

# Lancasterian Primary School

A safe and welcoming learning community where:

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

## WEEKLY NEWSLETTER



Issue No: 3

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

Date: Friday 24th November 2023

[@LancasterianPri](#)

### Goodbye and Thank You, Governors

At last week's full governing body meeting, we formally said goodbye and gave our best wishes to three governors who have recently stepped down from their posts.



Tom Aldred worked with us as a Local Authority Governor from 2019, many of those years as the Vice Chair of the governing body. Tom's knowledge and experience as a member of The Treasury has been extremely helpful in supporting Lancasterian to navigate the stormy financial waters that schools are facing currently. His insight, challenge and advice have been much appreciated. We are glad to know that Tom will continue as an associate governor with the Leadership and Management Committee. Thank you, Tom, for all your hard work for the school and your continuing support as an associate.

Jeannie McTavish has been a governor at the school for well over 20 years, having first started in a parent governor role. As a teacher herself, Jeannie has been able to bring not only the parental viewpoint, but also that of someone who works in education. Additionally, as a member of the local community, Jeannie has brought the perspectives and insights that come with this. For a number of years, Jeannie worked as the Safeguarding Specialist Governor, ensuring that we had robust systems in place to keep children safe. Suffice to say, Jeannie's contributions will be very much missed, and we are grateful for her many years of dedication to the children of Lancasterian Primary.



Finally, a huge thank you to Anne Baxendale, a parent at the school, who stepped down as chair of governors at the end of a period of outstanding contribution to improving the school. Anne became chair of governors in 2019, having already served as a governor with the school since 2016. She has worked tirelessly to improve governance at the school, improving diversity and representation and streamlining processes and systems. During Anne's time as chair of governors, we have seen outcomes at the school improve and Ofsted grades moving to outstanding in four out of five areas. The school thanks Anne for her dedication to the school children and staff, and I personally thank her for the invaluable support she has offered to me in my role as the head teacher, especially during times of adversity and challenge. You will be greatly missed, Anne!



### New Chair and Vice Chair of Governors

Congratulations to Daniel Rudd, a parent at the school, and Lavern Gilzene, our local authority governor, on being elected as chair and vice chair of governors respectively. With your knowledge, skills and experience, you will undoubtedly do a great job in steering the team and supporting the school. Many thanks for putting yourselves forward for these roles.



### Welcome New Parent Governor

We welcome Liz Thonemann as a new parent governor, moving across from her previous associate position. Parent governors play a vital role on governing bodies, holding the unique position of having a parental viewpoint of the school. Through their children, they have a first-hand experience of the delivery of the curriculum, and how the school is perceived from the families' point of view. Welcome to the team – we are sure you will make a fantastic addition!

### Hidden Needs Working Group

The next meeting of the Hidden Needs Working Group (HNWG) is next week Wednesday 29th November at 9am - 10am here at the school and we would like to welcome all interested parents/carers to attend!

The HNWG brings together parents/carers, staff and other professionals to support children with hidden needs to thrive both at school and at home, by enabling the adults around them to better understand their needs and use the right approaches and resources. "Hidden Needs", which may include neurodiversity, describes the idea that people experience and interact with the world around them in many different ways; there is no one "right" way of thinking, learning, and behaving, and differences are not viewed as deficits.

### Conflict in Israel and Gaza

I wanted to reach out to you following a head teachers' briefing with the local authority in which the conflict in Israel and Gaza was discussed, including the repercussions felt by families living in the UK.

I want to reassure you that any discussions arising in school related to the conflict will be handled in a neutral, fact-based and sensitive way and that we will not engage in conversations with pupils which show a bias towards one group or another.

The ongoing situation in the Middle East isn't a topic explicitly covered by our curriculum, but discussions could arise in key stages 1 and 2 through lessons such as PSHE (Personal, Social, Health and Economic Education) and Votes for Schools, which is a weekly, high-quality current affairs platform used in Y1-6 to support discussions on challenging topical issues.

In know that here at Lancasterian, the community shines in difficult times through our core values of inclusion, integrity and respect - I am proud of the way in which diversity and difference are celebrated and cherished here. If you or your family feel like you would benefit from further support from the school - or just need a listening ear - then please do speak to Gemma, Charlotte or myself at any time.

### Bikes and Scooters Sheds



Please could we ensure that we all cooperate harmoniously together to share the available bike and scooter parking spaces. Remember: all bikes and scooters are left at the owner's risk. Many thanks!





Happy Diwali!



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



## Year 6 at Into University

The Year 6 children attended Into University earlier this term. This included an amazing week of trips and workshops. Throughout the week, the children learnt about 4 different champions of inclusion and diversity: they researched them and presented their findings to the class. They also linked up with the Royal College of Music, visited the Royal Courts of Justice, found out about different universities and then 'graduated' from a university (either Cambridge or Middlesex). All in all, it was an amazing week and the children learnt loads!





## Fireworks at Lancs!

**What a great night we had at our annual fireworks show! Thanks to the PSA for organising another great community event. We raised over £2,000!**



# TOTTENHAM

## Winter Festival



**SATURDAY  
2 DEC**

**CHRISTMAS MARKET,  
SANTA'S GROTTO, TREE LIGHT UP  
LIVE MUSIC, FAMILY FRIENDLY**  
Tottenham Green, Town Hall Approach Road  
and Pauls Square N15 4RY

**12  
NOON-  
7PM**





# Schools & Community Christmas Concert



**Wednesday 6th December 2023**  
**4.30pm - 5.45pm Doors open from 3.00pm**



## LAET

(London Academy of Excellence)

**Lilywhite House 780, High Road N17 0BX**

free parking in Sainsbury's, Park Lane N17 0TX

## Come and join us!

*Welcome by MMB Police Horses*



**HOPE**  
**Haringey**  
Rooted in Tottenham

**HMS Orchestra | Samba Drums | Steel Pans**  
**Choirs | Chinese Dance | African Dance**



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](#)

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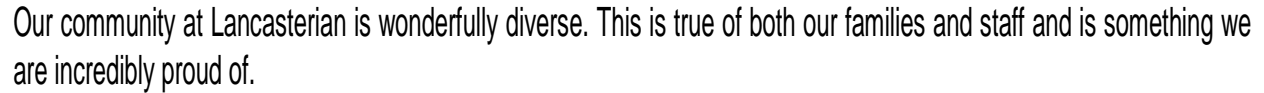
[Link to Online Talk](#)

[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 want to ensure that every family in our community is fully involved in school life, and that if English is not a first language, this is not a barrier in any way.



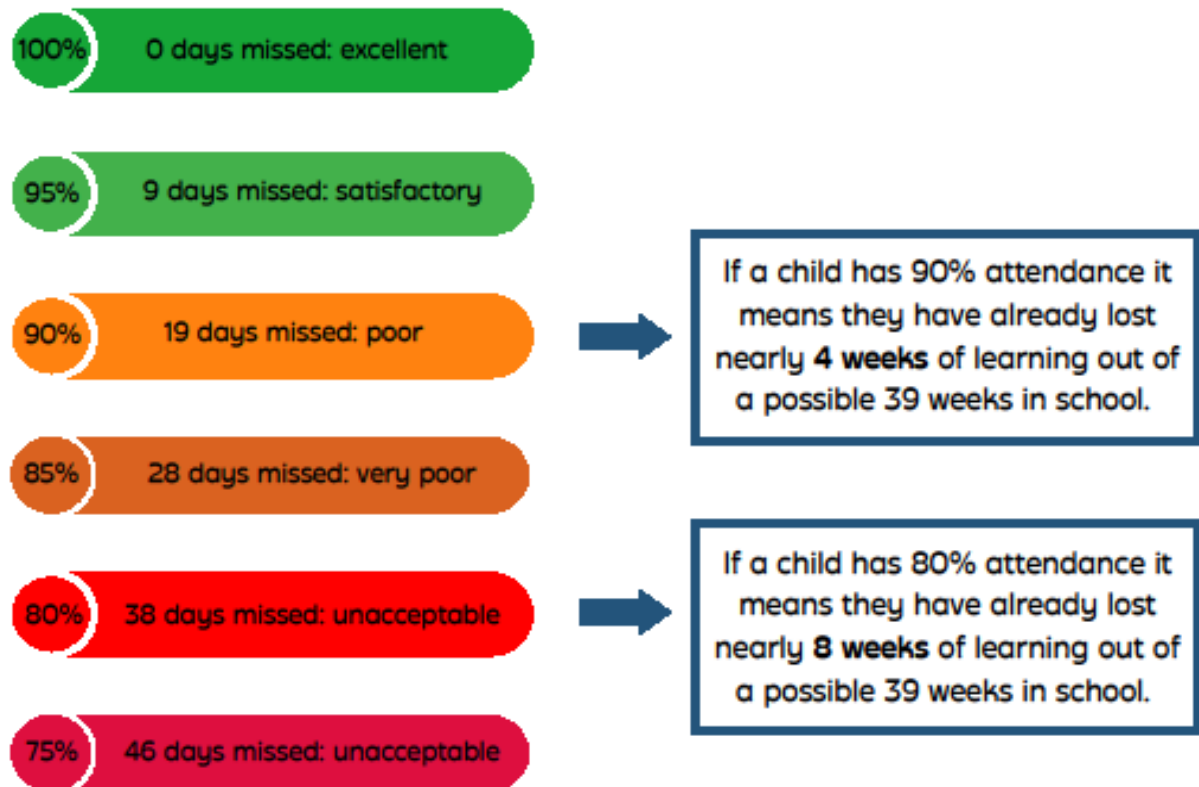
In addition to English, Sibel and Mel speak Turkish and Marsha speaks Spanish. They are available in the playgrounds at the start and end of the day for quick check-ins or, with prior arrangement, they are willing and able to interpret at meetings, or translate written communication that has been sent to you from school.

If you feel you would benefit from having a Language Champion to help improve your communication with school, please do get in touch via the school office.

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



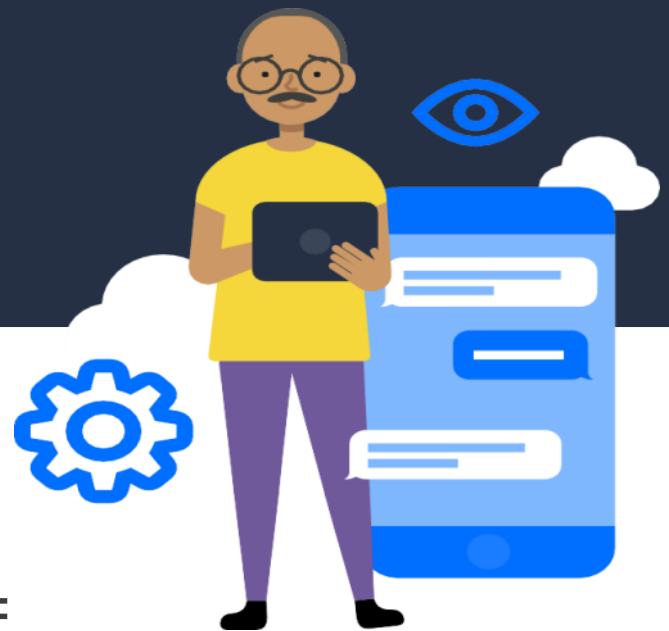


Please scan the barcode to take part.



# 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

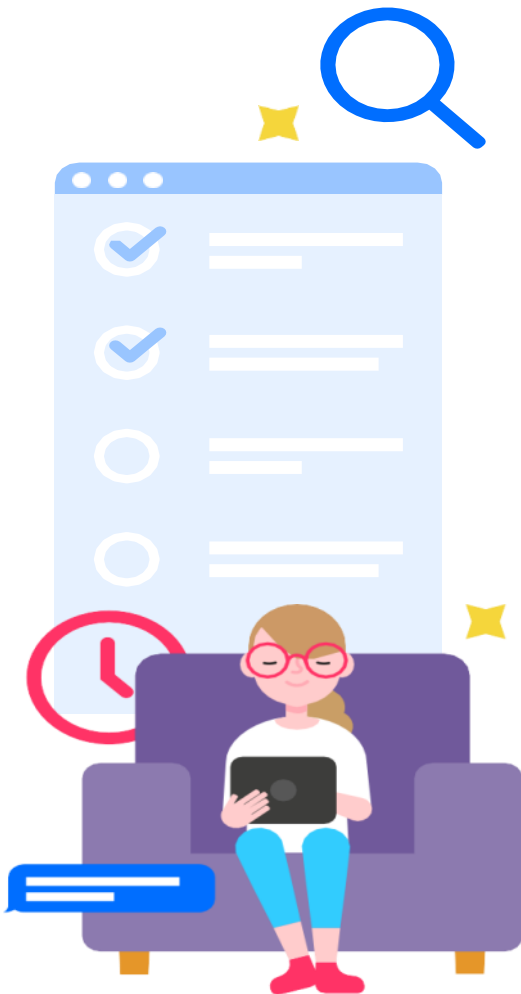
**Set parental controls on your home broadband and any internet-enabled devices.** Set up a user account for your child on the main device they use and make sure other accounts in the household are password-protected so that younger children can't access them by accident.

### 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 needs be 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)

# Walk and Talk

Our monthly Walk and Talk every first Monday of the month - whatever the weather! We'll have tea and cake after.

Meet other mums, dads, & carers of children & young people with Special Educational Needs and/or Disabilities (SEND).

Please let us know if you have any access requirements.

Email [hello@sendpowerinharingey.org](mailto:hello@sendpowerinharingey.org) to let us know if you're attending

## December: Bruce Castle Park



Toilets are available in this park

**Meeting point:** outside Bruce Castle Museum  
(N17 8NU)

**Date:** Monday 4th December 2023

**Time:** 11:30am to 12:30pm

**Walk leaders:**

Lizzy and Grace

Lizzy's number: 07871 729863



# Have your say on Haringey's revised EHCP banding descriptors

Haringey are proposing new and revised EHCP banding descriptions, which aims to help Haringey SEND department allocate funding to children with EHCPs in a fairer and more transparent way. This is now being consulted on.



You can complete this consultation here:

<https://haringeysendbandings.commonplace.is/>

SEND Power in Haringey are hosting two upcoming sessions about this consultation:

**Join us Tuesday 21st November 1 – 2.30pm at Chestnuts Community Centre (N15 5BN)**

<https://tinyurl.com/SENDBandingHaveYourSay>

**Attend online on Thursday 23rd November 6.30 – 8pm**

<https://tinyurl.com/SENDBandingHaveYourSayOnline>