



INIS News | Issue 18 May 2026

In a world
where you can
be ANYTHING
BE KIND

Can you send in some canned, packet or jarred foods for our Kindness ambassadors' community project. We have until 15th May to collect the food and then the children will be organising it to go to our local food bank!



A MESSAGE FROM MRS MARSHALL

- We said goodbye to the chicks at the end of last week. The children have loved having first hand experience of the chicks hatching and growing. This has supported their science learning.
- The Key Stage One children will be have a VR experience next week in which they will be transported to the wiilds of Africa and the animals they may see and the deep oceans around the world.
- This experience will support the understanding of animal habitats.
- Next week is Mental Health Week. We will be talking to the children about postive mental health and how to find ways to relax.
- Our assemblies will focus on mental health next week.



London Marathon!

- ✓ Please think about sponsoring Miss Stewart using [this link](#).
- ✓ Miss Stewart has raised over £2000 for the local Headway charity. This is our last shout out for this worthwhile local charity.
- ✓ Miss Stewart did a great job of running 26 miles after training for almost a year! She shared her medal in assembly.



Use the QR code to sponsor Miss Stewart for her first ever marathon, raising money for Headway!

UPCOMING DATES

- **8th May** - David Attenborough's 100th Birthday!
- **11th May** - Mental Health week
- **11th May** - Arrival of duck eggs to Nursery
- **11th May - 11th June** - National Smile month
- **14th May** - VR experience for Year One and Two (funded by PTA)
- **15th May - 1.30pm** PTA meeting - All welcome
- **15th May** - Kindness Ambassadors food collection for the food bank end date.
- **3rd June** - Sports day for all classes Reception - Year Two.
- **8th June** - Year Two Trip to The Think Tank to learn all about science and history!
- **8th - 12th June** - Healthy Eating Week
- **9th June** - Healthy eating workshop for parents

We need spare socks and pants urgently for Nursery and Reception!

Year One visit to Irchester Country Park



The children loved their visit to Irchester Country Park. This may have only been a local visit but the children had some amazing experiences with their friends. They worked together to make dens and learned lots about the creatures which live in the country park, to support our science curriculum. I can't wait to see their pictures and writing! The children and teachers had such a fantastic time!





The children loved watching the chicks hatch and grow. All the children got the opportunity to handle the chicks if they wanted to. The children wrote some fantastic sentences about the chicks in their independent work. The chicks have now gone for a happy life on a farm!



PTA News

- Please come to our next meeting on **Friday 15th May at 1.30pm in school.**
- The PTA are planning gifts for the marvellous men in our children's lives.
- It will soon be Father's Day, but we see this as an opportunity to celebrate grandfathers, uncles as well as all the fantastic dads out there.
- Look out for our Friday ice lollies. The PTA are hoping to do a stall for ice lollies some Fridays going into the summer. Watch out for texts on the day.



Relationships, Sex and Health Education Policy

Every few years we send out the information regarding this policy to all parents. The Department for Education have changed a few things for schools to cover in this policy. As an Infant School the changes do not really impact us, as we already have a strong curriculum. You can see the policy and our curriculum and respond with any questions or comments.

Policy : **FOR CONSULTATION - RSHE**

Relationships, Sex and Health Education Policy - May 2026.pdf

FOR CONSULTATION - RSHE Curriculum map INIS - May 2026.pdf

If you have any feedback on our curriculum, and the wider policy, please let us know by:

- Emailing: **office@lilet.org.uk** or
- Completing this survey:

https://forms.office.com/r/AEdanD1e4T

The deadline for responding to the consultation is noon on **Friday 22nd May 2026.**

Kindness Ambassadors

- Please can you help our Kindness Ambassadors.
- They have started giving out Kindness stickers on a Friday to children whom they see showing kindness at playtimes.
- They also want to support families in our community and to this end they would like everyone to check their cupboards and see if families have spare cans of food, packets, jars or dried goods.
- Please do not send in fresh foods.
- They will collect them together and organise for the food to go to the local food bank.



Deaf Awareness Week

- This week has been deaf awareness week.
- Please have a look at resources and information from the National Deaf Children's Society by following **this link**

Next week is Mental Health Awareness Week

- Mental health is as important to all of us as physical health.
- We will be talking to the children about mental health and promoting positive thoughts.
- If you or your children need support with mental health, contact your GP or the school as we can signpost you.
- Mrs Marshall is our mental health lead.
- Here are some resources which may be useful. **Click this link**



Strictly Come Dancing

We were so proud of the hard work our dancers put in to create two wonderfully in time dances. Mrs Marshall presented the team with a Trophy as they were winners in our eyes!



Half term activities



Guided Family Nature Walk

The walk will begin at Irthlingborough Library (NN9 5PU) and explore the nearby wetlands area.

Wednesday 27 May 2026, 10:30am to 12noon.

The session is suitable for all ages, with children required to be always accompanied by a responsible adult. Families are encouraged to wear appropriate footwear and clothing for outdoor walking.

Places are free but must be booked in advance by emailing activefamilies@northnorthants.gov.uk, including the name, number of children and adults attending, postcode, and a contact number.

Clay Faces at Irchester Country Park

Wed 27th May 10:00am - 12:00pm

Irchester Country Park, NN29 7DL, UK

Join the ranger for a creative, hands on fun session, using natural materials to make your own clay face.

£5 per child, must be accompanied by an adult

Usual car parking charges apply

Tickets available via Eventbrite:

www.eventbrite.co.uk/o/north-northants-country-parks-31854458189

For more information please email

EducationRangers@NorthNorthants.gov.uk

Check out the half term activities at [Stanwick Lakes](#).

Safeguarding Support

We are here to help. You can contact any member of our school safeguarding team on our usual school number **01933 654900**.

If you have a concern or have seen any Safeguarding issues that you are worried about, Mrs Marshall is the school's Designated Safeguarding Lead and here are her safeguarding deputies, who are always ready to listen. Please ask at the office to speak to them in confidence or call 01933 654900.



Mrs Parsons-Moore



Mrs Luke



Mrs Marshall



Mrs Cummins



Mrs Richardson

If you have any safeguarding concerns during the holidays or weekends, please contact the local authority on 0300 126 7000 or phone 999, if you feel the child is in immediate harm.

When my child is angry, I will...

Acknowledge their feelings

Give your child the chance to talk through their anger without judgement.



Space to observe their feelings

Don't take it personally and give them space to ride the emotional wave.



Labelling feelings

Gently coach them to attach words to their emotion e.g. mad, jealous, afraid.



Stay relaxed

Try not to react. Let it regulate. They will calm when you are calm.



Rest and digest

When calmer, breathe through the nose together and on the outbreath form the 4 bombones.



New books for our library

Thank you to Bywater Herring, Blue Moon and Huddy for their sponsorship of some well needed books for our school library.

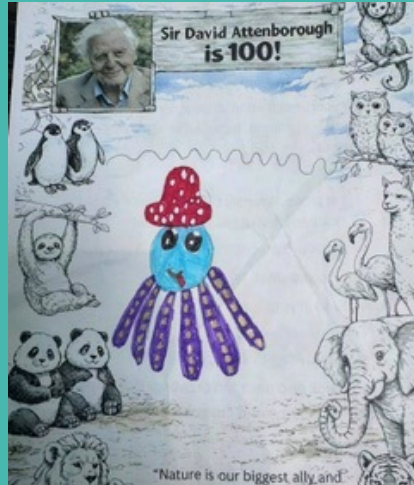
We really appreciate your support. IJS got a set of books too!



Sir David Attenborough colouring competition

- Our PTA organised a competition to celebrate Sir David Attenborough's 100th birthday.
- They have secured a family pass to Hamerton Zoo and some wonderful books for the runners up.
- We had some amazing entries and all children who entered will receive a certificate for their hard work.
- All the children in school will have a sticker to celebrate Sir David Attenborough's birthday.
- Here are our winners:

Our overall winner



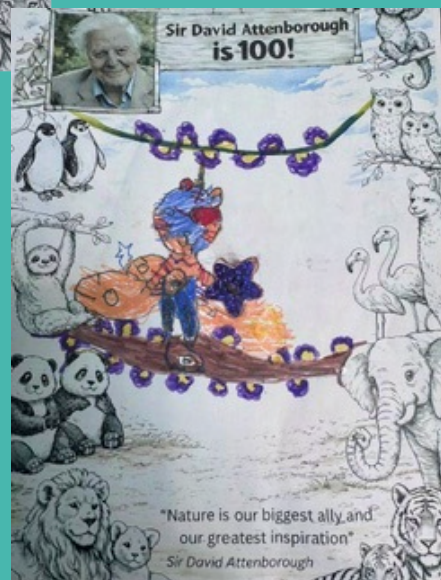
Our Year Two winner



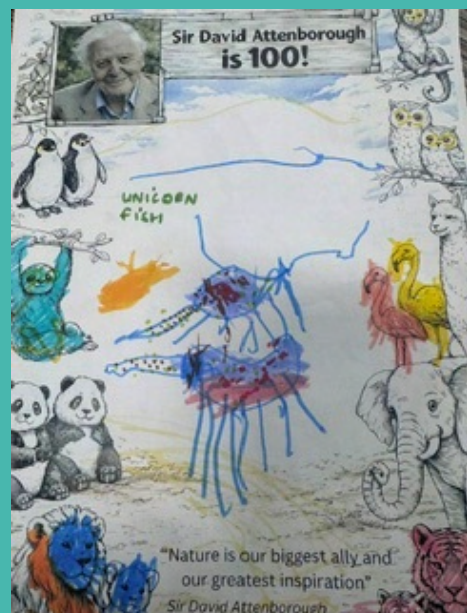
Our Reception winner



Our Year One winner



Our Nursery winner



Mental Health

The Stress Bucket

Everyone experiences stress throughout their lives. Some stress can help us focus and drive us to achieve, whilst too much can cause us to feel overwhelmed. If prolonged, stress can also lead to physical or mental health issues.

What is the Stress Bucket?

The Stress Bucket is a useful tool to help us understand and manage stress (Brabban & Turkington, 2002).



The stress bucket represents your capacity to handle stress, pressure, and challenges in your life. Above the bucket are rain clouds (stressors) — the aspects that are causing you stress and gradually filling up your bucket. Everyone's stress bucket and rain clouds are different.

Rain clouds can be expected and others take you by surprise, and the amount of rainfall can also vary. If the rain clouds don't go away, your bucket could exceed capacity and overflow — resulting in stress.



Examples of rain clouds that cause stress

- Ill health
- Poor sleep
- Money worries
- Workload
- Relationship issues
- Family conflict
- Housing concerns
- Future uncertainty
- News anxiety
- Exam pressure
- Life events, such as bereavement.

If you can't control the rain clouds, the only way to reduce the level in your stress bucket is to let water out. Taps at the bottom of the bucket represent your coping strategies. Once these taps are turned on, the water can return to a manageable level again.

Examples of healthy ways to open the tap and reduce stress

- Take time out
- Connect with nature
- Talk to family or friends
- Learn new technique, e.g. time management
- Use a helpful tool, e.g. journaling
- Practice mindfulness or meditation
- Be physically active
- Find a hobby.

At times, you might engage in unhealthy coping strategies which provide short-term relief from stress. These strategies may briefly reduce the water but it can flow back in again. Being aware of these unhelpful coping strategies will help you understand how to avoid them and find other ways to cope.

Examples of unhelpful coping strategies

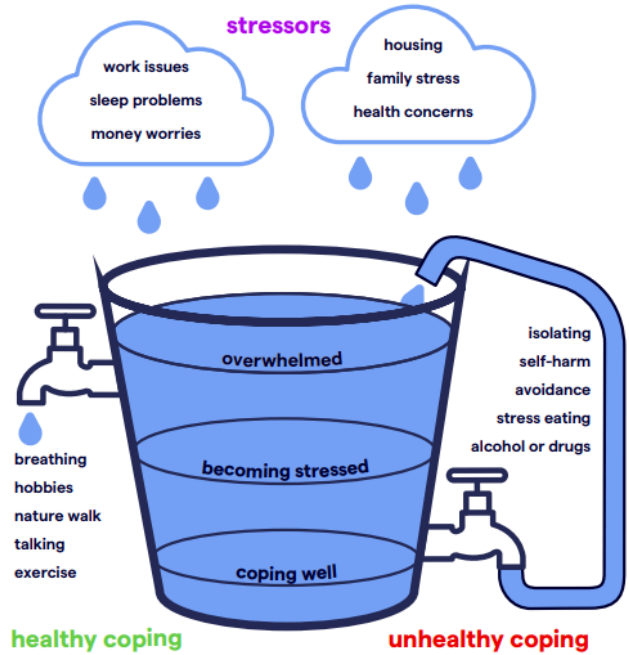
- Avoidance, isolation, and withdrawal
- Using alcohol or drugs to numb emotions
- Over-analysing issues or over-focusing
- Over-working, over-spending.

You may have new stressors, as well as other coping strategies learned so repeating this exercise can be helpful to learn more about yourself.

Often, we underestimate how well we cope and the skills we've developed to maintain the levels in our bucket.

By using this tool to reflect on your coping strategies you may highlight an area you could address or understand further.

Complete your own stress bucket on the next page, using this page as a guide.



MENTAL HEALTH AWARENESS

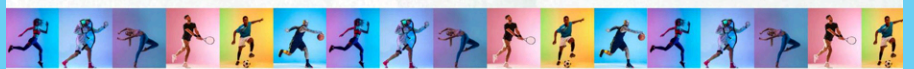


- UNDERSTAND
- TALK ABOUT IT
- SEEK HELP

Let's Get Active- May



| | | | | | | | |
|--|--|---|---|--|--|---|--|
| 1 Do 50 star jumps! | 2 Use a bat and ball in an outside space. | 3 How many keepie uppies can you do with a ball? | 4 Practise throwing and catching a ball with a friend. | 5 How many items can you balance on yourself? | 6 Wash a family members car. | 7 Do some squats whilst brushing your teeth. | 8 Set the table for dinner. |
| 9 Make a den inside or outside. | 10 Go for a bike ride with a friend or family member. | 11 How many sit ups can you do in a minute? | 12 Go for a walk around the block. | 13 Balance on one leg then swap over. | 14 Paint rocks and place them around your neighbourhood. | 15 Dust your bedroom. | 16 Play hopscotch. |
| 17 How long can you keep a balloon off the floor? | 18 Offer to make somebody lunch today. | 19 Sort out your wardrobe and try on your favourite outfits. | 20 Use cupboard tins to lift weights. | 21 Practise juggling. | 22 Roll down a hill in your local park or green space. | 23 Sort out some old toys and take them to charity. | 24 Play frisbee with a family member or friend. |
| 25 Have a family dance off! | 26 Go for a run to the local shop. | 27 Do some stretches when you wake up in the morning. | 28 See how fast you can run 100 metres. | 29 How long can you hold the plank position? | 30 Create a quick workout to do when the TV adverts are on. | 31 Hit a ball against the wall for as long as you can. | |



Use the QR
code to
take part...



Parent/Carer

HEALTHY LIVES SURVEY

We want to better understand what helps families lead a healthy lifestyle, what challenges they may face, and what support or information they would find most useful.



This survey closes at
23.59pm on 19th June
2026



North
Northamptonshire
Council



Healthy Schools
North Northamptonshire