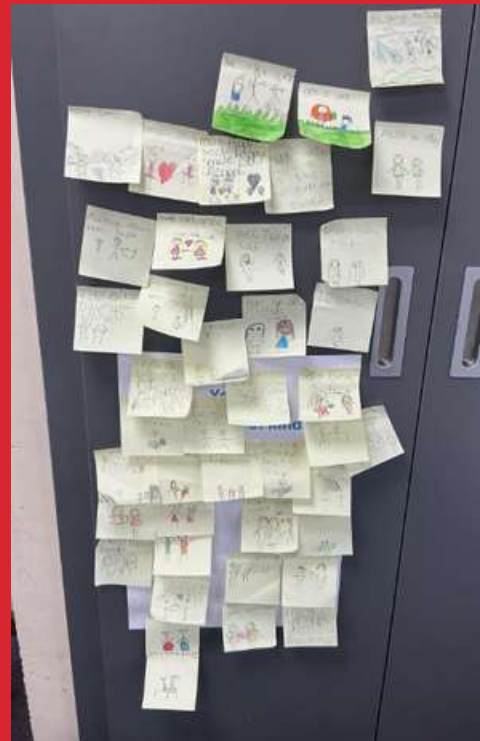
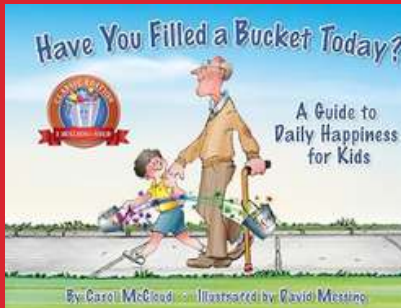


A huge thank you to the OMSA and Mrs Sampson for all their hard work, organisation, and support in making this colourful event such a memorable day!

SUPPORTING MENTAL HEALTH

1

Year 1 explored the book 'Have you filled a bucket today' and as class they thought of ways they could fill each others buckets. They created a class display of ways to make each other feel happy and special.



In Year 2, they spoke about how to maintain good mental health and they created a 'Random Acts of Kindness' board.

The children loved adding kind things that they had done throughout the week!

2

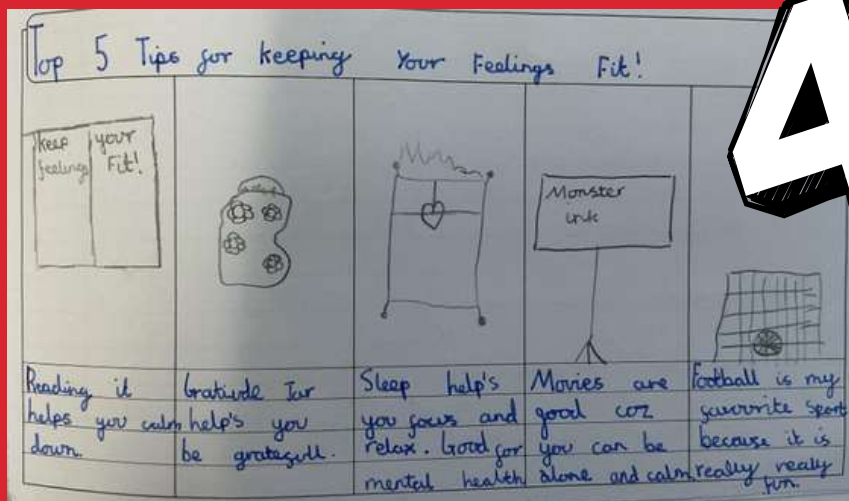
Year 3 talked about why mental health is important and the children wanted to make their brains happy! Each child had a blank piece of paper stuck to their back and everyone had the chance to describe that person positively in one word! The children loved reading their own at the end.

3

Funny

Happy





4



Year 4 read the book of 'Fantastic Feelings'. Then they created top tips for keeping your feelings fit!



5

Year 5 delved into texts about neurodiversity, celebrating our differences and exploring how we are all unique!

6

Year 6 explored the important topics of self-esteem and body image, discussing how the media often presents an unrealistic idea of a "perfect" person. Through thoughtful activities and conversations, the children learned to recognise these messages, celebrate their own unique qualities, and develop positive strategies for building healthy self-esteem and a confident self-image.



OUR WONDERFUL YEAR 6 PGL



Our Year 6 residential was packed with fun, laughter, and adventure! From exciting outdoor activities to team challenges, every day brought something new to enjoy. We climbed, explored, worked together, and even stepped outside our comfort zones. Along the way, we made fantastic memories, strengthened friendships, and discovered just how much we can achieve when we support one another. It was an unforgettable trip, and everyone came home with big smiles, great stories, and plenty of happy memories to share!



YEAR 4 SEASONAL FOOD EXTRAVAGANZA



Year 4 have been making the most of seasonal, homegrown produce in their cooking lessons. Using fresh ingredients, they created delicious fruit pasties, a colourful grain salad, and a tasty potato salad. The children enjoyed developing their cooking skills, learning about where food comes from, and discovering how fresh, seasonal ingredients can make healthy meals full of flavour.



NEURODIVERSITY Newsletter

MAY 2026



Funded by
UK Government

What is neurodiversity?

Neurodiversity is a term used to describe the different thinking styles that affect how people communicate with the world around them. Neurodivergence refers to when someone's brain processes information, learns, or behaves differently from what is considered "typical."

Some neurodivergent conditions include:

- **Dyslexia**
- **Dyspraxia**
- **Dyscalculia**
- **Attention Deficit Hyperactivity Disorder (ADHD)**
- **Autism Spectrum Condition (ASC)**

Common signs of a neurodivergence in children and young people

Neurodiversity is very complex and can vary greatly for each child or young person. However, some common differences to look out for include:

- **Social challenges:** Children may struggle to initiate or maintain conversations, prefer to play alone, or find it difficult to understand social cues such as body language or tone of voice.
- **Difficulty communicating:** Some may have trouble understanding jokes or sarcasm and may take things very literally. A lack of eye contact can also be a sign.
- **Repetitive behaviours and interests:** Children may have deep, passionate interests in one or a few topics. They may also display repetitive movements or routines, such as hand-flapping, rocking, or repeating certain behaviours continuously.
- **Sensory sensitivities:** These can include being overly sensitive to bright lights, loud sounds, textures of clothing, or certain smells. Children may avoid crowds or busy places and can become easily overwhelmed by sensory input.
- **Attention and focus issues:** Some children may have difficulty staying on task, act impulsively, or get easily distracted. They may appear overwhelmed by noises or visual stimuli in certain settings.
- **Motor skills and coordination:** Some children may appear to be clumsy or have difficulty with fine motor skills, such as handwriting, using utensils, or participating in sports.
- **Emotional regulation challenges:** Neurodivergent children may struggle to manage their emotions, which can lead to meltdowns, shutdowns, or outbursts. They may feel frustrated if things do not go as expected and may experience higher rates of anxiety or depression due to feeling "different."
- **Difficulty with reading, writing, or maths:** Some children may find reading, spelling, numbers, or organising their thoughts challenging.



DID YOU KNOW?



15–20% of the world's population
are estimated to be neurodivergent.

Source: The Children's Society

Neurodiversity advice & support

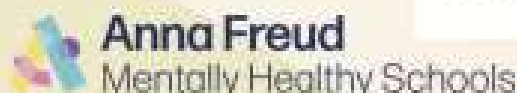
There are a number of services and charities that can offer advice and support. Click on the logos to head straight to their websites!



The Children's Society



If you have any concerns, please consider seeking advice and support from your child's school.



Leicestershire Partnership
NHS Trust



Screen Free Week 4-10th May

Screen Free Week is an annual event that encourages children, families, and communities to take a break from recreational screen use such as television, video games, smartphones, and social media.

The week promotes healthier habits by inspiring people to spend more time reading, playing outside, being creative, and connecting face-to-face with others. The goal of Screen Free Week is not to eliminate technology completely, but to help people become more mindful of their screen time and discover the many benefits of balancing digital activities with real-world experiences.



BBC Bitesize has information on how to help your family enjoy a screen free week. Click here to find out more!



This year, Mental Health Awareness Week will take place from 11 to 17 May 2026. The theme for 2026 is Take Action because, while awareness is vital, real change comes when we take action too. Together, we've come a long way on mental health, but we can't risk going backwards. There's still much we can do to prevent people becoming unwell in the first place. To find out more about Mental Health Week, click here.

LET'S GET SOCIAL!



Health | Well-being | School Sport | PE | Physical Activity
Supporting health and well-being in schools & providing support 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



Active Blaby
Supporting you, schools, clubs, clubs & groups

WALKING FOOTBALL

JOIN OUR FRIENDLY ACTIVITY

Wigston Academies Trust
Station Road
Wigston
LE18 2DU

TUESDAYS 8PM - 9PM

No previous experience necessary

SCAN HERE

www.activeblaby.org.uk
0115 272 7703 | info@activeblaby.org.uk

IT'S
SAFE
PLAYING



RECRUITING FAMILY SUPPORT VOLUNTEERS NOW

Calling dads, mums, grandparents, carers...
Do you have 2-3 hrs a week available?
Your experience is needed to help local families!

- Free, high quality training and support provided
- Make new friends and connect with your community

Find out more:
0115 94 67962
info@home-startsouthleics.org.uk
www.home-startsouthleics.org.uk
125 Queens Rd, Market Harborough
Registered Charity No. 2327028
Company Number 05220694

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South
Leicestershire

Facebook Twitter Instagram



Active Blaby | Supporting you, schools, clubs, clubs & groups

DADBY & WIGSTON WALKS

Join us for weekly community walks!
Enjoy fresh air, friendly company, and
local routes that boost fitness and
wellbeing.

It's a great way to meet new people,
enjoy nature, and build a healthier
lifestyle.

Many walks even finish with a cuppa.

Tuesdays 10am - 11pm
Bracks Hill Country Park

Thursdays 11am - 12pm
Carers only (bi-weekly)
Bracks Hill Country Park

There may be walks at other venues
- please see team for details

info@activeblaby.org.uk
0115 272 7703



NHS

Find information on
the local roving
Healthcare unit here!



BODY IMAGE Newsletter

JUNE 2026



Funded by
UK Government

What does body image mean?

Body image is a term used to describe how we think and feel about our bodies — whether those feelings are positive, negative, or a mix of both. It can relate to aspects such as body size and shape, height, skin colour, overall appearance, and any physical disabilities or differences.

It is normal for children and young people to compare themselves to others, especially as they get older. However, there are signs to be aware of which could indicate that they have an unhealthy view of their body, which is negatively affecting how they feel about themselves.

Some of the signs to look out for include:

Emotional effects

- Low self-esteem and lack of confidence
- Anxiety or depression
- Feeling ashamed, embarrassed, or "not good enough"
- Constant comparison with others

Social effects

- Avoiding social situations (e.g., swimming, sports, parties)
- Withdrawal from friends or activities they once enjoyed
- Being more vulnerable to bullying — or being deeply affected by it

Behavioural and physical effects

- Unhealthy dieting or extreme exercise
- Disordered eating or eating disorders
- Wearing certain clothes to hide their body
- Frequently checking mirrors — or avoiding them completely



DID YOU KNOW?



In the UK, 52% of children aged 11–16 worry about their appearance, with body image issues affecting children as young as 3–6 years old. Nearly 1 in 3 teenagers (31%) feel ashamed of their body image.

Source: Mental Health Foundation

Supporting young people experiencing poor body image

childline

ONLINE, ON THE PHONE, ANYTIME



**Parent
Talk**

YOUNGmINDS

be body 

positive

NHS

Eating Disorders

An eating disorder is a mental health condition where a person has unhealthy thoughts, emotions, and behaviours related to food, eating, body weight, or body shape. These patterns can affect someone's physical health, emotional wellbeing, and daily life.

Eating disorders often involve:

- Extreme restriction of food, overeating, or cycles of both
- Intense worry about body weight or shape
- Feeling out of control around food
- Using harmful behaviors (like vomiting, excessive exercise, or laxatives) to try to control weight

Common types

Some well-known eating disorders include:

- Anorexia nervosa – severe restriction of food and an intense fear of gaining weight
- Bulimia nervosa – cycles of binge eating followed by purging (vomiting, laxatives, extreme exercise)
- Binge-eating disorder – frequent episodes of eating large amounts of food with a feeling of loss of control



Eating Disorders support

Many individuals are currently facing the challenge of eating disorders, often made more difficult by social pressures. Eating around others can trigger feelings of judgment or anxiety, while social media can reinforce unrealistic standards and comparisons. These influences can affect a person's relationship with food, highlighting the need for greater understanding and support. If you're concerned about eating disorders or are supporting a loved one who might be experiencing one, it's important to seek professional help and offer compassionate, non-judgmental support. There are a number of organisations that can provide advice and support, but it's important to speak to a GP in the first instance.

KEY DATES

Volunteers' Week – 1st – 7th June
Great Big Green Week – 6th – 14th June
Bike Week – 9th – 15th June
Learning Disability Week – 15th – 21st June
National Clean Air Day – 19th June

Click the logos to find out more!



Advice for parents

Beat
Eating disorders



YOUNG MINDS

LET'S GET SOCIAL!



Health | Well-being | School Sport | PE | Physical Activity
Supporting North Lincolnshire schools to provide opportunities 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

Anti-Social Behaviour (ASB) Awareness Week,
29 June – 4 July

Summer is a time for young people to relax, spend time with friends, and enjoy being outdoors and we absolutely want them to make the most of it. Alongside this, we're encouraging families to have a quick conversation at home about the importance of being respectful, considerate, and mindful of others in the local community.

If you or your family experience anti-social behaviour, there is support available.

Quadby & Wigston Borough Council

0116 2227 967

[Report online](#)

Leicestershire Police

for (non-emergency)

[Report online](#)



The Cube have free summer events for young people aged 11-16, on Tuesday afternoons (2nd, 23rd July, 4th 11th and 18th August) 1-4 pm.

There will be activities such as crafts, water games and cooking. To find out more, email youthwork@thecubeyouth.uk

Healthy Together Leicestershire Partnership NHS Trust

Did you know...

The school nursing service is available during every school holiday to support you and your child?

How to get in touch

ChatHealth
Leicestershire Partnership NHS Trust have a dedicated, confidential and secure online service called ChatHealth for professionals of children aged 0-17 in Leicestershire and Rutland, which enables you to get professional health advice and support.

07520 615 382

Available Monday to Friday, 9am - 5pm, excluding bank holidays

Healthy Together Helpline
Leicestershire Partnership NHS Trust have the Healthy Together helpline for parents and carers in Leicestershire and Rutland. The helpline is staffed by health professionals who offer advice, support and signposting.

0300 300 3001

Calls are answered from 9am - 4pm, 7 days a week, excluding bank holidays

Active Blaby

TAI-CHI

FREE TAI-CHI CLASS FOR ALL AGES
WEDNESDAY 10.30am - 11.30am
10/11/2023

10/11/2023

Book your place now
10/11/2023

10/11/2023

For more information visit
0116 272 7792 | info@activeblaby.co.uk

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!](#)

Active Blaby

LADIES SOFTBALL CRICKET

10/11/2023

Book your place now
10/11/2023

For more information visit
0116 272 7792 | info@activeblaby.co.uk

