

Lancasterian Primary School

A safe and welcoming learning community where:

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

WEEKLY NEWSLETTER



Issue No: 06

www.lancasterianprimary.co.uk

Date: Friday 11 October 19

@LancasterianPri

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

KS2: Akala 99.2%

KS1: Fawcett 96.6%

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.



Ofsted Parent View

Parent View has been updated by Ofsted, meaning that we need new feedback from our parents/carers in order for our results to be viewable. Please could you spare 5 minutes to complete the short online survey and share your thoughts; simply Google 'Ofsted Parent View' and follow the instructions online.

Even if you have completed it before, please could you complete this again for the new academic year.

Parent View gives you the chance to tell Ofsted and us what you think about Lancasterian Primary across a range of areas, including teaching and learning, behaviour and safety. The survey can be completed at any time; you don't have to wait until the school is being inspected. All submissions are anonymous and the school can see summary data to help us know what we are doing well and what we should work on.

It also helps us to share the good news about Lancasterian Primary School with other interested parents!



Parent View
Your Child's School

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



Coffee Morning/Evening Reminder – 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, 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!

Please Be Vigilant

There was an incident early this week where a man was seen by Vale staff acting suspiciously around the school area during the school day. The appropriate authorities have been notified and he has not been seen since. The man was described as being of stocky build, possibly of Mediterranean heritage, short dark hair, and possibly late 60s/early 70s. He was wearing a long green coat and grey trousers. Please be vigilant around the school and let us know as soon as possible if you see anything suspicious.

We have also shared this information with staff and reminded children about stranger danger in the key stage 1 and 2 assemblies.



On Tuesday 15th we will be having an afternoon to celebrate Black History.

Each year group has been learning about a significant person who has contributed in some way to their society. We would like to invite parents in to share our work!

- * **2.30 - KS2 Parents are invited to the KS2 Hall for a performance from Akala Class. This will be watched by all of KS2.**
- * **2.45 - KS2 Parents can follow their children up to their classes for a presentation of this children's work.**
- * **2.45 - KS1 Parents are able to come into the Year 1 and 2 classes to share their children's work.**
- * **3.15 - We kindly ask all parents to make their way to the playground and allow teachers to dismiss the children as normal.**

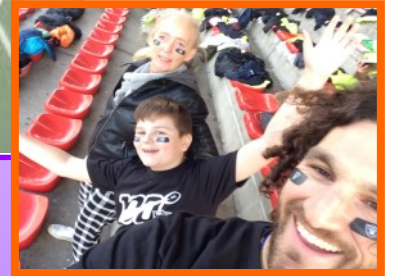
(Thunberg class will out of school this day at IntoUniversity).

If you have a child in more than one class, please feel free to move between the classes between 2.45-3.15.

We look forward to you joining us!



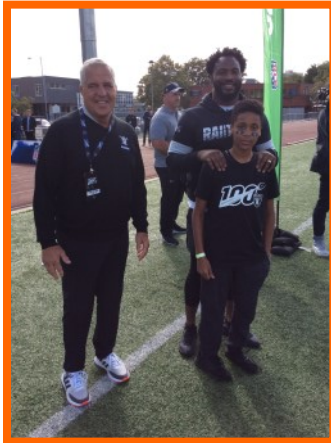
As part of the build up to the first NFL game at the Tottenham Stadium, the Year 6 children took part in an American football event at the New River Sports Centre.



They enjoyed 5 different activities and improved their skills whilst having a great time.

To top it all off, the children received a goodie bag containing a t-shirt, cap and sunglasses.

What a great afternoon!



Ms Anderson-
Healthy school lead
recommended
Top Tips



Keeping Healthy at Lancasterian

Sugar

Regularly consuming foods and drinks high in sugar increases your risk of obesity and tooth decay.

Sugary foods and drinks are often high in energy (measured in kilojoules or calories), and if consumed too often can contribute to weight gain. They can also cause tooth decay, especially if eaten too often.

Calories in Sugary Drinks

Sugary drinks are among the most fattening items you can put into your body.

This is because your brain doesn't measure calories from liquid sugar the same way it does for solid food

Get Exercising

Doing aerobic exercise, also called cardio, is one of the best things you can do for your mental and physical health.

Support the Daily Mile at home, by encouraging your child's confidence in running and moving outside with them, out of school hours. Parents say that The Daily Mile helps children to eat and sleep better and often children become the young ambassadors for whole family fitness!

Processed junk food is incredibly unhealthy

These foods have been engineered to trigger pleasure centers, so they trick your brain into overeating — even promoting food addiction in some people.

They're usually low in fiber, protein, and micronutrients but high in unhealthy ingredients like added sugar and refined grains. Thus, they provide mostly empty calories

Sleep is Important

The importance of getting enough quality sleep cannot be overstated.

The amount of sleep your child needs changes as they get older.

A 5-year-old needs about 11 hours a night, for example, while a 9-year-old needs roughly 10 hours.

See how much sleep your child needs:

<https://www.nhs.uk/live-well/sleep-and-tiredness/how-much-sleep-do-kids-need/>

Eat Vegetables and fruits

Vegetables and fruits are loaded with prebiotic fiber, vitamins, minerals, and many antioxidants, some of which have potent biological effects.

Studies show that people who eat the most vegetables and fruits live longer and have a lower risk of heart disease, type 2 diabetes, obesity, and other illnesses

Drink plenty of water

Drinking plenty of fluids stops you from becoming dehydrated. The recommendation is 6 to 8 glasses every day.

This is in addition to the fluid you get from the food you eat.

Come along and get involved with:



Free 30 minute workshop for parents

Listen to excellent advice on how to make
healthy choices!



- Tuesday 29th October
- Tuesday 5th November
- Tuesday 12th November

Time: 9:10am – 9:45am

Location: KS2 Hall



This workshop will also be supported by the Felix project



Providing FREE healthy surplus food that is available to
children and their families to take home and enjoy.



Please download ParentHub for latest school communication and SCOPAY for school payments.
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Rainy Day Collection Points KS1 playground

As we head into the winter months, please be aware that if it is heavily raining at collection time 3.25pm; there is sheltered areas to collect children in year 1 and 2. Please see the photos below, so you know where to collect your child from.

Unfortunately, we do not have enough sheltered areas in the KS2 playground to do this; please bring umbrellas and wait in normal areas - **Please do not crowd the exit door.**

Year 1 Wet Collection Area



Year 2 Wet Collection Area





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 reusable carrier bags when attending the stall, as these will not be supplied.



Heartlands
High School

SEND Transition Coffee Morning

Inviting all future parents of students with **SEND** to come in and meet with the **SEN** team over a morning coffee!

Date : Thursday 17th October 2019

Time : 9am - 10.30am

Location : Heartlands High School



If your child has an EHCP and you are considering Heartlands as their secondary school then please do come along to our coffee morning, meet the SEN team and have a chat about life at Heartlands and what we offer for students with SEND.

No appointment necessary - even if your child is not transitioning this year, feel free to come.

If you cannot make this time but would still like to visit, please contact Lauren Skuse (SEN Manager) To make an appointment on 0208 826 1230 ext. 222 or via email lauren.skuse@heartlands.haringey.sch.uk.

Design a Christmas card competition Closing date 31 October

Calling all young artists! The Leader of Haringey Council, Cllr Joe Ejiofor, wants to send out an amazing Christmas card this year.

Haringey are opening this up as a design competition for schools. This would be a great class activity! Individual entries are also welcome.

There will be a great prize for the winning design, which will be made into the official Haringey Council Christmas card.

The scope for the card and its design is open to your imagination we especially welcome designs that reflect and celebrate Haringey's diversity. Please prepare your entries on paper or card, ideally A5 size, and you can use paint, pencil or chalk. (Please don't use glitter or stuck on material.)

Please send your entries by **Thursday 31 October** to:

Heather Kinnersley, Marketing Officer,
Haringey Council, River Park House, 225 High Road, London N22 8HQ Email heather.kinnersley@haringey.gov.uk

Entries can be received via email (just scan and email the image) or you can send them in the internal post system or by Royal Mail.

Please clearly mark your entries for Heather's attention and ensure that each student's name and school is included. Any questions, contact Heather on 020 8489 3429 or by email.

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.

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

Timmy time Aardman
Organized by **Brake** the road safety charity
Registered charity No. 1079244
Sponsored by **churchill**

STARS OF THE WEEK

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

Sterling	Ali	For settling in well to his new school and always showing the adults and children respect just like Ronnie.
Sterling	Cesar	For aiming high just like Hetty, and completing his maths task independently including the extended challenges
Fawcett	Agnes	For producing some amazing writing and ideas this week, like Hetty high aspirations.
Fawcett	Sidney	For being kind and supportive to other children and encouraging them to try their best like Ronnie and Gerty,
Attenborough	Xaela	For being like Leila and ensuring her handwriting and presentation is neat across all subjects.
Attenborough	Soul	For aspiring to be like Hetty and try the challenge each say in maths this week.
Gandhi	Belvie	For being like Leila and using conjunctions in her work this week.
Gandhi	Tariq	For aiming high like Hetty and being focused when learning about money in maths this week.
Obama	Sofia	For always working hard and putting learning at the centre of everything just like Ignacio.
Obama	Selena	For always using her growth mindset, taking risk and always asking for help when she needs it.
Wiltshire	Maya	For always working hard and sharing ideas and respecting everyone's opinion like Ignacio.
Wiltshire	Sezgin	For trying hard and never giving up just like Gerty.
Coleman	Nylah	For always putting her hand up, contributing, and making suggestions just like Hetty high aspirations
Coleman	Oisin	For his wonderful attitude to helping others in class when they find work difficult and being just like Imari inclusion.
Yousafzai	Wasee	For choosing to spend his own time challenging himself to complete extended task just like Leila.
Yousafzai	Sophia	For never tiring of pushing herself to achieve her best and setting high aspirations just like Hetty.
Earhart	Yameen	For working so well in his science group, producing great work and being just like Imari.
Earhart	Lara	For being just like Leila and writing a beautiful story at home and using all the features used in class.
Akala	Mohammed	For always having a positive attitude in class, sharing ideas and being just like Hetty and Leila.
Akala	Sienna	For being like Hetty in maths and literacy and always aiming high with her learning.
Thunberg	Kaii	For consistently having a superb attitude to learning and being the embodiment of Hetty.
Thunberg	Sofia	For always having very high expectations and being focused in class, producing excellent work quality.

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.

School Apps



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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/zvwwxnb>

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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School Apps



