



Week beginning: 11th March 2024

We have had a lovely week at Leesons finished with our Red Nose Day celebrations today.

The Leesons Team

Attendance and Punctuality

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

Class	Attendance (%)
Little Orchard	77.14%
Hedgehog	81.76%
Squirrel	92.35%
Robin	91.38%
Owl	85.52%
Woodpecker	95%
Kingfisher	91.79%
Badger	90%
Fox	92.8%
Rabbit	94.07%
Mole	93.93%
Otter	94.29%
Stag	87.31%
Kestrel	87.78%

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

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



Leesons Primary School Weekly Newsletter



Language of the week



Hebrew is our language of the week and is the official language of Israel along with Arabic. Interesting fact: The Dead Sea in Israel is the lowest point on earth, at 1,315 feet below sea level at its lowest point.

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:

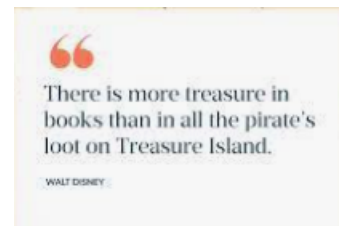
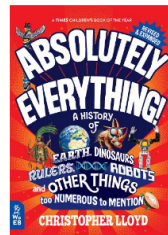
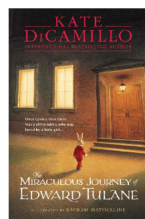
'Would you rather be able to slide down rainbows or jump on clouds?'

Leesons Reading Challenge

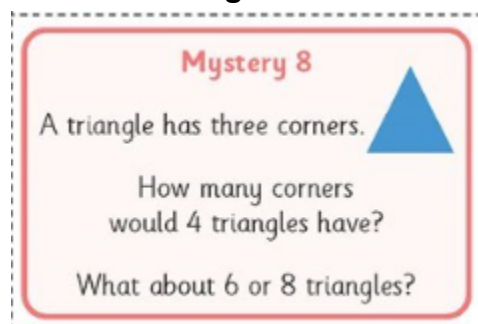
Earlier in the year we introduced the reading challenge trees that show the 100 books that we encourage to be read in each year group. The children can earn certificates (5, 10, 15, 20, 25, 50, 75 and 100 books) and a golden ticket which enables them to receive a book from the vending machine.

Well done to Ben Hindall, from Rabbit class, who has read 25 books from the reading challenge tree.

Book of the week


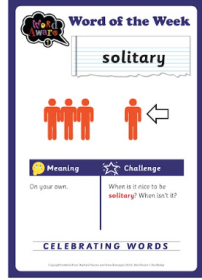


Maths Challenge





Word Aware

EYFS/KS1	KS2
	

Sports events



For the first time ever Leesons sent a team of 4 girls, Ava, Sophia, Evie and Eleanor to a gymnastics competition. The girls worked hard and came in 10th out of 15 schools, go team! Plenty of pointed toes and stretched arms. Evie's spectacular vault gained much notice.

Junior Duke

Need some hints and tips?

Owl and Robin / Silver Mini Duke families - Tying Knots activity - We are working on knots at Forest School this term, how about showing your grown up what you have learned? If you need some extra help, take a look at these videos to give hints on how to tie knots 3 different ways.

Tie shoe laces - <https://youtu.be/c79wsBqDW1A?si=9yYj6z1Kjck0e7mn>

Figure of 8 knot - https://youtu.be/egMxc3FT2_E?si=stTM5xZYa-g3jQB8

Reef knot - <https://youtu.be/ZnZUCvqksFA?si=wI9KZqR-CAy3FIdQ>

Fox and Badger / Bronze Junior Duke families - Domestic Challenge activity - have you ever thought about how you would hand wash an item of your clothing? What detergent would you use, how would you get the water out and dry it? Have a go over the next few weeks. <https://youtu.be/kBkFLO8ttQA?si=S3-g0sqKaJTY8vM0>

Don't forget to take photos of you completing these activities and stick them in your Junior Duke booklets. I look forward to seeing them soon.

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 – or 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.





Highlights of the week



We are pleased to announce that we have been awarded the Bronze TfL Travel for Life Award. Thank you to all the staff who have taken the time to fill in parts of the award and who have contributed to this award.

This week we have launched our usual Easter Raffle. We are asking you to donate Easter eggs (any shape and size are appreciated) between now and the end of term, the children can win a raffle ticket which will go in the draw for the last day of term. The tickets can be won for good manners, great effort and hard work amongst other things. Please either give your donations to your class teacher or the School Office. Thank you in advance for your support.



Ramadan is a Muslim festival where people fast from dawn until dusk for one month. If you want to wish someone a good start of Ramadan, it is customary to say "Ramadan Mubarak", which means "Blessed Ramadan". You can also say "Ramadan Kareem", which translates as "Generous Ramadan."

Today we celebrated Red Nose Day by wearing red and donating money to Comic Relief. Thank you for all your donations and support today.





Staff news

At the end of this term, we will be saying goodbye to Miss Townsend, one of our Teaching Assistants who has worked with a number of classes in the school. She is leaving Education to go and work for the NHS. We will also be saying goodbye to Mrs Begum, who has been one of the teachers in Woodpecker Class. She is leaving Leesons to go and work for the Government. We know that you will join us both in wishing them the best of luck as they both begin their new careers.

What's on?

Week 5	
Monday - 18.03.24	<ul style="list-style-type: none">• Owl Library visit 10am-11am
Tuesday - 19.03.24	<ul style="list-style-type: none">• Parents Evening
Wednesday - 20.03.24	<ul style="list-style-type: none">• 9am - Coffee Morning for Year 1 parents RWI screening• Lacrosse comp Yr5/6 at Beckenham• Year 6 and Junior Duke First Aid sessions
Thursday - 21.03.24	<ul style="list-style-type: none">• Robin Library visit 1.30pm-2.30pm• Parents Evening
Friday - 22.03.24	<ul style="list-style-type: none">• 2.30pm Woodpecker class assembly (Eid)• FOL Disco - more details to follow from FOL after half term

Week 6	
Monday - 25.03.24	<ul style="list-style-type: none">• Reception Library visit 10am-11am• 2.45pm - Choir to perform to whole school and invite Choir parents
Tuesday - 26.03.24	<ul style="list-style-type: none">• Church services - Whole school to attend
Wednesday - 27.03.24	<ul style="list-style-type: none">• Easter fun
Thursday - 28.03.24	<ul style="list-style-type: none">• FOL - Easter trail• Easter raffle Draw• 2.45pm - Easter bonnet parade on playground - parents and carers invited to watch



Leesons Primary School Weekly Newsletter



	<ul style="list-style-type: none">• Break up from school
Friday - 29.03.24	No School - Good Friday

Holiday - 29.03.24 to 12.04.24

Save the date:

28th June 2024 is Sports day. EYFS (Nursery and Reception) and KS1 (years 1 and 2) will be in the morning and KS2 (Years 3 to 6) in the afternoon

17th July at 2.45 - Parents and carers are invited in to see the children's work from the year.

A decorative border around the poster featuring various Easter-themed elements: colorful Easter eggs (pink, purple, yellow, blue, green), flowers (pink, yellow, red), and a small pink bunny at the bottom center.

**DON'T FORGET TO BOOK
YOUR TICKETS TO THE**

Easter
DISCO

**TICKET SALES CLOSE
THIS TUESDAY!!!**

Friday 22nd March
Reception & KS1 4pm - 5pm
KS2 5:15pm - 6:15pm

£5 PER CHILD INC.
Krazy K Disco
Games & competitions
Unlimited water & squash

pta-events.co.uk/friendsofleesons
No cash entry on the day.