



Week beginning: 1st January 2024

Welcome back! It was lovely to have the children back at school this week. We hope you all had a happy and safe Christmas break and are looking forward to another exciting term of learning ahead.

The Leesons Team

Attendance and Punctuality

Our attendance and punctuality will be reported on next week as there were only two days this week.

Sports updates

What an exciting term we have ahead of us, lots of new sports events happening! There is a girls football match, a gymnastics competition, a Lacrosse match, a cross country race at Crystal palace, new age Kurling and a KS1 cricket event.

Netball club is now open to years 3 and 4 as well as Years 5 and 6. This runs on Mondays 3.30 to 4.15. Cricket club is now open to year 4 children which also runs on a Monday 3.30 to 4.30. Both clubs will be starting on Monday 15th of January. Running club is now for years 3 and 4 on Thursdays at 12.15. Please look out for the letters for these clubs giving your child permission to attend.

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:

'If you could have any superpower, what would it be and why?'

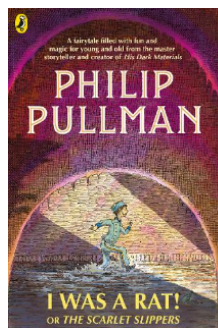
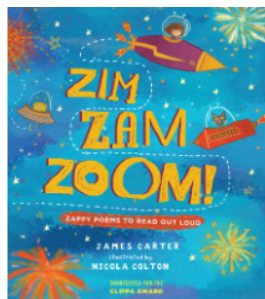
Leesons Reading Challenge

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.

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



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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.

Word Aware

EYFS/KS1



Word of the Week

tremendous

!!

| Meaning | Challenge |
|---------------------|--|
| Very good, amazing. | How many times could you find to use the word tremendous ? Tell someone that their writing, drawing or acting is tremendous when they do it really well. |

CELEBRATING WORDS

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KS2



Word of the Week

bustling



| Meaning | Challenge |
|--|---|
| Moving in a hurried way, often because they are very busy. | What places do you know that are bustling ? Are different times of the day bustling ? |

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E-safety

A number of children will have received new devices for Christmas so we thought this would be useful.

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 nationalonlinesafety.com for further guides, hints and tips for adults.

Top Tips for... MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

Meet Our Expert

Mind Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is protected.



DEVICE BOX

The National College









National Online Safety




#WakeUpWednesday







Maths Challenge

Row 1:  +  +  = 45

Row 2:  +  +  = 23

Row 3:  +  +  = 10

Row 4:  +  +  x  = ?

Junior Duke

| Name | Class | Activity |
|--------------|-----------|--|
| Sienna-Bella | Squirrels | Eco Challenge Memorising Being Prepared Exercise Independence Speeding Dressing Safety |



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| | | |
|---------|---------|--------------------|
| Vinnie | Fox | Domestic Challenge |
| Limansa | Kestrel | First Aid |

Well done Sienna-Bella, you have completed your Micro Duke Award.

Well done Limansa, you have completed your Platinum Junior Duke Award.

Certificates and badges are coming your way.

Parking

Can we please remind you to be respectful of our neighbours and not to park across driveways and on pavements at drop off and pick up times. The neighbours need to be able to leave and access their houses at all times. Thank you.

What's on?

| Week 2 | |
|----------------------|---|
| Wednesday - 10.01.24 | <ul style="list-style-type: none">9am - Coffee Morning - Welcome back with Mr Collins |

| Week 3 | |
|----------------------|--|
| Wednesday - 17.01.24 | <ul style="list-style-type: none">9am - Coffee Morning Pastoral TeamStag Library visit 1.30pm-2.30pm |
| Thursday - 18.01.24 | <ul style="list-style-type: none">Kestrel Library visit 1.30pm-2.30pm |
| Friday - 19.01.24 | <ul style="list-style-type: none">2.30pm - Rabbit class assembly (Rabbit Class Parents and Carers are welcome to come and watch) |

| Week 4 | |
|-------------------|---|
| Monday - 22.01.24 | <ul style="list-style-type: none">3.30pm Choir Meeting about Young Voices for Parents in Robin Class - please go to the School Office and we will |



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| | |
|----------------------|---|
| | collect you from there |
| Wednesday - 24.01.24 | <ul style="list-style-type: none">9am - Coffee Morning SENDReception at Fire Station |
| Thursday - 25.01.24 | <ul style="list-style-type: none">Otter Library visit 1.30pm-2.30pm |

| Week 5 | |
|----------------------|---|
| Tuesday - 30.01.24 | <ul style="list-style-type: none">1.15 Caroline Rous from Spinnaker full school assemblyLPS Choir performing at O2 Arena |
| Wednesday - 31.01.24 | <ul style="list-style-type: none">9am - Coffee Morning PP CPMole Library visit 1.30pm-2.30pm |
| Thursday - 01.02.24 | <ul style="list-style-type: none">Rabbit Library visit 1.30pm-2.30pm |
| Friday - 02.02.24 | <ul style="list-style-type: none">Numbers Day - dress up as something math! |

| Week 6 | |
|-------------------------------|---|
| Children's mental health week | |
| Tuesday - 06.02.24 | <ul style="list-style-type: none">1.15 Caroline Rous from Spinnaker full school assemblyYear 6 trip to Biggin Hill Airport |
| Wednesday - 07.02.24 | <ul style="list-style-type: none">E-safety day9am - Coffee Morning -E-safety |
| Friday - 09.02.24 | <ul style="list-style-type: none">2.30pm - Kingfisher class assembly (Kingfisher Parents and Carers are welcome to come and watch the assembly) |

Half Term - 12.02.24 to 16.02.24

Monday 19th February is an INSET Day so no children will be in school. They will return to school after half term on Tuesday 20th February