



Shine like Stars



LOWDHAM C OF E PRIMARY

Life at Lowdham



The news and happenings at Lowdham CofE Primary School.

Friday 22nd May 2026

Issue: 9.9

Dear Parents and Carers,

It has been a half term of both hard work and celebrations and the children have been fabulous.

We are so proud of Y6 pupils for their dedicated efforts in completing their SATs last week. This year the tests were challenging and our Y6 were well prepared and focused on completing them each morning. We have yet to hear the results but as far as we are concerned they are all shining examples and hard working role models who have done their very best.

This week we held another fun filled 'Well-being Week' at Lowdham School. The theme for the week once again focused on healthy body, mind and spirit. Mrs Pizer and Mr Wagstaff kicked the week off on Monday with a special launch assembly to remind ourselves what mental health and well-being is really all about.

Throughout the week we've had a wide variety of well-being activities such as prayer pods with Rev Anna, Drumba from Rockley Music- which was funded by the Friends of Lowdham, Yoga with our Chair of Governors- Dr Wilson and KS2 baking workshops led by our amazing parent volunteers from Friends.

Pupils also took part in many activities such as Task Master, binca bookmarks, friendship bracelet making, mental health & self-esteem workshops and much more. We finished the week in style today with a special picnic lunch, with traditional outdoor games and every pupil in the school was chosen as 'Star of the Week' and enjoyed an ice-lolly as a final treat!

The weather looks set to be lovely next week, so I hope you all get the chance to enjoy it. Wishing everyone a relaxing weekend and a wonderful half term holiday.

Best wishes,

Mr. Jones

Free healthy meal-planning support for families

Newark and Sherwood District Council is offering families and school staff **FREE access to FiveDinners.com**, an online meal-planning service designed to make healthy eating easier and more affordable.

FiveDinners provides personalised weekly meal plans and a simple shopping list, helping families save time, reduce food waste and take the stress out of deciding what to cook. Plans can be tailored for busy families, healthier eating, quick and easy meals, vegetarian or gluten-free diets, and more.

Good nutrition supports children's health, energy levels and learning, and FiveDinners offers practical support to help families build positive routines at home.

- ✓ Free to use
- ✓ Saves time and money
- ✓ Supports healthier family meals

Register for free at: <https://FiveDinners.com/MyCommunity>

Get FREE meal plans

FREE
FOR EVERYONE
LIVING & WORKING IN
NEWARK & SHERWOOD
USUALLY £86 PER YEAR - NOW FREE -
YOU'LL NEVER BE CHARGED!

Fed up of deciding what to cook every night?

Want to save money on food shopping?

Want to eat healthier?

Then this is for you!

Every week you'll get:

- personalised meal plan
- complete shopping list
- designed just for you!



FiveDinners

Join 40,000+ people enjoying FiveDinners - Usually £86 per year - 100% FREE for you!



Scan the QR code
or visit the link to get instant access:
FiveDinners.com/MyCommunity



As part of Well-being Week we also 'Reached Out' to our local community. Each class planted a number of sunflowers which were decorated with a prayer and delivered to our neighbours to show them how much we appreciate them.



IMPORTANT DATES:

- **Mon 1st June**– Start of Summer Term 2
- **Thurs 4th June**- Year 1 Multi-sports at Woodborough Woods School
- **Thurs 4th June**- Friends of Lowdham Summer Term Disco.
Key Stage 1: 5.45pm-6.45pm
Key Stage 2: 7.15pm– 8.15pm
- **Thurs 11th June**- Art in Heaven Gallery (3.00pm-5.00pm)
- **Wed 17th- Fri 19th June**- Y6 Residential to Dukes Barn
- **Thurs 25th - Fri 26th June** – Y3 Residential to Walesby
- **Sat 4th July** - Summer Gala (12.00-3.00pm)
- **Fri 10th July**- Sports Day KS1 (am) KS2 (pm)

We'd love to hear your thoughts on our school—you can drop them on this Padlet. Click the link and then tap the red cross to make your comment.

[Newsletter \(padlet.com\)](https://www.classdojo.com/newsletter/padlet.com)



Grade A Sports Holiday Club

This May Half Term, Grade A Sports will be running their popular holiday club on Tues 26th, Wed 27th, Thurs 28th and Fri 29th May.



If you wish to register your child then please use the following link to book: [Lowdham - Fun Packed Day! with Grade A Sports](https://www.classdojo.com/newsletter/padlet.com)

Contacts

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Stay in touch

You can follow us on Instagram [@lowdhamprimary](https://www.instagram.com/lowdhamprimary)

Or you can subscribe to our website for updates:

[lowdhamprimaryschool.co.uk](https://www.lowdhamprimaryschool.co.uk)



Prayers from our Leading Lights Worship Leaders

Dear Heavenly Father,

P-We **PRAISE** you for your beautiful creation and for being so wonderful.

A-We **ASK** you to help us to be more helpful and kind to others.

S- We are **SORRY** for not always listening to others when they need our help.

T-**Thank you** for an amazing Well-being week filled with joy and laughter.

A- Please bless our school community and keep everyone safe during the half-term holiday. **AMEN**



'Shine like stars' Philippians 2:15

<https://www.lowdhamprimaryschool.co.uk/>