

# Lancasterian Primary School

A safe and welcoming learning community where:

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

## WEEKLY NEWSLETTER



Issue No: 21

[www.lancasterianprimary.co.uk](http://www.lancasterianprimary.co.uk)

Date: Friday 6 March 20

@LancasterianPri

**Top Attendance:** Early Years: Williams 97.9  
KS2: Wiltshire 100%

KS1: Attenborough 98.6%

**WELL DONE WILTSHIRE CLASS FOR 100%**

### March School Value of the Month: Integrity

**Integrity**  
is choosing your  
thoughts and actions  
based on values rather  
than personal gain.



### The Importance of School Attendance and Punctuality

Attend Today



Achieve Tomorrow



### Curriculum Maps

A reminder that all the KS1/2 Curriculum maps can be found on the school website at

<http://www.lancasterianprimary.co.uk/KS1-KS2-Curriculum-Overviews>

Please refer to these for more information about what your child is learning at school.

### Date for your Diary - Coffee Morning with Mr Murphy



There will be a coffee morning with Mr Murphy on **Wednesday 25<sup>th</sup> March 2020** in the dining hall – all parents/carers most welcome.

Mr Murphy would like to use this opportunity to further unpick the results of the parent survey to find out more about what lies behind the numbers and determine how the school can continue to improve. You can see the extremely positive results at <https://parentview.ofsted.gov.uk/parent-view-results/survey/result-print/1609/10>

Please do come along for 40 minutes if you are free!



### Coronavirus Update

The school is receiving regular updates from Haringey Public Health and the Department for Education regarding the Coronavirus and is following the advice given. Currently, we are not aware of any school community members who have travelled to/from an area directly affected, or had contact with a person known to be infected. There is currently no evidence of community transmission in Haringey and if someone at the school were to be infected then we would be notified directly by the Public Health Service who would also determine with us whether or not a temporary school closure was necessary. The main points to bear in mind are:

- \* Children and young people don't appear to be especially vulnerable to the virus.
- \* Good hand hygiene is the most effective form of prevention.
- \* If you or your child is unwell then unless you have recently travelled to/from an area directly affected or had contact with a person known to be infected you should proceed as you would normally. Testing for Coronavirus is only advised for those who have been to an affected area or had contact with a person known to be infected. Call NHS 111 if unsure. There is no need to stay off school for two weeks if you/your child has a cold/flu etc.
- \* If you are intending to travel look at public advice on the NHS website and at <https://www.gov.uk/guidance/wuhan-novel-coronavirus-information-for-the-public>.

We will remind the children in assemblies about the importance of good hand hygiene and keep you informed of any changes to the above advice.

**[Please download the Corona advice poster here](#)**

The Department for Education has launched a new helpline to answer questions about COVID-19 related to education. Staff, parents and young people can contact the helpline as follows: Phone: 0800 046 8687

**Email: [DfE.coronavirushelpline@education.gov.uk](mailto:DfE.coronavirushelpline@education.gov.uk) 8am to 6pm (Monday-Friday)**

### **Parents Evening Food Taster Sessions**

Our Chef Manager John Hoole and his team, would like to welcome all parents and carers to drop into the dining hall during parents evening on the **10<sup>th</sup> and 12<sup>th</sup> of March from 15:30pm** to come and taste a selection from our menu here at Lancasterian.

This will give you the opportunity to meet the catering team who would welcome feedback about their menu.

Please come and give them a visit.



### **Fire Alarms**



Your child may have mentioned to you that we have had a number of fire drills recently at the school whereby the children have to practice an evacuation of the school.

This is been due to some teething problems with the new system that Haringey have installed across the site but we believe that these have now been resolved.

Nothing to worry about! One thing for sure: the children and staff are incredibly good at leaving the school quickly and sensibly in case of an emergency!



Parents evening will be taking place on **Tuesday 10th March** and **Thursday 12th March**.

Parents/Carers should have returned their letter to the class teacher indicating your preferred date/time.



STEM week was another huge hit this year. The children were able to build and test the buoyancy of their paper cup boats. They helped their local environment by carrying out a litter pick whilst researching the journey of litter and its affect on wildlife both locally and world wide. Each year had a brain teasing test with the maths problem solving workshops. All year groups were again mixed up to try out a range of STEM related activities throughout the day, building their skills and working together as a school.

A brilliantly successful week.



The children were wowed and amazed this week by Dr Szydlo. During this workshops he showed them the magic of chemistry with dry ice, big bangs and multi-coloured water.

A final celebration of STEM week.







On Friday 28<sup>th</sup> February we enjoyed a party to celebrate the children who had both **100% attendance AND 100% punctuality** during autumn term, there was delicious food and fantastic music, the children really enjoyed it!

If you would like to be at the next party you need to be here every single day and also on time.

**From Vice House Captains Arzu and Keturah**



**BANK  
HOLIDAY**

Please remember that **Friday 8 May 2020** is a bank holiday and there will be no school on this day.

**CHILDREN RETURN TO SCHOOL**

**Monday 11 MAY 2020**



Remember we have a weekly stall available every:

**Tuesday 3pm—4pm,**  
alternating between KS1/KS2 playgrounds

**POLLING  
STATION**

**On Thursday 7 May 2020,**

The school will be used as a polling station and will therefore finish at **12:30pm.**

This means there will be no lunch provided to the pupils on this day, and there will be no after school clubs taking place.

Please ensure you arrive on time to collect your child as late fees will apply.



Don't forget our 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](mailto:heretolisten@Lancs-pri.haringey.sch.uk)

The email address will be checked daily and you will receive a confirmation of receipt of your email within 48 hours.



**Coffee morning for parents of autistic children**

# Emotions, anxiety and behaviour

## How can we help?

**Date:** Tuesday March 17<sup>th</sup> 2020

**Time:** 9.30am -11.30am

**Where:**

North Harringay Primary School  
Falkland Road London  
N8 0NU



**To book a place email:**

**last@haringey.gov.uk**

**or call:**

**Tel 0208 489  
5039/3466**





# Keeping Healthy at Lancasterian



## SECOND HAND BIKE MARKET

LANCASTRIAN PRIMARY SCHOOL  
ON THURSDAY 19TH MARCH 2020

8am-9am

BUY A BIKE



Go to our website to complete the 'MARKET ORDER FORM' and we'll bring something for you to try out and maybe buy. We accept cash or card.

SELL A BIKE

Bring your unwanted bikes and we'll service and sell on your behalf at one of our many London bike markets. Check our website for details.

THIS EVENT IS RUN  
IN CONJUNCTION  
WITH HARINGEY  
COUNCIL

**Haringey**  
LONDON

VISIT [PEDDLEMYWHEELS.COM](https://www.peddlemywheels.com) FOR MORE INFO

Follow us on Facebook, Twitter and Instagram @peddlemywheels

[www.peddlemywheels.com/market-order-form](https://www.peddlemywheels.com/market-order-form)



Artsmark  
Gold Award  
Awarded by Arts  
Council England



# Keeping Healthy at Lancasterian

## Packed lunch guide for parents

Making the healthy choice the easy choice



Haringey  
LONDON

## Packed lunches

We recommend you take a look at the 'change4life' website and their section on packed lunches. It includes **affordable recipe ideas, healthy swaps and tips.**

Find them here:

<https://www.nhs.uk/change4life>

change  
4 life

Children need to eat healthy and balanced meals to allow them to grow, develop and thrive. Healthy eating patterns also improve their concentration at school.

We would always encourage children to choose to have school meals rather than packed lunch, as the food served in schools has to meet the National School Food Standards. Research has shown that 99% of school meals meet these standards compared to just **1%** of packed lunches (2).

If you are preparing packed lunches for your child, ensuring the lunch is balanced and healthy can really help your child's health, as well as their readiness to learn at school.

Here is some guidance about what your child's packed lunch should contain...

**1/2 of the packed lunch should be vegetables and fruit** (with more vegetables than fruit).

**1/4 of the lunch should be protein.** For example:

- Meat and fish
- Egg
- Pulses (beans/ lentils)
- Dairy (yoghurt/ cheese)
- Tofu/ quorn

**We are a NUT FREE school**

**1/4 of the lunch should be starchy foods** (wholegrain wherever possible). For example:

- Rice
- Pasta
- Bread
- Potatoes

Always have water or low-fat milk as a drink

## Protein



- Meat/ fish**
  - Tinned tuna/ salmon
  - Lean roast/ grilled meat
  - Lean deli meat (ham/ beef/ chicken etc.)
  - Skinless chicken drumsticks
  - Prawns
- Eggs**
  - Hard boiled eggs
  - Frittata/ omelette (e.g. with vegetables)
- Pulses**
  - Lentil curry
  - Baked beans (preferably low sugar)
  - Hummus dip
- Tofu cubes/ Quorn pieces**
- Savoury muffins** (with ham/ cheese)
- Soup**

Chicken and corn, pea and ham
- Leftover casserole/ stew**

Chili con carne, chicken stew

## Starchy foods

(Wholegrain wherever possible)



### Mains

Wraps, sandwiches, rolls  
Muffins/ bagels/ crumpets  
Sushi  
Homemade mini pizzas  
Savoury muffins  
Pasta dishes  
Rice/ quinoa/ cous cous dishes  
Noodle dishes

(can serve pasta/ rice etc. cold as a salad or warm in a small thermos)

## Water



Take a water bottle to refill throughout the day.

**Tip:** If the weather is warm, consider freezing this overnight to act as an ice-block, keeping the lunch chilled.

## Optional extras



- Sweet baked items**

Spinach and apple muffins, carrot and courgette muffins, fruit/ malt loaf
- Snacks**
  - High fibre, low sugar cereal (muesli)
  - Protein spreads (hummus, cream cheese) with crackers/ crispbreads/ rice cakes/ breadsticks

## Packed lunch pick and mix

Pick something from each of these categories to make a healthy and balanced packed lunch. Examples of individual dishes are included.

**Tip:** if you have a small thermos, leftover home-cooked meals make nutritious packed lunches.

## Fruit



- Fresh fruit**
  - Apple, pear, banana
  - Satsuma, orange segments
  - Passionfruit or kiwi fruit half (with spoon)
  - Chunks of melon, watermelon, mango, pineapple
  - Grapes (chopped in half - under 5 years)
  - Plums, apricots
  - Nectarines, peaches
  - Berries
  - Cherries (chopped and stone removed - under 5 years)
- Fruit salad/ fruit kebabs**
- Dried fruit** (note: this has a higher sugar content than fresh fruit, so only give a 1/2 portion/ handful)
  - Dried apricot, mango, apple, banana
  - Prunes, raisins
  - Raisins
- Tinned Fruit/ snack pack** (in natural juice, not syrup)

**Note:** A portion size of fruit and vegetables for children is a child's handful

## Vegetables



- Fresh vegetables**

(can serve with hummus/ beetroot dip/ natural yoghurt)

  - Corn cobs (cooked and cooled)
  - Carrot sticks (raw)
  - Cucumber sticks (raw)
  - Green beans (cooked or raw)
  - Celery sticks
  - Cherry tomatoes
- Salads:** more vegetables than dressing, salads without mayonnaise
  - Coleslaw, potato salad
  - Bean salads
  - Lettuce/ tomato/ avocado salad
- Soup** (in a small thermos)
  - Pumpkin
  - leek and potato
  - minestrone
- Curry/ stir fry** (in a small thermos)
  - Mixed pepper & mushroom stir fry
  - Aubergine and spinach curry



## Dairy

- Milk
- Cheese cubes/ sticks or slices
- Cream cheese
- Cottage cheese
- Yoghurt (natural/ low sugar where possible)



# JUNIOR BAKE OFF

...IS LOOKING FOR THE UK'S  
BEST YOUNG BAKERS  
AGED 9 - 15

[WWW.APPLYFORJUNIORBAKEOFF.CO.UK](http://WWW.APPLYFORJUNIORBAKEOFF.CO.UK)

APPLICATIONS CLOSE  
SUNDAY 5th APRIL 2020

Enquiries:  
[applyforjuniorbakeoff@loveproductions.co.uk](mailto:applyforjuniorbakeoff@loveproductions.co.uk)







## Parents/carers of children and young people aged 0 to 25 with SEND

How can professionals work with **you** to improve services for families in Haringey?



Join us at a  
**focus group**  
to share your  
views

### MARCH 2020

- Monday 2nd, 1.00 to 2.30 p.m, Highgate Primary School, N6 4ED
- Tuesday 3rd, 9.30 to 11.00 a.m, Vale Special School Secondary Department, N17 OPG
- Tuesday 3rd, 1.00 to 2.30 p.m, Seven Sisters Primary School, N15 5QE
- Thursday 5th, 9.30 to 11.00 a.m. Heartlands School, N22 7ST
- Thursday 5th, 1.00 to 2.30 p.m, Hornsey Vale Community Centre, N8 9LP

Refreshments will be provided. Booking is essential – to reserve a place please email: [info@amazesussex.org.uk](mailto:info@amazesussex.org.uk) with your name, mobile number and tell us which focus group you want to attend. If you need extra support to enable you to attend such as an interpreter, or help with the cost of transport or childcare, please let us know when booking.

To thank you for your time you will receive a **£15 Love2Shop** gift voucher on the day.

### Why should I attend?

Amaze is an independent parent-led charity based in Brighton. We have been asked by Haringey Council to carry out this independent review. Your feedback will be anonymised and together with our survey findings will be used to make recommendations to the local authority about how parents and carers and professionals could work more closely to improve services for families.

### How else can I share my views?

If you can't come to a focus group, take part online at our **evening webinar** on Monday 16th March, 7.30 to 8.30 p.m. Booking is essential – send an email marked 'Haringey webinar' with your name and phone number to: [info@amazesussex.org.uk](mailto:info@amazesussex.org.uk). Or you can fill in our **confidential online survey** – a website link will be advertised soon.

Amaze UK Company Limited by Guarantee No: 3818021 Registered Charity No: 1078094



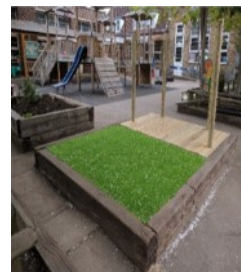
## Nursery Places Available



Nursery sessions are available Monday — Friday, with Morning, Afternoons, and Full- day sessions available

Morning session run from 8.45am – 11.45 am, Afternoon session 12.45pm – 3.45pm and full-time from 9.30am— 3.45pm.

**Please visit the school office for an application form if you would like to apply for a nursery place.**



## Places Available

We provide an excellent provision before school between 8:00am – 9:00am and after school between 3:30pm – 6:00pm.

The children are provided with a tasty snack and refreshments and are given the opportunity to do a variety of fun and entertaining activities.

Please contact the office at [admin@lancs-pri.haringey.sch.uk](mailto:admin@lancs-pri.haringey.sch.uk) for further information.

## Help paying for your childcare

Parent /Cares who are currently receiving 30 hours free childcare are encouraged to renew their codes by **15 March 2020**

To find out more information on help paying for your childcare visit:

[www.haringey.gov.uk/children-and-families/childcare-and-early-years/childcare-costs/free-early-learning-education/30-hours-free-childcare](http://www.haringey.gov.uk/children-and-families/childcare-and-early-years/childcare-costs/free-early-learning-education/30-hours-free-childcare)

<https://www.childcarechoices.gov.uk/>





## STARS OF THE WEEK

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

<b>Fawcett</b>	<b>Emre</b>	For being like Hetty and Gerty in carpet session and increasing in confidence to have a go and share his ideas.
<b>Fawcett</b>	<b>Julia</b>	For being like Hetty and Leila in all her learning and being a brilliant independent learner who
<b>Sterling</b>	<b>Safeer</b>	For always following the rules in the classroom and playground and being just like Ronnie.
<b>Sterling</b>	<b>Emma</b>	For always trying her hardest and being just like Gerty and Hetty.
<b>Attenborough</b>	<b>Najmiah</b>	For striving to be like Hetty in Maths and trying to get to extended.
<b>Attenborough</b>	<b>Soul</b>	For always having a Gerty growth mindset and trying to independently problem solve.
<b>Gandhi</b>	<b>Xavier</b>	For preserving in Maths this week and working hard just like Hetty.
<b>Gandhi</b>	<b>Valentino</b>	For not giving up when he was struggling in Maths and working hard like Gerty to complete his fractions work.
<b>Obama</b>	<b>Arafat</b>	For always showing kindness towards his friends and always following adult instructions just like Ronnie.
<b>Obama</b>	<b>Gyulshin</b>	For making some great improvements to her learning and finding ways to improve her writing just like Hetty
<b>Nightingale</b>	<b>Eida</b>	For her fantastic focus in phonics, showing great improvement when writing independently being like Gerty growth mindset.
<b>Nightingale</b>	<b>Amelia</b>	For writing a fantastic story, showing great imagination and being like Hetty high aspirations.
<b>Coleman</b>	<b>Elisabeth</b>	For showing great perseverance in Maths and a wonderful growth mindset when multiplying.
<b>Coleman</b>	<b>Sophia</b>	For her wonderful story and showing such high aspirations.
<b>Wiltshire</b>	<b>Agit</b>	For his love for learning, listening and always taking part just like Hetty.
<b>Wiltshire</b>	<b>Teyonna</b>	For creating a great superhero and super villain just like Leila
<b>Yousafzai</b>	<b>Sophia</b>	For leading her own learning by continuously seeking ways to extend her work just like Leila.
<b>Yousafzai</b>	<b>Destiny</b>	For not quitting in Maths this week and showing great determination and asking for help just like Gerty
<b>Earhart</b>	<b>Wanesa</b>	For working hard to learn even when she found it hard and being like Ignacio.
<b>Earhart</b>	<b>Manase</b>	For trying really hard and not giving up in Maths and for also showing a great growth mindset.
<b>Akala</b>	<b>Gem</b>	For having high aspirations and a growth mindset in reading this week.
<b>Akala</b>	<b>Kieron</b>	For being like Gerty and Hetty by showing high aspirations in Maths which have increased his confidence and ability.
<b>Thunberg</b>	<b>Kanza</b>	For having high aspirations and a Growth mindset when creating his page of "Oi Frog"
<b>Thunberg</b>	<b>Darius</b>	For always showing high aspirations in all lessons but especially in Maths

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