

# Lancasterian Primary School

A safe and welcoming learning community where:

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

## WEEKLY NEWSLETTER



**LEARNING IN  
TOTTENHAM**  
EDUCATION NETWORK



Issue No: 4

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

Date: Friday 15th December 2023

[@LancasterianPri](#)

### Happy Holidays

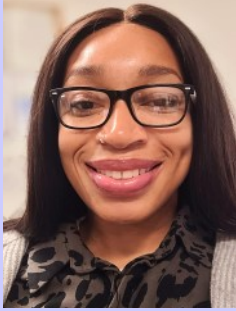
Wishing all our children, families and staff and lovely winter break and a happy new year. Merry Christmas to all those who are celebrating this festival. Many thanks for all your support this term, as always, and I look forward to exciting spring term ahead.

Paul



**Merry  
Christmas**

## Goodbye and Thank You, Christine



At the end of this term we say goodbye to Christine Offiah, who has been a parent at the school for many years and worked here as an admin assistant since 2020. Many thanks for all your support and dedication to the school – you will be missed!! We wish you all the best in your new role.

## Thank you PSA & Ms Tumburi

What a wonderful Winter Fayre this year! Many thanks to the PSA (Parent Staff Association) for taking a lead on this – our best ever! And, of course, huge thanks to Ms Tumburi who coordinates this work as our Community Learning Leader.



## Christmas Holiday Activity and Food Programme

Haringey's [Holiday Activity and Food \(HAF\) programme](#) is running over the Christmas holidays with free holiday camps and free tickets to exciting events in and around Haringey, with free food available with each booking for children and young people on benefits-related Free School Meals. Events this winter include free tickets to attractions like London Zoo, Rollernation, Tottenham Hotspur Stadium Tours and Alexandra Palace Ice Rink. Please contact [hafprogramme@haringey.gov.uk](mailto:hafprogramme@haringey.gov.uk) if you have any questions about the scheme.

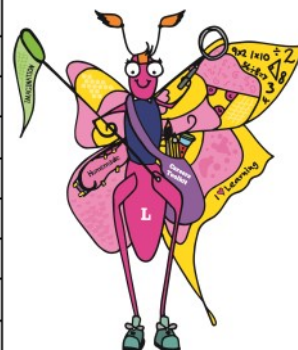


## Lifelong Learning Ambassadors

A huge well done to the following Y1-6 children who were chosen as our Lifelong Learning Ambassadors by their teachers. These children have displayed the following behaviours in abundance this half term:

Values Behaviours
I enjoy learning.
I am curious about the world around me.
I see learning opportunities everywhere and make the most of them.
I know that I have to keep practising skills, even when I am good at them.
I understand why school is important.
I learn new things outside of school, sometimes on my own.
I understand the link between doing well at school and my future career.
I have some ideas about what career I might want to do when I grow up.
I am starting to develop the skills I need for the kind of career I might want to do.
I think I will still be learning new things even when I am 100 years old.
<b>Total</b>

Class	Ambassador
Y1 Andrews	Arvo
Y1 Rashmi	Arlo
Y2 Ringgold	Jamari
Y2 Jeffers	Cassius
Y3 Mian	Tahani
Y3 Akala	Anass
Y4 Olusoga	Kay'cee
Y4 Kerr	Zain
Y5 Coelho	Marko
Y5 Magorian	Tilly
Y6 Blackman	Mika
Y6 Zephaniah	Zakiya



## Reading Champions

The following Y1-6 children were chosen by their teachers as this half-terms Reading Champions, children who are showing excellent effort in improving their reading both in school and at home.

Class	Ambassador
Y1 Andrews	Eylul
Y1 Rashmi	Esa
Y2 Ringgold	Ahmed
Y2 Jeffers	Nini
Y3 Mian	Robert
Y3 Akala	May
Y4 Olusoga	Francis
Y4 Kerr	Omer
Y5 Scarlett	Amane
Y5 Magorian	Ellis
Y6 Blackman	Ramyar
Y6 Zephaniah	Suna



Happy Hanukkah



Happy Hanukkah to our Jewish community. We hope you had an amazing time celebrating this month!





See you soon, Elaine



Elaine Morrison, Teaching Assistant in Zephaniah class, will be temporarily away from the school following the Christmas break. Elaine joined us as an agency member of staff and has been an invaluable part of the team during this time. We wish her well and look forward to seeing her back at Lancs over the year to come.

Thank you Elaine!



Dear Parents & Carers

### **Starting Primary School in 2024 – Reception Admissions**

It has been wonderful to see how well your child has settled into our nursery. They are already having so much fun learning in our setting! We would love to welcome your child to join Lancasterian Primary School in September 2024.

If you would like any information about our school, you can visit our school website <https://www.lancasterianprimary.co.uk/>

All children starting in reception class at Lancasterian Primary School in September 2024 will receive the following free of charge:

- a Kindle Fire tablet (or equivalent) to support with home learning.
- a school jumper.
- a school bag.

If your child was born between 1 September 2019 and 31 August 2020 you will need to apply for a reception school place for September 2024.

**You must submit your application by 15 January 2024**

Any applications received after 15/01/2024 will be processed after all those who applied on time, and families could potentially miss out on a place at their preferred school.

If you are not able to apply online, please contact school admissions to request a paper form. However, there must be a legitimate reason for you not applying online. This form must reach the school admission team by 15/01/2024.

We are hosting school tours this term. If you are interested in attending to find out more about our wonderful school, please see all available dates on the school website.

<https://www.lancasterianprimary.co.uk/key-information/admissions>

#### **Useful information:**

[www.haringey.gov.uk/children-and-families/schools-and-education/school-admissions/starting-primary-school](http://www.haringey.gov.uk/children-and-families/schools-and-education/school-admissions/starting-primary-school) - All relevant information (booklet and open events information).

[www.eadmissions.org.uk](http://www.eadmissions.org.uk) – E-admission site/online application.

<https://www.haringey.gov.uk/children-and-families/schools-and-education/school-admissions/school-catchment-areas> - Distance Calculator – This will only work for Haringey residents requiring their home to school distance measurements to Haringey Schools.

[schooladmissions@haringey.gov.uk](mailto:schooladmissions@haringey.gov.uk) – school admissions support team.

# Applying for Primary School



## Online Talks with Q&A

Haringey is running a series of **online meetings** to help you apply for your child's primary school.

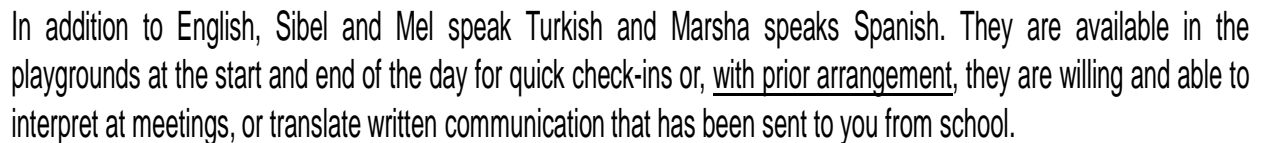
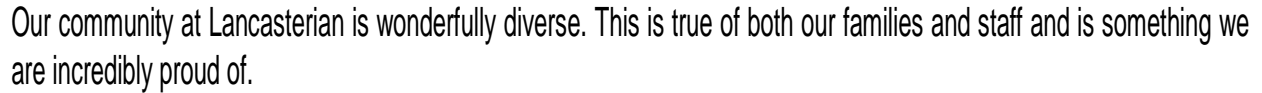
If your child is currently in the last year of nursery, log in for advice and guidance on how to apply for primary school.

### 30 minute talk plus Q&A sessions:

- Friday 24 Nov, 10am
- Wednesday 29 Nov, 5pm
- Monday 4 Dec, 12pm
- Tuesday 12 Dec, 9am
- Wednesday 20 Dec, 6pm
- Thursday 28 Dec, 2pm
- Friday 5 Jan, 2pm
- Friday 12 Jan, 9am
- Friday 12 Jan, 7pm

[Link to Online Talk](#)[Link to Online Talk](#)[Link to Online Talk](#)[Link to Online Talk](#)[Link to Online Talk](#)[Link to Online Talk](#)[Link to Online Talk](#)[Link to Online Talk](#)[Link to Online Talk](#)

For instructions on how to join the meetings, visit  
[www.haringey.gov.uk/starling-primary-school](http://www.haringey.gov.uk/starling-primary-school)

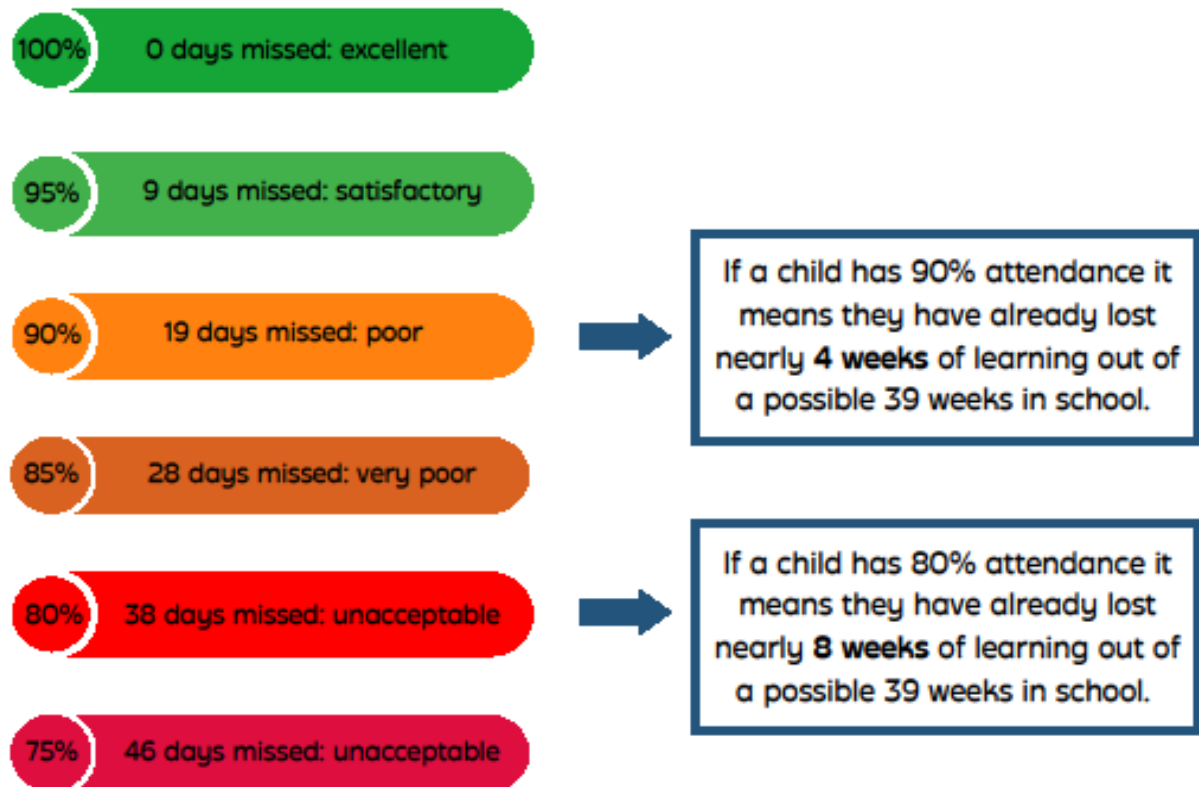


We would also like to ensure that when families join our school, they are linked with 'Parent/Carer Language Champions', should they need it. We think many of our parents and carers would be fantastic Language Champions! If you'd be interested in being a Parent/Carer Language Champion please do get in touch via the office.





## What do attendance percentages mean?

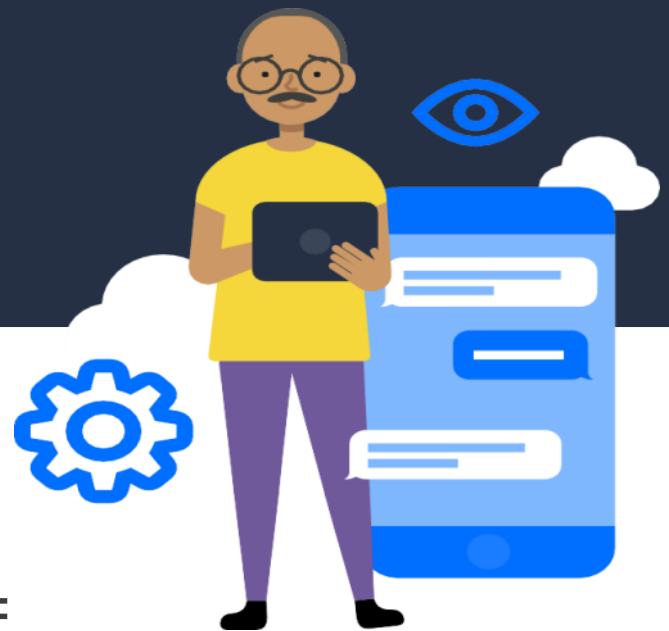


**Getting to school on time really matters, lost time is lost learning.**

Minutes late every day	Days of school lost	Lessons lost
5 minutes late	3 school days lost	16 lessons lost
10 minutes late	5 school days lost	32 lessons lost
15 minutes late	8 school days lost	48 lessons lost
20 minutes late	11 school days lost	63 lessons lost

# Online safety tips for parents of primary school children 6-10 Year Olds

internet  
matters.org



## Checklist:

### Agree on boundaries

**Be clear about what your child can and can't do online** – where and when they can use the internet, how much time they can spend online, the sites they can visit and the type of information they can share. Agree with your child when they can have a mobile phone or tablet.

When you do give them their first device make sure that it is set up appropriately for them with the right parental controls in place. It's a good idea to **introduce tech-free meal times** and encourage them to **keep phones out of the bedroom at night** to help them build a healthy screen time balance.

### Put yourself in control

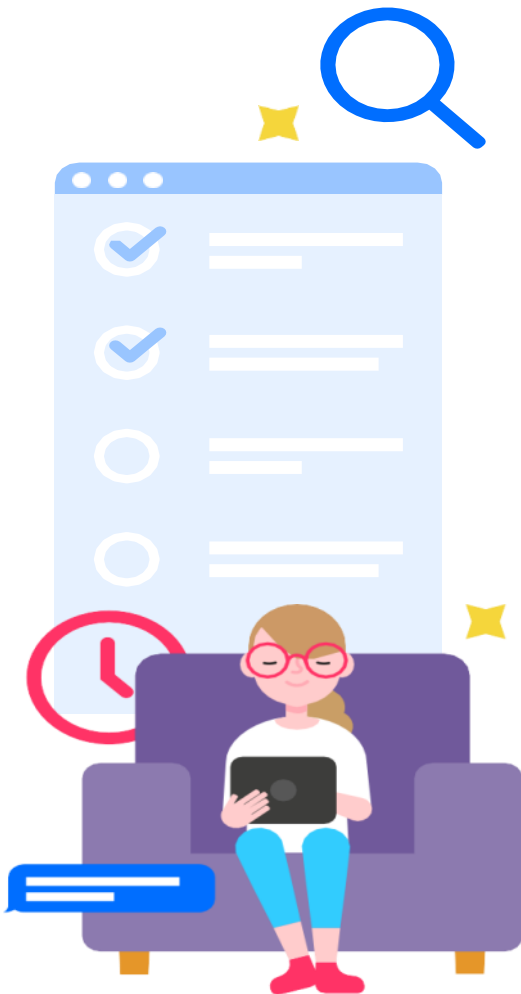
**Set parental controls on your home broadband and any internet-enabled devices.** Set up a user account for your child on the main device they use and make sure other accounts in the household are password-protected so that younger children can't access them by accident.

### Explore together

The best way to support your child online is to **talk to them about what they do online** and what sites and apps they like to use. Be inquisitive and ask them to show you their favourites to check they're suitable.

Click on the link below for more online safety tips.

[Internet-Matters-Age-Guide-6-10s-Jan23.pdf \(internetmatters.org\)](#)



## PRACTICAL SLEEP TIPS FOR CHILDREN

**Everybody can benefit from having a good sleep routine – even grown-ups! A good sleep routine needs to be planned well in advance. Consistency and firmness are also key.**

Firstly you need to consider what time bedtime will be and then work backwards, planning the hour leading up to it in some detail. If your child isn't settling until late you may need to gradually move their bedtime as previously described, the routine will need to be gradually moved too.

- Make sure bedtime is realistic, if your child isn't falling asleep until 11pm there is no point starting a routine at 6pm.
- Create a calm, sleep-friendly bedroom. It needs to promote relaxation so decorate in calming colours, remove gadgets from the room (including the TV) and put toys away. Keep the room dark to block out external light and never have it too warm, 16-18 degrees is ideal.
- Don't send children to their bedroom/bed if they've been challenging. Their bedrooms should be a safe haven and not one where they feel anxious, stressed or worried.
- Dim the lights in the hour before bedtime, close the curtains if needed and create some darkness to help to promote melatonin (sleep hormone) production.
- Turn all screens off in the hour before bedtime to help calm your child and to support the production of melatonin (the sleep hormone).
- Offer quiet activities that are motivating to your child. Fine motor skill activities are perfect to aid relaxation eg jigsaws, colouring in, threading, building with bricks etc.
- Consider introducing supper time. Slow releasing carbohydrates are great for keeping little tummies full. Dairy products are also very calming at night time. Avoid anything sugar loaded or containing caffeine.
- Baths are great if your child finds them relaxing. If however they are fearful of them or get overexcited they may not help in the bedtime routine. Ideally a bath should take place 30 minutes before bedtime as this aids relaxation by increasing the body temperature. It is the slow decrease in body temperature that helps us to feel more relaxed and nod off more easily.
- Get ready for bed in the same order – for example, pyjamas on, tooth brushing, toilet etc.
- Once in bed spend some time reading a bedtime story with your child.
- Give hugs and kisses and tell your child 'it's nighttime, go to sleep'.
- Wake them up at the same time each morning to help to strengthen their body clock.

For more information and advice, visit The Sleep Charity at [thesleepcharity.org.uk](https://thesleepcharity.org.uk) or contact us on [info@thesleepcharity.org.uk](mailto:info@thesleepcharity.org.uk)