



Leesons Primary School Weekly Newsletter

Week beginning: 7.11.25

Thank you to everyone who supported the school this weekend at Cross Country. We were so proud of all of the children who gave 100% and represented the school making us all proud. It was also lovely to see so many familiar faces at the Orpington War Memorial for Remembrance Sunday where our Head Boy and Head Girl laid a wreath. We wish you all a lovely weekend.

The Leesons Team

Attendance and Punctuality

Our attendance and punctuality for this week can be seen in the table below.

Class	Attendance (%)	Punctuality (number of lates)
Little Orchard	95.2%	1
Hedgehog	91.25%	4
Robin	95.56%	4
Owl	92.94%	3
Woodpecker	90%	3
Kingfisher	96.25%	0
Badger	93.18%	4
Fox	99.5%	1
Rabbit	96.96%	5
Mole	95.83%	10
Starling	94.78%	1
Otter	97.89%	4
Stag	100%	0
Kestrel	93.89%	1

Well done to Stag Class who won Leo the Attendance Bear the Attendance cup this week! Well done to the following class who won the Punctuality cup this week - Kingfisher and Stag! Both the attendance and punctuality winners will get an additional ten minutes play time.

Well done to Rabbit Class for winning the Walk to School Award.



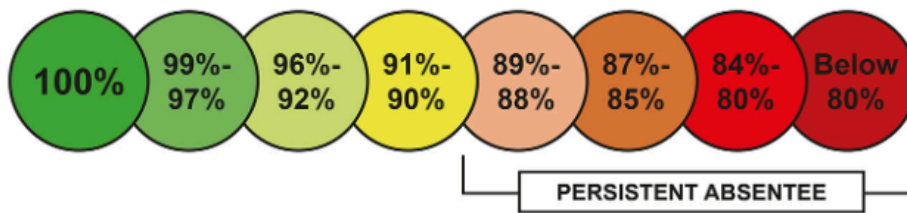
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Attendance

Well done to all the children who were rewarded in assembly today for 100% attendance for the last half term. Our current whole school attendance is 95.29% - let's try to get back to 96%.

ATTENDANCE MATTERS

On Time: First Time, Every Time



Which CIRCLE are you in?

Language of the week

Flag	Language	Country	Greeting	Picture
	Greek	Greece	Kalimera	

Athens is the birthplace of democracy - Athens, Greece, is celebrated as the birthplace of democracy. In the 5th century BC, the Athenians established a system that allowed citizens to participate in decision-making, laying the foundation for modern democratic governance. The Acropolis, a UNESCO World Heritage site, stands as a testament to ancient Greek civilisation. Constructed in the 5th century BC, it includes iconic structures such as the Parthenon, dedicated to the goddess Athena.

Arbor

We are kindly asking all of our families to make sure we have your most up-to-date contact details.

Should you move house, change your mobile number or email address, or update your



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emergency contacts, the school needs to be advised as soon as possible.

You can do this quickly and easily through Arbor, by logging into your Arbor Parent App.

Having the correct information is really important for the safeguarding and safety of your child. If there is ever an emergency, or we need to contact you during the school day, we must be able to reach you or someone you trust without delay.

Word Aware

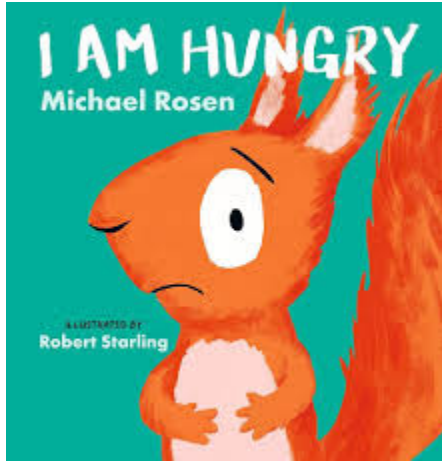
Please discuss these words with your child at home and see if any of you can use them in conversation this week.

EYFS and Key Stage 1	Key Stage 2								
<div data-bbox="224 800 789 1600" style="border: 2px solid red; padding: 10px;">  <h2 style="color: red;">Word of the Week</h2> <div style="border: 1px solid black; padding: 5px; text-align: center; margin: 10px 0;">cautiously</div>  <table border="1" style="width: 100%; background-color: #e91e63; color: white;"> <tr> <th style="width: 50%;"> Meaning</th> <th style="width: 50%;"> Challenge</th> </tr> <tr> <td>Carefully because you don't want something to go wrong.</td> <td>What might you do cautiously? Would you be cautious crossing a road, when on a high climbing frame or trying food you don't know?</td> </tr> </table> <p style="text-align: center; border-top: 1px solid red; border-bottom: 1px solid red; margin: 10px 0;">CELEBRATING WORDS</p> <p style="font-size: small; text-align: center;">Copyright material from Stephen Parsons and Anna Branagan (2022), <i>Word Aware 1</i>, Routledge.</p> </div>	 Meaning	 Challenge	Carefully because you don't want something to go wrong.	What might you do cautiously ? Would you be cautious crossing a road, when on a high climbing frame or trying food you don't know?	<div data-bbox="841 800 1406 1600" style="border: 2px solid blue; padding: 10px;">  <h2 style="color: blue;">Word of the Week</h2> <div style="border: 1px solid black; padding: 5px; text-align: center; margin: 10px 0;">cascade</div>  <table border="1" style="width: 100%; background-color: #3949ab; color: white;"> <tr> <th style="width: 50%;"> Meaning</th> <th style="width: 50%;"> Challenge</th> </tr> <tr> <td>Lots of water flowing downwards, very quickly.</td> <td>How does the word cascade make you feel?</td> </tr> </table> <p style="text-align: center; border-top: 1px solid blue; border-bottom: 1px solid blue; margin: 10px 0;">CELEBRATING WORDS</p> <p style="font-size: small; text-align: center;">Copyright material from Stephen Parsons and Anna Branagan (2022), <i>Word Aware 1</i>, Routledge.</p> </div>	 Meaning	 Challenge	Lots of water flowing downwards, very quickly.	How does the word cascade make you feel?
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Book of the week



As Thursday was Michael Rosen Day, we are sharing a book by Michael Rosen called 'I am hungry'. It is a story about a very hungry squirrel. It might remind you of another story you have read. You can hear Michael Rosen read the story here.

[I Am Hungry | Book | Kids' Poems and Stories wi...](#)

Science

Have some fun at home with these experiments

Design a straw roller coaster

[Engineering Project for Kids: Build a Straw Roller Coaster! - Frugal Fun For Boys and Girls](#)

Junior Duke

The following children have completed tasks in their Junior Duke booklets.

Name	Year	Task
Abigail	Mole	Computer Skills Swimming
Bianka	Rabbit	Cookery Interest Domestic Challenge Time Management Swimming
Oliwia	Robin	Cookery Creation Domestic Challenge Interest Knots



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Abdiah	Badger	Cookery
Dominik	Badger	Cookery
Uliana	Kingfisher	Cookery Creation Domestic Challenge Interest Caring for Others
Vihaan	Woodpecker	Cookery Creation Interest Exercise Outdoors

E-safety

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example as they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night. It's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives; during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.





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Highlights of the week

Nursery:

This week the Nursery children have created a large-scale collage of a poppy for Remembrance Day. They worked as a team and manipulated the tissue paper to create different 2D and 3D effects. We spoke about why we celebrate Remembrance Day and why it is an important day.



Hedgehogs:

We are really proud of how hard the Reception children have been working in phonics this half term. Children are beginning to read words more independently and sound out simple words to write them down. If you would like to know more about supporting your child with phonics at home please come and join us at 2:45 on Tuesday 18th November for a phonics workshop.



The children have been loving the new Leesons car. Thank you to our wonderful Site Team for creating it.



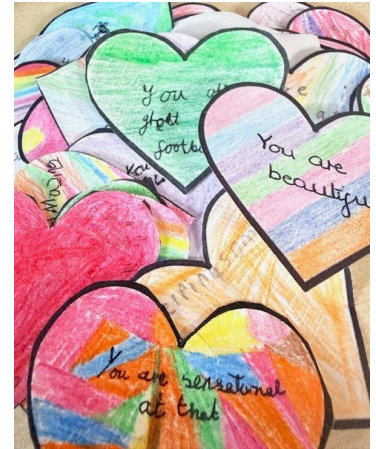
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The school was represented at a number of Remembrance Events. Pola and Oliver joined Mr Jamieson and Mrs Dobbs at Orpington War Memorial on Sunday and Pola and Oliver laid a wreath on behalf of Leesons. On Tuesday, we held a silence in the playground and invited children to wear their uniforms from other uniformed organisations to school as a sign of respect.



On Saturday, children from Years 5 and 6 joined staff at Crystal Palace Park for the Bromley Cross Country event. The children competed well and a number of children finished in the top 100. Well done to everyone who took part and to all of our parent and carer supporters.





Anti-Bullying Week & Children in Need at Leesons

This week, we had a brilliant time at Leesons celebrating both Anti-Bullying Week and Children in Need. The children took part with great enthusiasm and we are so proud of the kindness and positivity they have shown throughout the week.

Monday - Odd Socks Day

We kicked off the week with Odd Socks Day. The children arrived in a fantastic variety of colourful and patterned socks, helping us celebrate individuality and remind everyone that it's okay to be different.

Tuesday - Kindness Hearts

Children decorated hearts and wrote a kind message they would say to someone else. These will be displayed in school with photos to follow soon.

Wednesday - Anti-Bullying Bookmarks

Pupils designed and coloured in anti-bullying bookmarks, focusing on messages of respect, courage and standing up for others.

Thursday - Wristband Sale

We held a wristband sale with the themes *Stand Up to Bullying* and *Kindness Takes Courage*. The children loved choosing theirs and supporting the cause.



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Friday - Watermelon Sale

Today we rounded off the week with our refreshing watermelon slice sale.

Across Thursday and Friday’s fundraising activities, we are delighted to share that we raised a total of £176.74. We would like to take this opportunity to say a huge **thank you** to all our children for taking part so positively and to our parents and carers for your generous donations and continued support. Your kindness helps us to make a real difference.


What’s on?

Week 3	
Monday - 17.11.25	<ul style="list-style-type: none"> • 3pm assembly
Tuesday - 18.11.25	<ul style="list-style-type: none"> • 3pm What’s in the news Assembly • Year R 1 2 phonics workshop
Wednesday - 19.11.25	<ul style="list-style-type: none"> • Trust Y2 Football@ LPS • Singing assembly KS1@1.05pm/KS2 @3pm
Thursday - 20.11.25	<ul style="list-style-type: none"> • Celebration assembly - 2.55pm
Friday - 21.11.25	<ul style="list-style-type: none"> • INSET Day - Trust Conference • No children in school

Week 4 Phonics Mock week	
Monday - 24.11.25	<ul style="list-style-type: none"> • 3pm assembly
Tuesday - 25.11.25	<ul style="list-style-type: none"> • What’s in the news Assembly • 6pm New Starters Open Evening
Wednesday - 26.11.25	<ul style="list-style-type: none"> • Yr 3-6 ten pin bowling @ the glades • Singing assembly KS1@1.05pm/KS2 @3pm • English Subject Monitoring - am
Thursday - 27.11.25	<ul style="list-style-type: none"> • Nursery trip to St Paul’s Cray Library 10:30am



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Friday - 28.11.25 	<ul style="list-style-type: none">• Christmas decorations can go up after school• 2.55pm - Celebration assembly• Albanian Independence Day
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Week 5	
Monday - 01.12.25	<ul style="list-style-type: none">• 3pm assembly• Romanian National Day
Tuesday - 02.12.25	<ul style="list-style-type: none">• Oracy Assembly AB• Reception & Year 6 Height & Weight
Wednesday - 03.12.25	<ul style="list-style-type: none">• Singing assembly KS1@1.05pm/KS2 @3pm• Reception & Year 6 Height and Weight• Year 1 - trip to Lyric theatre
Thursday - 04.12.25	<ul style="list-style-type: none">• Year 3 Trip to The Natural History Museum
Friday - 05.12.25	<ul style="list-style-type: none">• Year 4 - Science Museum• 2.55pm - Celebration assembly• Year 5 and 6 choir - choir singing in the Glades (max 30 children) 10:30 - 11am

Week 6	
Monday - 08.12.25	<ul style="list-style-type: none">• EYFS and KS1 Dress Rehearsal - 1.30pm
Tuesday - 09.12.25	<ul style="list-style-type: none">• 2.30pm EYFS and KS1 Christmas Performance - Parents invited• Year 4 choir members singing in the Glades (max 30 children) 10:30 - 11am
Wednesday - 10.12.25	<ul style="list-style-type: none">• PM - KS2 Choir perform at Pemberley Care Home (2pm)• 2.30pm EYFS and KS1 Christmas Performance - Parents invited
Thursday - 11.12.25	<ul style="list-style-type: none">• 9.30 Christmas service at St Barnabus
Friday - 12.12.25	<ul style="list-style-type: none">• 2.55pm - Celebration assembly• Christmas Jumper Day and Christmas Dinner Day• Nursery Christmas performance 2:30pm• Possible Christmas Fair



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Week 7	
Monday - 15.12.25	<ul style="list-style-type: none">• AM - KS1 perform at Pemberley Care Home (11am)• 3.45pm SLT• KS2 Carols in the Playground - Gates open at 2.25pm for 2.30pm start
Tuesday - 16.12.25	<ul style="list-style-type: none">• RWI development day - All day• What's in the news Assembly RM
Wednesday - 17.12.25	<ul style="list-style-type: none">• 10am Rocksteady Concert in Hall
Thursday - 18.12.25	<ul style="list-style-type: none">• FOL Winter Wonderland in the Hall
Friday - 19.12.25	<ul style="list-style-type: none">• 2.55pm - Celebration assembly• Class Parties (wear school uniform. Bring £1 for staff to buy food and drink)

Holiday - 22nd December 2025 - 2nd January 2026

Inset Days 2025-26 (Staff in school but children are not in school)

- Monday 5th January 2026
- Monday 1st June 2026

Menu



Leeson's Primary School Weekly Newsletter

Leeson's Primary School

WEEKLY MENU

WEEK 1
WEEK 2
WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	THEME DAYS
MAIN	BBQ Chicken Pizza (MK, G/W)	Piri Piri Chicken	Beef & Lentil Cottage Pie (G/B*, W*)	Butter Chicken Curry (G/B*, O*, R*, W*)	Battered Fish or Salmon Fishcakes & Chips (F, G/W)	
VEGGIE	Veggie Supreme Pizza (MK, G/W)	Piri Piri Quorn & Veggies (CE, E, MU, G/B, O*, R*, W)	Roasted Vegetable & Five Bean Cottage Pie (MU*, SO*, G/B*, O*, R*, W*)	Chickpea & Vegetable Masala (CE, MK, G/B*, O*, R*, W*)	Vegan Nuggets & Chips (G/W)	
SIDES	Homemade Potato Wedges & Green Salad	Steamed Rice & Green Beans	Roasted Carrots & Parsnips	Steamed Rice & Green Beans	Beans or Peas	
PASTA & JACKET	Vegan Roasted Vegetable Pasta (G/W)	Jacket & Salad	Tomato & Basil Pasta (CE, G/W)	Jacket & Salad	Mac & Cheese (MK, G/W)	
PUD	Orange & Berry Cake (E, MK, SO*, G/W)	Chocolate & Orange Brownie (E, MK, SO, G/B*, W)	Apple Crumble with Custard (MK, G/W)	Carrot Cake (E, MK, SO*, G/B*, O*, W)	Cinnamon Swirl (G/W)	

DAILY SALAD BAR | HOMEMADE BREAD | FRESH FRUIT

DATES

1 SEP / 22 SEP /
13 OCT / 17 NOV /
8 DEC

ALLERGENS

CE = CELERY F = FISH G/O = OATS L = LUPIN MU = MUSTARD SO = SOYA * = MAY CONTAIN
CR = CRUSTACEAN G = GLUTEN G/R = RYE MK = MILK N = NUTS SU = SULPHUR V = VEGAN
E = EGGS G/B = BARLEY G/W = WHEAT MO = MOLLUSCS P = PEANUTS SE = SESAME SEEDS S = SEASONAL VEG

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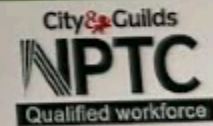
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INSTEAD OF BEING ALL ON YOUR
OWN COME AND JOIN US FOR

Christmas Lunch

THURSDAY 25TH DECEMBER
12:00 - 15:00

AT GIGGS HILL CHURCH
ST PAULS CRAY, ORPINGTON,
BR5 2SA
IN THE BACK HALL

BRING A NON-ALCOHOLIC
DRINK AND/OR A DESSERT

PLEASE RSVP

📞 07926 934096



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