



**Week beginning: 29th January 2024**

It has been another busy week at Leesons. 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 (%)
Little Orchard	91.03%
Hedgehog	87.65%
Squirrel	85.88%
Robin	87.5%
Owl	95.36%
Woodpecker	88.67%
Kingfisher	94.48%
Badger	93.48%
Fox	97.5%
Rabbit	93.33%
Mole	93.93%
Otter	93.1%
Stag	91.54%
Kestrel	91.43%

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

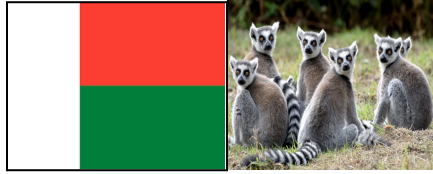
Well done to Squirrel Class and Badger Class who won the Punctuality cup this week!

The House with the most points this week is Emerald.

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

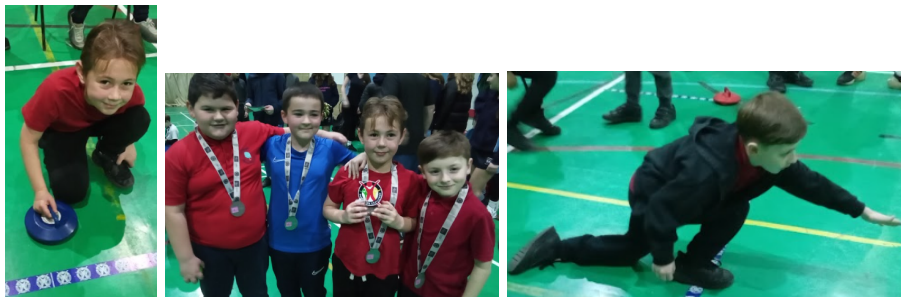


## Language of the week



Our language this week is Malagasy which is from Madagascar and the greeting would be, Manao ahoana. Madagascar's most famous animal species, lemurs, live only in Madagascar and can be found in almost every habitat on the island

## Sports updates



A huge well done to Charles, Jimmy, Tyler and Teddie for winning silver in their first ever Curling competition which took place at Coopers on Wednesday. We are all very proud of the effort they put in and how they represented the school and played with enthusiasm and skill. Thank you to Mrs Valder for taking them and giving them this great opportunity.

## 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:

'What would you do if you were the President or Prime Minister for a day?'

## Leesons Reading Challenge

Earlier in the year we introduced the reading challenge trees that show the 100 books that we encourage to be read in each year group. 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.

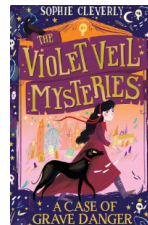
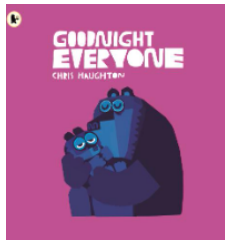


## Leesons Primary School Weekly Newsletter



Name	Class	Certificate
Eleanor	Badger	25 books

### Book of the week



### Word Aware

EYFS/KS1	KS2

### Junior Duke

We would like to celebrate the achievements of those taking part in the Junior Duke programme. This week the following children have completed tasks. Well done and keep up the hard work.

Name	Class	Activity
Ben	Rabbit	Eco Challenge



## Leesons Primary School Weekly Newsletter



Amelia	Rabbit	Swimming First Aid
Myles	Robin	Interest Exercise Safety Eco Challenge

Well done Ben, you have now completed your Silver Junior Duke award. A badge and certificate are coming your way. We are all very proud of you.

Need inspiration?

Otter and Mole / Gold Junior Duke families - Caring for Others activity - if you are thinking of knitting a 20cmx20cm square but don't know where to start, try watching this video to give you hints and tips. <https://youtu.be/Egp4NRhIMDg?si=rms8NxxWiUGyI6LS>  
Give it a go. **Remember to bring in your completed square and pop photos in your Junior Duke booklet.**


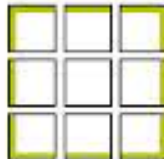

Woodpecker and Kingfisher / Gold Mini Duke families - Creation activity - Struggling for ideas for Lego creations? Try this link for some quick hints and tips.  
<https://www.instructables.com/LEGO-Projects-to-Make-at-Home/> **Don't forget to add photos to your Junior Duke booklet.**

### Maths Challenge

#### On the Edge

Four tiles can be painted and arranged so that the edge of the large square is blue (as shown) or green.

Can you paint and arrange nine tiles so the edge of the large square can be green, blue or yellow?



[nrich.maths.org](http://nrich.maths.org)

We would like to ask you to complete our maths parents survey to ensure that we are supporting you and your child as much as possible in maths. Thank you!

[https://docs.google.com/forms/d/e/1FAIpQLScctFkZE3s85Amh8MHjFWIUsD9kPeg8cw40FR\\_4O2oy8DH5kw/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLScctFkZE3s85Amh8MHjFWIUsD9kPeg8cw40FR_4O2oy8DH5kw/viewform?usp=sf_link)

## E-safety

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

# What Parents & Carers Need to Know about PERSUASIVE DESIGN ONLINE

**"Persuasive design" refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.**

### WHAT ARE THE RISKS?

#### POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from: some people may begin to feel anxious or irritated without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to other people in real life.

#### MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

#### PROLONGED SCROLLING

Social media can draw any of us – regardless of age – into a continuous pattern of refreshing our screen, following posts and links, down rabbit holes or reading countless comments made by others. This aimless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.

#### SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a carefree, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

#### COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

#### PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means far less time moving around and getting exercise: hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

## KEEP SCROLLING

## WANT TO WIN

## 27 new posts

### Advice for Parents & Carers

#### ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.

#### ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.

#### NIX NOTIFICATIONS

Stop knee-jerk responses at the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device. Switching them off – or even deleting any particularly intrusive apps – can help prevent your child from being reeled back into the online world.

#### MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.

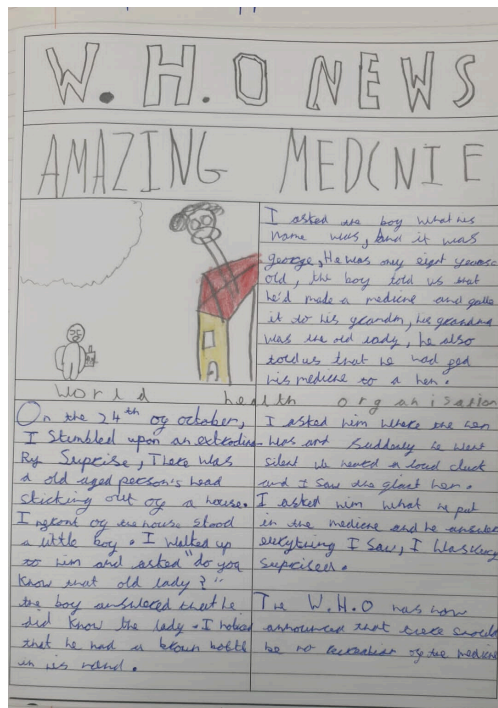
### Meet Our Expert

Rebecca Jennings has more than 20 years' experience in the field of relationships, sex and health education (RSHE). As well as delivering workshops and training for young people, parents and schools, she is also a subject matter expert on RSHE for The Department of Education.



**The National College**

**NOS National Online Safety**  
#WakeUpWednesday





### Leesons Primary School Weekly Newsletter

Mole Class wrote newspaper articles with direct and indirect speech and relative clauses. We have some journalists in the making!



The BMX children were glad to see the sun today and had fun with many children completing the whole track for the first time today and some learning to ride for the very first time.



Otter and Mole Classes enjoyed making homes for the wildlife at Forest School this week. They showed great collaboration and teamwork.

Well done to Choir for their amazing performance at The O2 on Tuesday night. It was a long day, but well worth it! What a brilliant time we had and we were so proud of all the children who represented us. There were special performances from MC Grammar and Urban Strides too! We also want to say a huge thank you to Mrs O, Mrs Dungate, Miss Nabdoo and Mrs Dobbs for taking the children and giving up their time. Another huge thank you to all the parents and Mr Collins who took the time to come and watch us all perform. We hope you enjoyed it as much as we did!





## What's on?

Week 6	
Children's mental health week	
Tuesday - 06.02.24	<ul style="list-style-type: none"><li>• 1.15 Caroline Rous from Spinnaker full school assembly</li><li>• Year 6 trip to Biggin Hill Airport</li></ul>
Wednesday - 07.02.24	<ul style="list-style-type: none"><li>• E-safety day</li><li>• Challenge partners in school</li><li>• 9am - Coffee Morning E-safety</li></ul>
Thursday - 08.02.24	<ul style="list-style-type: none"><li>• Challenge partners in school</li></ul>
Friday - 09.02.24	<ul style="list-style-type: none"><li>• Challenge partners in school</li><li>• 2.30pm - Kingfisher class assembly (Mental health week)</li><li>• Challenge partners in school</li></ul>

### Half Term - 12.02.24 to 16.02.24

Week 1	
Monday - 19.02.24	INSET Day - No children in school
Tuesday - 20.02.24	<ul style="list-style-type: none"><li>• Children return to school at normal time</li></ul>
Wednesday - 21.02.24	<ul style="list-style-type: none"><li>• 9am - Coffee Morning Music</li></ul>



## Leesons Primary School Weekly Newsletter



# School Crossing Patrol

(Lollipop person)



Leesons Primary  
School

BR5 2GA

*Are you friendly and reliable?*

*Have you got a bit of spare time during the week?*

*Would you like to make a difference in your community?*

We are looking for a School Crossing Patrol (Lollipop person)

- 2 hours per day – one in the morning before school one in the afternoon after school
- Monday to Friday - 10 hours a week.
- Between 08:00 to 09:00 and 15:00 – 16:00
- Term time only

# APPLY NOW!

Apply online!

Go to :

[www.careers.apcoa.co.uk](http://www.careers.apcoa.co.uk)

OR scan the QR code below



Apply via Email!

Email:

"Your Name, Leesons SCP and the best day/time/way to contact you"

[careers@apcoa.com](mailto:careers@apcoa.com)

Apply through the phone!

\*If it goes to voicemail please leave;

- Your name
- School Crossing Patrol
- And the best time/day/way to

**01895 454229**

**07890 940115**