

Lancasterian Primary School

A safe and welcoming learning community where:

- we all aim high;
- everyone is included;
- creativity is valued.

WEEKLY NEWSLETTER



Issue No: 05

www.lancasterianprimary.co.uk

Date: Friday 04 October 19

@LancasterianPri

Top Attendance for the week: Early Years: **Williams** 95.6%

KS1: **Sterling** 96.6%

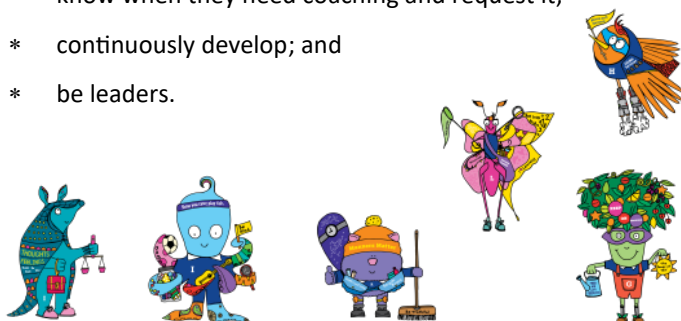
KS2: **Akala** 99.2%

Well done everyone!

We are a Coaching School

Lancasterian Primary is a coaching school which supports and expects all adults and children to:

- * find their own solutions;
- * use a range of tools to make informed decisions;
- * know when they need coaching and request it;
- * continuously develop; and
- * be leaders.



A good coach will make his players
see what they can be rather than
what they are.

— Ara Parseghian —

Coffee Morning/Evening Invite – our Values Characters need Parents and Carers!

Wednesday 16th October, 9 – 10am, Dining Hall

As part of our ongoing work on the school values, we have decided to create parents and carers for our Values Characters this year, i.e. Imari Inclusion, Leila Lifelong Learning, Gerty Growth Mindset, Ignacio Integrity, Hetty High Aspirations and Ronnie Respect. The aim of this work is to create school values role models for our parents/carers who demonstrate what those values look like in practice and then share them through the school newsletters – we would love your help in producing these. There are two areas we would like to consult you on:

Families come in all shapes and sizes, and we want to reflect this in our Values Parents/Carers. Not all children are raised by both their mum and dad, for example some have single parents, others may have two mums, some may live with relatives whilst others are raised by foster carers; we want you help to get the representation right to ensure that everyone is included.

What should our Values Parents/Carers stories say? What behaviours should they role model? What does an inclusive parent/carer look like? What about a parent/carer with a growth mindset? Ideas please!

If you would be willing to give up an hour of your time, we'd love to hear your thoughts!

If any parents are unable to attend a morning coffee morning and would like the school to repeat this as a 6pm session, please let Mr Murphy know asap and this can be arranged!





Keeping Healthy at Lancasterian



Ms Anderson Healthy school lead Says.....



"Why Bother With Breakfast"?

"Breakfast is a great way to give the body the refueling it needs. Children who eat breakfast tend to eat healthier overall and are more likely to participate in physical activities — two great ways to help maintain a healthy weight.

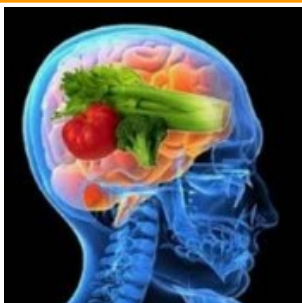
Skipping breakfast can make kids feel tired, restless, or irritable.

In the morning, their bodies need to refuel for the day ahead after going without food for 8 to 12 hours during sleep.

Their mood and energy can drop by mid morning if they don't eat at least a small morning meal".



Breakfast Brain Power



It's important for children to have breakfast every day, but what they eat in the morning is important too. Choosing breakfast foods that are rich in whole grains, fiber, and protein while low in added sugar may boost children attention span, concentration, and memory — which they need to learn in school.

children who eat breakfast are more likely to get fiber, calcium, and other important nutrients. They also tend to keep their weight under control, have lower blood cholesterol levels and fewer absences from school, and make fewer trips to the school nurse with stomach complaints related to hunger.



Making Breakfast Happen

It would be great to serve whole-grain waffles, fresh fruit, and low-fat milk each morning. But it can be difficult to make a healthy breakfast happen when you're rushing to get yourself and the children ready in the morning.

So try these practical tips to ensure that — even in a rush — your children get a good breakfast before they're out the door
1. stock your kitchen with healthy breakfast options, **2.** Prepare as much as you can the night before (gets dishes and utensils ready, cut up fruit, etc.) **3.** Get everyone up 10 minutes earlier. **4.** Let children help plan and prepare breakfast. **5.** Have grab-and-go alternatives (fresh fruit; individual boxes or bags of whole-grain, low-sugar cereal; yogurt or smoothies; trail mix) on days when there is little or no time to eat

More breakfast ideas are available by [clicking here](#)



Pupil Values Competition Winners!

We recently ran a competition in school to come up with a new way to recognise and celebrate ambassadors of our values throughout the year.

Well done to Lutfiyah, Natalie, Nusaiba and Sienna from Y6 and Nilayda from Y4 whose ideas we combined to create the new plan! From November this year, we will celebrate one value a month, with KS1/2 teachers choosing one value ambassador from each class each month (e.g. in November we will focus on Respect, with each class teacher choosing a Respect Ambassador at the end of the month).

The chosen ambassadors will all receive a values ambassador badge and a 'values bag' containing various stationery items; at the end of the six value focus months, all the ambassadors will be invited to a petting farm which we will bring into the school, where they can meet and care for various animals. A fantastic and well thought out ideas from our winners who all received a pack of gel markers in thanks for their hard work.



Congratulations to all of the children who received their Summer Term 100% Attendance badges for their attendance in the summer term last academic year.

We look forward to awarding children at the end of the Autumn term who receive 100%.



International Festival—Friday 15th November

We are holding an International Festival to celebrate the diversity of our school community.

We are looking for your talents, skills and support for this special event.



Could you cook some of your lovely homemade food for a stall to represent your heritage?

Could you perform a song, poem, play an instrument or tell a story?

Could you teach our children a craft, artwork or skill?

To make this event special, **we need your help**. Without your support it will be impossible to have such an event.

The event will see a host of activities taking place from Ceilidh (Scottish barn dance) to the school Samba band and much more.

We would love to hear from.

Please contact: jbadstuber1.309@lgflmail.org

Or visit the school office to sign up to volunteer for a dish



World Cavity-Free Future Day (WCFFDay) was launched as an initiative in 2016 by the Alliance for a Cavity-Free Future (ACFF).

A quarter of children begin school with rotten teeth, with the removal of rotten teeth being the biggest contributor to British children being admitted to hospital, resulting in

60,000 missed school days per year.

This is easily preventable and has motivated Alliance for a Cavity-Free Future Charity to run

'World Cavity-Free Future Day' on Monday 14th October.

For more information visit: www.acffglobal.org/wcffday/





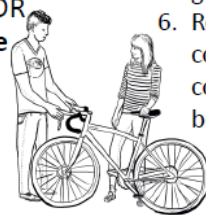
TRY BEFORE YOU BIKE™



Try Before You Bike

The affordable bike scheme that will get you cycling!

From only £10 a month for kids, £20 a month for adults, £50 for electric and £100 for adapted and cargo bikes you can get a new bike and accessories delivered to your door along with a cycle safety session to help get you started. Cancel anytime with nothing more to pay OR keep the payments going until you own the bike.



How it works

1. Note down your bike size using our [Size Guide](#)
2. Choose your bike - use the filters to help you choose a bike (and accessories) that suits your needs and that your council offers
3. Sign up to the monthly direct debit - no credit checks, no deposit, no long-term fixed contract
4. A qualified cycle instructor delivers the bike to your door
5. Get the most out of your bike and achieve your cycling goals with our free cycle skills session
6. Remember you are on a one month only rolling contract so you can stop it any time and we come and collect the bike OR just keep it going until you own the bike

<https://peddlemywheels.com/>

Keeping Healthy at Lancasterian

Tottenham Green Market - Second Hand Bike Market

When: 06-Oct2019 / 03-Nov 2019 / 07-Dec 2019
11:00 AM-15:30 PM



Visit us at the market - Town Hall Approach, London, N15 4RY

Buyers:

- Go to our website and use the Market Order Form - <https://www.peddlemywheels.com/market-order-form> to request the bike(s) you want
- We will reply to confirm that we have got something suitable to bring along
- We bring the bike/s on the day. There is no obligation to buy but we will reserve the bike until a pre agreed time (normally up to two hours after the opening of the market)
- You do not have to order a bike in order to buy one on the day it just means there is more chance of you finding something suitable
- Reserved bikes that are not purchased by an agreed time (normally about two hours from the opening of a market) will be put on general sale for the rest of the day so if you have not ordered anything it is best to arrive from two hours of the opening of the market



- **Sellers:**
- Bring some form of I.D. with you on the day
- Bring your bike/s on the day anytime between the hours we open and finish
- Complete the index card/s provided on the day with your personal details and, if you know the sales price you want, add this to the card (remember the idea is to create affordable bike stock for your community)
- The bike gets serviced on the day or taken to our workshop and you will receive an email instructing you that an account has been set up where you can follow the progress of your bike/s and add your bank or PayPal details
- The labour is free but if any parts are needed in the service of the bike/s the cost of these will be deducted from the sales proceeds. This will all be recorded on your account
- If your bike is going to cost more to make it roadworthy than the price we could sell it for, we notify you and either you collect it from our premises in Croydon or we use the bike for parts and recycle the rest
- When the bike sells you will be notified by email and you will receive 75% of the sales proceeds less the cost of any parts needed
- A money transfer will be made the Monday after it sells
- We do not accept plastic trikes but do accept scooters

<https://peddlemywheels.com/>

School Apps

Please download ParentHub for latest school communication and SCOPAY for school payments. Both available on the app store and google play store. For log in issues please see the office





We now have a designated email address which can be used by parents and members of the community to let us know about anything that may be of a concern to them that may impact the wellbeing and/or safety of our children.

heretolisten@Lancs-pri.haringey.sch.uk



Behaviour Basics Programme for Parents

Date: Wednesday 30th October 2019

Time: 9.30am - 2.30pm

Location: Lancasterian Primary School

Tea and Light Lunch will be provided

The behaviour basics programme is a programme run by Tracy Campbell from Together Transforming Behaviour Ltd. Tracy helps parents develop the knowledge and skills necessary to respond appropriately when misbehaviour occurs.

The strategies and principles can be used both to help prevent and respond to challenging behaviour.

Good practice in behaviour management is a combination of how well we establish the kind of environment that is conducive to positive behaviour.

Programme Aims:

To share good behaviour management tips to create better partnership between home and school.

To explore strategies for managing challenging behaviour.

To help parents understand the approaches needed to encourage children towards positive behaviour.

To secure a free place on this programme please contact Kamelia Johnson Pastoral Care Manager via Lancasterian Primary school office Tel: 0208 808 8088 or Mobile: 07739 946 884

To find out more about Tracy Campbell please visit her website www.togethertransformingbehaviour.com



1.9 million tonnes of avoidable food waste is generated by the UK food industry each year. At the same time food poverty is a huge and growing problem, almost 4 million children in the UK live in households that struggle to afford to buy enough fruit, vegetables, fish and other healthy foods.

The Felix Project provides a free door-to-door service which collects surplus food from suppliers, and delivers it to charities and schools across the UK. Providing food for nearly 3 million meals per year.

The Felix project Schools Programme offers primary schools in London ways to actively contribute to reducing food waste.

They provide a weekly delivery of healthy surplus food that is made available to children and their families to take home and enjoy.

We will be running a weekly stall at Lancasterian, with more information to be provided soon.

Parents are encouraged to bring a reusable carrier bags when attending the stall, as these will not be provided.

Every year thousands of children aged 2-7 take part in a Beep Beep! Day to learn road safety basics

BEEP BEEP! DAY

WITH **TIMMY time**

saving little lives

- Engage children with road safety basics
- Raise awareness among parents and the wider community
- Fundraise for Brake and help make roads safer for everyone

Wednesday
20
NOVEMBER
2019

DURING
Road Safety Week

Get your action pack!

Register now for a free online action pack to help you run your Beep Beep! Day, or buy a bumper pack of extra resources for just £11.50 + VAT.



TIMMY time



Aardman

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Organised by



Brake
the road safety charity

Registered charity No. 1093264

Sponsored by



churchill

Register now

brakezebras.org/beep
beepbeep@brake.org.uk
01484 550061

STARS OF THE WEEK

The children below have demonstrated exemplary attitudes and behaviours in school for the following reasons:

Sterling	Eylul	For Consistently following the golden rules just like Ronnie.
Sterling	Umut	For having a great growth mindset in his maths focus task this week just like Gerty.
Fawcett	Amane	For always trying her best to be polite and helpful to adults and children in class just like Ronnie.
Fawcett	Victor	For being like Hetty and Gerty this week and challenging himself in his learning especially in maths.
Attenborough	Klaudia	For always being like Ronnie and Leila, always joining in and sharing ideas with the class.
Attenborough	Lucas	For striving to be like Hetty especially with his maths and solo explorer lesson.
Gandhi	Suna	For getting onto extended in maths and being like Hetty and Leila by helping others.
Gandhi	Phuc	For being a role model in maths this week by showing focus and pushing himself like Leila would.
Obama	Alexia	For applying Gerty growth mindset to all aspects of her learning, including friendship and behaviour.
Obama	Omareo	For being good and listening to instructions, and always showing integrity in class
Nightingale	Amari	For settling in well to his new class, being friendly and ready to learn like Ronnie respect.
Nightingale	Ilanthe	For always trying to improve her reading and being like Gerty growth mindset.
Coleman	Selin	For settling into Coleman class so beautifully and always being ready to learn like Leila.
Coleman	Jayden	For always trying in maths, suggesting answers, and trying to improve his understanding.
Yousafzai	Sullie	For her enthusiasm and inquisitive approach in science just like Hetty.
Yousafzai	Tausif	For always trying his hardest and not being afraid to make mistakes; Also for being like Imari and helping others.
Earhart	Lewin	For becoming more confident in her learning just like Leila.
Earhart	Ridwan	For being just like Gerty and not giving up when finding something difficult.
Akala	Raymond	For showing excellent high aspirations and respect in all lessons and for being focused and working hard all week.
Akala	Nusaiba	For being like Gerty and Leila in her learning always aiming high and trying her hardest.
Thunberg	Mustafa	For having a brilliant growth mindset to greatly improve his writing
Thunberg	Fatma	For having very high aspirations with her writing and always being respectful.

Congratulations to all of our fantastic STARS OF THE WEEK!!



We encourage our pupils to use a variety of resources to support them with learning.

Please click on the link below and have your child log-in to access the learning links.

(Please note that some learning link may require the use of adobe flash-player)

<https://www.lgfl.net/learning-resources/grid>

EYFS and KS1 (Nursery to Year 2)

These websites allow children to practice counting, number facts to and within 20 also addition and subtraction with smaller number. Some children in Years 3 to 6 will benefit from revising these skills before moving onto the websites listed for Years 3 to 6.

Numbers and Counting

Underwater Counting: <https://www.topmarks.co.uk/learning-to-count/underwater-counting>

Teddy Numbers: <https://www.topmarks.co.uk/learning-to-count/teddy-numbers>

Gingerbread Man: <https://www.topmarks.co.uk/learning-to-count/gingerbread-man-game>

Camel Times Tables: <https://www.bbc.com/bitesize/topics/z36tyrd>

Addition and Subtraction

Cross the Swamp: http://www.bbc.co.uk/schools/starship/maths/games/cross_the_swamp/big_sound/full.shtml

Fruit Splat Addition: http://www.sheppardsoftware.com/mathgames/fruitshoot/fruitshoot_addition.htm

Hit the Button: <https://www.topmarks.co.uk/maths-games/hit-the-button>

Number Fact Families: <https://www.topmarks.co.uk/number-facts/number-fact-families>

KS2 (Year 3 to 6)

These websites allow children to deepen their understanding of numbers, calculations and practice their times tables.

All the websites are free to use.

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Place Value, Addition and Subtraction

Higher and lower: <https://www.topmarks.co.uk/Flash.aspx?f=HigherAndLower>

Under the sea: <http://www.learnalberta.ca/content/me3usa/flash/index.html?goLesson=5>

Guess my number: <https://www.topmarks.co.uk/Flash.aspx?f=GuessMyNumber>

Subtraction grids: <https://www.topmarks.co.uk/maths-games/subtraction-grids>

Broken Calculator: <http://www.statisticsonline.org/subtangent/broken-calculator.swf>

Magic squares: <http://www.ictgames.com/magicSquare/index.html>

Multiplication and Division

Times table Rockstars: <https://trockstars.com/login>

Multiple frenzy: http://www.sheppardsoftware.com/mathgames/multiple/multiple_frenzy.swf

Monty's maths wall: https://mathsframe.co.uk/en/resources/resource/292/Montys_Maths_Wall

Snake: https://mathsframe.co.uk/en/resources/resource/290/Snake_KS2_Maths_Game

Division: <https://www.topmarks.co.uk/Flash.aspx?b=maths/division>

Literacy Links

Various Games: <http://www.bbc.co.uk/bitesize/ks1/literacy/->

Spelling games: <http://www.bbc.co.uk/schools/spellits/index.shtml>

Spelling games and phonics: <http://www.primarygames.com/see-n-spell/see-n-spell.htm>

Vocabulary games: <http://www.eduplace.com/kids/hmsv/smg/>

Games including help with spelling: <http://www.ictgames.com/literacy.html>

Punctuation games: <https://www.bbc.com/bitesize/topics/zvwwxn6>

Phonics & Reading: (Select Free Phonics Play) <http://www.phonicsplay.co.uk/> -

Phonics: <http://www.letters-and-sounds.com/>

Free eBook Library: <https://www.oxfordowl.co.uk/for-home/reading-owl/find-a-book/library-page>

Reading books online

Reading books and resources by age group: <https://www.lovereading4kids.co.uk/>

Reading books KS1: <https://clubs-kids.scholastic.co.uk/> -

More reading books and resources: <https://www.booktrust.org.uk/404>

Learn English - Story maker: <http://learnenglishkids.britishcouncil.org/en/games/story-maker>

Creating an interactive story, very good for EAL pupils: <https://www.topmarks.co.uk/interactive.aspx?cat=40>



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