



Week beginning: 9th October 2023

It has been another busy week at Leesons. We wish you all a lovely half term and remind you that the clocks change on 29th October. We return to school on Monday 30th October at normal time.

The Leesons Team

Attendance and Punctuality

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

Class	Attendance (%)
Little Orchard	88%
Hedgehog	79%
Squirrel	95%
Robin	94%
Owl	96%
Woodpecker	94%
Kingfisher	92%
Badger	93%
Fox	96%
Rabbit	95%
Mole	92%
Otter	93%
Stag	89%
Kestrel	92%

Well done to Owl Class who won Leo the Attendance Bear the Attendance cup this week!

Well done to Badger Class who won the Punctuality cup this week!

The House with the most points this week is Ruby.

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



Language of the week

Our language this week, French, comes from our close neighbours in France. To say hello you would say 'Bonjour'. France is famous for its snails, also called escargots. The love of these slithery creatures remains a great mystery to the rest of the world, but the French love them! They eat about 25,000 tonnes of snails a year, or about 6.5 snails per person per year, usually cooked in garlic butter, chicken stock or wine.



Sports updates

On Thursday, Mrs Valder and Mr Collins took two teams to Poverest School to play Lacrosse in an inter school competition. One Team won 2 games, both 3:1 and drew one game and the other team won 2, drew 2 and lost 1. This is our first Lacrosse competition so it is even more impressive to see these results. They all showed excellent team work, sportsmanship and team spirit. Well done to all the children who represented Leesons and thank you.

Oracy Talk Topic

At home, we would like you to pick an evening that is convenient and come together as a family to discuss the 'Talk Topic'. In order to ensure that your child participates in high-quality talk, please remember to play devil's advocate during the discussion. Your child should not only be given the opportunity to agree and build on other viewpoints, but also challenge/disagree, explain and justify.

The 'Talk Topic' for this week is the following:

'Is it important to eat vegetables everyday?'

Leesons Reading Challenge

Last year we introduced the reading challenge trees that show the 100 books that we encourage to be read in each year group. These books can be found in school and the local library, remember it is free to join. The children can earn certificates (5, 10, 15, 20, 25, 50, 75 and 100 books) and a golden ticket which enables them to receive a book from the vending machine.

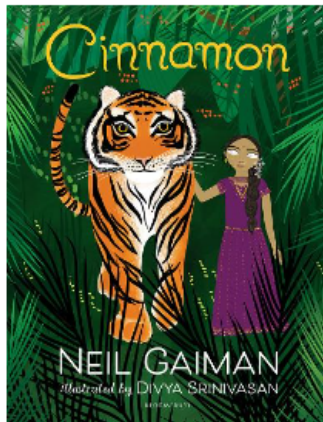
We would like to celebrate our wonderful readers at Leesons by sharing their reading success.

Name	Class	Certificate
Eleanor Chapman	Badger	10 books
Sophia Khanzada	Badger	10 books
Evie Northam	Badger	10 books



Book of the week

Reading is a life skill but it is also an activity that stimulates the brain and support well being and has been used to reduce anxiety. Whilst we encourage and engage the children with reading at school it needs to continue outside as well. For the children to become successful readers and be able to meet the challenges within school they need to practice reading everyday.



If you are not yet a member - join the library!

<https://prism.librarymanagementcloud.co.uk/bromley/join>

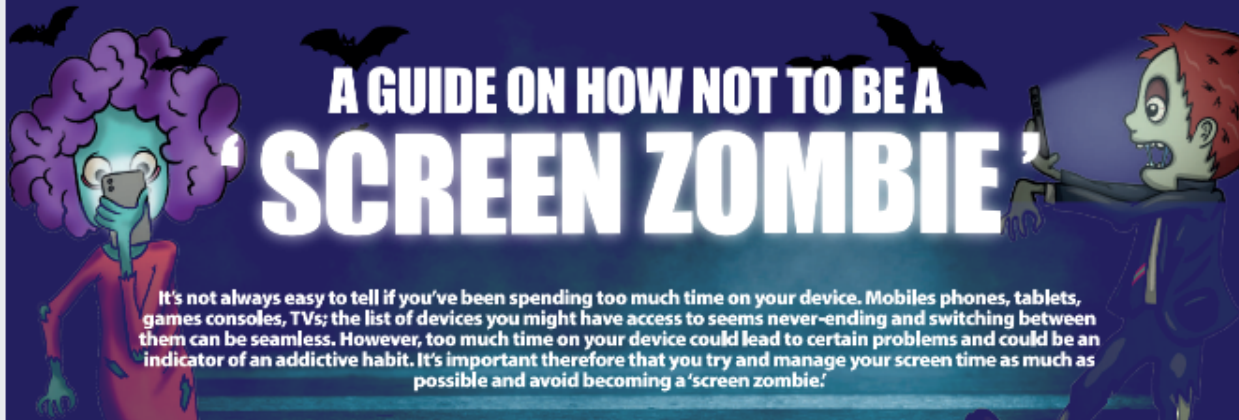
Go and dive into a good book.



E-safety

Over the half term, there is a likelihood that children might spend more time on screens so that guide will help you ensure they don't turn into 'Screen Zombies'.

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.



It's not always easy to tell if you've been spending too much time on your device. Mobiles phones, tablets, games consoles, TVs; the list of devices you might have access to seems never-ending and switching between them can be seamless. However, too much time on your device could lead to certain problems and could be an indicator of an addictive habit. It's important therefore that you try and manage your screen time as much as possible and avoid becoming a 'screen zombie'.

TAKE CARE OF YOUR BRAIN

Spending too much time on social media, watching YouTube or playing games online can result in you becoming a screen zombie. This can affect your mood, how much sleep you get, how you perform at school and how you behave around others. Limiting your screen time will keep you alert, keep your mind focused and help to look after your own mental health and wellbeing.



BE PRESENT, NOT A ZOMBIE

Screen zombies often find that they spend a lot of time alone in front of their tablet or their mobile phone and reduce the time they spend with their friends or talk with their family. Zombies often lack communication skills. Always try to limit your screen time as much as possible - there's so much fun you can have with others!



SCREEN-FREE BEDROOMS

Keeping your phone in your bedroom means that it can be tempting to check every notification you get. Your phone could be the last thing you see at night and the first thing you see in the morning. This can contribute towards poor sleep and a lack of focus the next day. Try to keep your phone out of your bedroom or turn off all notifications before bedtime. This will mean you'll get a good night's rest and be ready for the next day.



DON'T GET TRAPPED INSIDE

Screen zombies usually find that they spend a lot of time inside as they lose interest in other things that don't include their device. It might seem obvious, but meeting your friends outside or doing outdoor activities like playing sports, trampolining, camping or just going for a walk are all healthy replacements for screen time and can help keep your mind fresh and active.



ZOMBIE-FREE MEALTIMES

Mealtimes can be seen as a good time to sit down, relax and switch on your tablet or phone as you eat your food. But it can also mean that you're not interacting with others, sharing jokes at the dinner table or just talking about your day. Keep mealtimes for family time. Eating your food and staring at a screen means you're turning into a zombie.



BEWARE OF OTHER DANGERS

Spending too much time on your device and online can increase your chances of potentially encountering other online dangers. This could range from viewing inappropriate or harmful content to online bullying, grooming or fake news. Controlling how much time you spend online will reduce your risk of exposure. If you do see anything that makes you upset or if you're concerned about contact with others, always report it to a trusted adult.



BEWARE OF SNEAKY TRICKS

A lot of apps and games use certain ways of keeping you online and using their platform for long periods of time. This can include simple things like unlimited scrolling on a newsfeed, 'streaks' or uncovering hidden levels. Be mindful of how much time you're online and try to remember you're in control. You decide when you've had enough, not your device.



SAVE YOUR PARENTS!

Even though your parents will often be the ones telling you to limit your screen time, turn off your tablet or switch off your phone, sometimes they will forget to take their own advice. So it's up to you to make sure you remind them of the dangers of becoming a screen zombie!



UN-ZOMBIFY YOURSELF

If you think that you've already become a screen zombie, then don't worry, it's never too late to get help and support from your friends and family. Talk to your parents if you feel you've become addicted to your device, try to understand why and work with them to help you limit your screen time so that you can leave your zombie character behind.



Meet our expert

Pete Badh is content specialist with over 10+ years in research and analysis. He has written various expert pieces around online safety for children and parents and previously worked in a specialist role for the police, contributing work which was pivotal in successfully winning high profile court cases and writing as a subject matter expert for industry handbooks.



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#WakeUpWednesday



Something to be aware of

**INTERNET
SAFETY**

We have been made aware that in some parts of the North West, children have been accessing a new WhatsApp group called

'ADD EVERYONE YOU KNOW'

There are over 1000 young people in this group and over 600 images have been shared, some of a sexual nature.

Please check your child's phone.

Maths Challenge

Name: _____ Date: _____

Ball & Triangle Math Puzzle

Can you figure out what the missing number inside of the triangle is for each of these sets of balls?

4 5
16
1

6 5
?
4

3 6
12
2

5 6
15
3

4 6
3
5

3 2
2
1

6 3
?
5

2 6
0
4

1 5
14
3

6 2
0
3

2 6
22
4

1 3
?
5

4 1
?
2

5 6
33
3

6 2
24
3

3 1
20
5

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Leesons Primary School Weekly Newsletter



School Meals

<https://www.surveymonkey.co.uk/r/VR9G9WC>

Please take a few minutes to complete the survey from Olive Dining who provide our School Meals. Thank you



We have a special menu on the first Monday back for Black History Month.



Reminders



Remember that the clocks go back an hour on Sunday 29th October. Most mobile phones do this automatically but it is worth checking to be sure.

A reminder that the children should only be bringing water to drink in their bottles and not squash and flavoured water. Thank you.



Please can we remind you not to use and speak on mobile phones while on the playground and on school grounds. Can we also ask that parents stand to the back of the playground to allow staff to see parents so that they can dismiss safely. Also, please remember not to park on the school site.

Highlights of the week

On Monday we held our Harvest Festival. We had two visitors from St Barnabus Church and each class had prepared a prayer or reading to share with the school. Thank you to everyone who gave a tin for the collection and a special thank you to our Year 6 children who delivered the food to the Food Bank and to Year 2 for making lovely Harvest cards to accompany the donations.



On Tuesday we celebrated Hello Yellow. Hello Yellow is a national campaign to show young people that they are not alone with their mental health. At Leesons, we wore Yellow, had Mindfulness assemblies and discussions in class about what mental health is and how it affects us.



Leesons Primary School Weekly Newsletter



Today, Friday 13th October, Year 6 Stag class traveled to Orpington Library. While we were there we had a visit from author, singer and storyteller Jane Grell. It was lovely to hear her all about her childhood and background. She shared some of her poems, stories and songs. Stag class enjoyed joining in with a few call and response songs.



Crossing petition

Our E-petition link is live!

Please share it far and share it wide! 🗣️💬

Let's get as many people on board with this as possible - we need every signature we can get!

<http://cds.bromley.gov.uk/mgEPetitionDisplay.aspx?id=500000014>

Leesons children & families deserve to be able to cross to and from school safely! 📌

What's on?

Secondary School applications for Year 6 pupils are due by 31st October. Please see the Dojo sent for the link of how to apply.



Leesons Primary School Weekly Newsletter



Autumn 2: Week 1	
Monday - 30.10.23	<ul style="list-style-type: none">Children return to school
Wednesday - 01.11.23	<ul style="list-style-type: none">9am - Coffee Morning Maths
Thursday - 02.11.23	<ul style="list-style-type: none">1.30pm - New Parents Open Afternoon
Friday - 03.11.23	<ul style="list-style-type: none">2.45 - Fox Class Assembly (Fox parents and carers are welcome to join us in the hall to watch)

Week 2	
Wednesday - 08.11.23	<ul style="list-style-type: none">9am - Coffee morning English WM
Thursday - 09.11.23	<ul style="list-style-type: none">Trust Multi-skills tournament for Year 2
Friday - 10.11.23	<ul style="list-style-type: none">Individual photos11am - 2 minute silence for Remembrance Day2.45pm - Kestrel Class Assembly (Remembrance)

Friday 24th November - INSET Day - school closed to children

