

How can I help my child in
year 5?

Thursday 2nd July 2026

Welcome to the Mental Health Support Team!



www.leicspart.nhs.uk

Introduction



We're based in your child's school. We help support the school and pupils with their mental health. You might see us doing assemblies, group work and offering events where we speak to teachers and parents.

We offer 1-1 short term support to children and parents which includes 6-8 weeks of low intensity support for moderate to mild mental health needs.

Your child can be referred to our service via school, the GP or self-referral.

We ALL have mental health

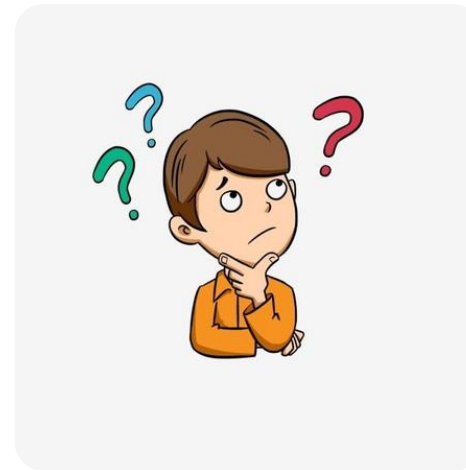
Mental Health affects our...



Emotions



Feelings



Thinking



Behaviour

What are some of the mental health challenges we work with?

- Low mood
- Anxiety (generalised and separation)
- Sleep challenges
- Managing worry

These are just some of the areas we specialise - consider discussing your child's need with the mental health lead to review appropriate support





How can I get support from the Mental Health Support Team?

Speak to your child's teacher and they can consider referring you to the Mental Health Support Team.

You can also be referred via your GP or alternatively, you can self-refer.

MYSELF REFERRAL
LEICESTER, LEICESTERSHIRE & RUTLAND

Worried about
seeking help for
your **mental**
health?

Safe

Free

24/7

My Self-Referral
is a safe, confidential
option for children &
young people
under 18 living in
Leicester, Leicestershire
and Rutland.

Support is a click
away. Visit the new
My Self-Referral
website below or
scan the QR code...



MySelfReferral-LLR.nhs.uk

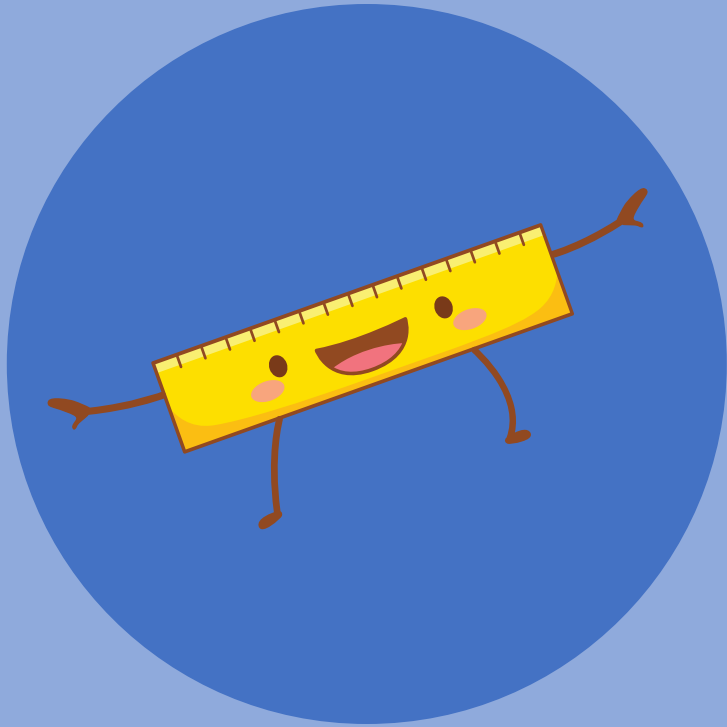
Questions



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Our Core Values



- Creating a school where everyone is safe, happy and healthy and where everyone strives to live by **our 6 core values:**

- Responsibility.
- Respect.
- Honesty.
- Resilience.
- Aspiration.
- Cooperation.

Who's who?

The Year 5 school day

- 8:40am – children line up on playground and class teacher brings them into class.
- 10:55am – break time
- 12:10pm – lunch time
- 3:10pm – home time

What does a week look like in year 5?

Monday	8:40 to 9:10	9:10-9:30	9:30 to 10:55 RCS- Pre-read English		10:55 to 11:10	11:10 to 12:10	12:10 to 1.10	1:10-2:10		2:10-3:00	3:00 to 3:10
	Morning Work	Core Values Assembly			Break	Maths	Lunch	Topic		PE	Well being
Tuesday	8:40-9:15	9:15-9:50	10:00 to 10:55 English		10:55 to 11:10	11:10 to 12:10	12:10 to 1.10	1:10-2:20	2:20-3:00	3:00-3:10	
	Morning Work	RCS- Shared read			Break	Maths	Lunch	Topic	ICT	Singing	
Wednesday (PPA)	8:40-9:15	9:15-9:50	10:00 to 10:55 English		10:55 to 11:10	11:10 to 12:10	12:10 to 1.10	1:10-1:30	1:30-2:30	2.30 to 3.00	3:00 to 3:10
	Morning Work	RCS- Group reading			Break	Maths	Lunch	TT	PSHE	French	Class story
Thursday	8:40-9:15	9:15-9:45	9:45-10:55		10:55 to 11:10	11:10 to 12:10	12:10 to 1.10	1:10-1:30	1:30-2:00	2:00-3:00	3:00-3:10
	Morning Work	RCS- Reading comp	English		Break	Maths	Lunch	Arithmetic	Music	RE	WB
Friday	8:40-9:15	9:15-9:50	9:50-10:45	10.45 to 10.55	10:55 to 11:10	11:10 to 12:10	12:10-1:10	1:10-2:10	2:10-2:40	2:40-3:00	3:00 to 3:10
	Morning Work	RCS- Book bingo	English	Library	Break	PE	Lunch	Maths	Spelling	Golden Time	Class story

Our curriculum 2026/27.

- Autumn 1 – Anglo Saxons (History) Mountains (Geography)
- Autumn 2 – Deforestation (Geography) Materials (Science)
- Spring 1 – WW2 (History) Human life-cycles (Science)
- Spring 2 – Rivers (Geography) Comparing life-cycles (Science)
- Summer 1 – Space (Science)
- Summer 2 – Ancient Egyptians (History) Forces (Science)

Special days (visits and visitors)

Autumn 1 – Anglo-Saxon WOW day.

Autumn 2 – Rainforest workshop day.

Spring 1 – Residential to Beaumanor Hall.

Spring 2 – Severn Trent Water workshops and
to Abbey Park

Summer 1 – Workshops at the Space Centre.

Summer 2 – Ancient Egyptian WOW day.

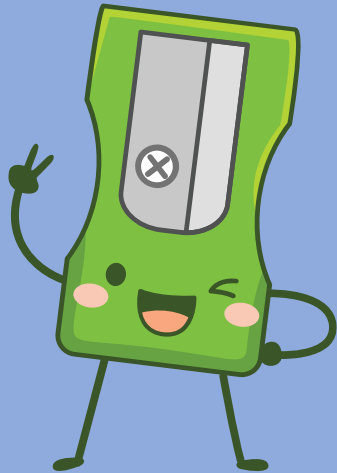
Residential to Beaumanor Hall.



Residential to Beaumanor Hall.



Attendance



Getting Your Child to School Really Matters



Did You Know... ?

In a School Year, If Your Child is Late Every Day By...

Your Child Would Have Lost Approximately...

or They Would Have Missed Approximately...

5 Minutes	3.5 Days from School	20 Lessons
10 Minutes	7 Days from School	41 Lessons
15 Minutes	10 Days from School	55 Lessons
20 Minutes	14.5 Days from School	82 Lessons
30 Minutes	22 Days from School	123 Lessons

Please Encourage Punctuality to Maintain Attendance

ABSENCE = LOST OPPORTUNITY



Did You Know... ?

If Your Child's Attendance During the School Year...

Your Child Would Have Lost Approximately...

or They Would Have Missed Approximately...

was 95%	9 Days from School	50 Lessons
was 90%	19 Days from School	100 Lessons
was 85%	29 Days from School	150 Lessons
was 80%	38 Days from School	200 Lessons
was 75%	48 Days from School	250 Lessons

Getting Your Child to School Really Matters

School Uniform

- For the whole school
- Red or black jumper, cardigan or fleece. No hoodies
- Grey or black trousers, skirt or pinafore dress
- In the summer months a red and white gingham dress may be worn
- Years 3, 4, 5 and 6
- White or Black polo shirt or white shirt or blouse
- Suitable footwear must be worn. No Crocs



Jewellery

Stud earrings only. No necklaces or bracelets

Earrings will need to be taken out or covered with a plaster whilst doing PE

Uniform items with the school logo can be purchased from <https://myclothing.com>

There is no requirement for children to wear uniform with the school's logo on, but there is an expectation that the children wear school colours, i.e. red or black jumper. These can be bought from a range of shops e.g. Asda, Tesco.

Book Bags and PE Bags printed with the school logo can be purchased on the Parent Pay app and collected from the school office

PE Kit

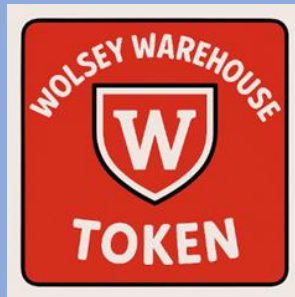
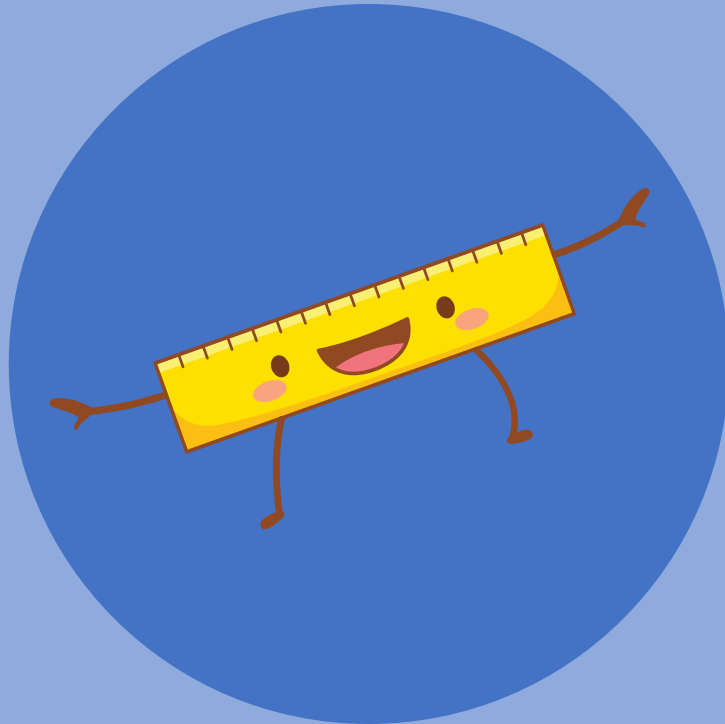
Your child will need to come into school dressed in their PE kit on their PE day

Indoor: Red or white t-shirt, black shorts and plimsoles

Outdoor: Jogging bottoms, zip up jacket or sweatshirt and trainers. No hoodies



Behaviour



- **IT'S GOOD TO BE GREEN**

- We use the Good to be Green behaviour reward system. In each class from Years 1 to 6 there is a Good to be Green wall chart. Every child has a green card, showing that they are "Good to be Green". At the start of every day, every child will be green. During the day, children who follow the school and class rules stay on a green card.
- However, children who make the wrong choices and don't follow the rules will be given a yellow warning card. If they continue to make the wrong choices, they will be given a red Consequence card. In this instance, staff will carry out some restorative work with the child in an attempt to ensure that there won't be any repeated behaviour.

- **Wolsey Warehouse tokens**

- Warehouse tokens are awarded to a child for displaying good behaviour, producing work to the best of their ability, displaying our school values and for having 100% attendance each school week. Each child is allocated a container, which acts as a wallet. Tickets are cumulative and, on the Friday, at the end of each half-term, all children enjoy visiting the **Wolsey Warehouse** with their class teacher to choose a reward.

Ways you can help your child at home



- Homework should be completed half-termly.
- Passion projects to present at the end of a half-term.
- Times Tables Rockstars helps children to practise quick mental recall of times tables facts.
- Daily reading helps your child to become a fluent and confident reader. Asking your child questions based on their reading book also improves comprehension skills.
- Accelerated Reader quizzes assess how much your child has read and understood.



Ways you can help your child during the summer holidays.

- Times Tables Rockstars helps children to practise quick mental recall of times tables facts.
- Daily reading helps your child to become a fluent and confident reader. Asking your child questions based on their reading book also improves comprehension skills.
- Practise year 5 and 6 spelling words. The spelling makes up 20 marks in their end of KS2 SATs.
- Work on writing embedded relative clauses.
- Complete a passion project 'All about you' and you can present it on the first day back.
- Complete the Summer Holiday's pack!