



Week beginning: 18th March 2024

Thank you to everyone who came to Parents Evening this week and to all of you who completed the Parent Survey. 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	81.98%
Hedgehog	80%
Squirrel	91.18%
Robin	92.76%
Owl	92.39%
Woodpecker	93.33%
Kingfisher	89.29%
Badger	94.17%
Fox	98.4%
Rabbit	94.07%
Mole	95.36%
Otter	96.79%
Stag	86.92%
Kestrel	85.56%

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

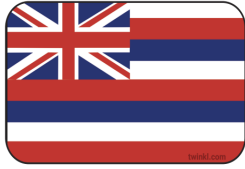
Well done to Badger Class who won the Punctuality cup this week!

The House with the most points this week is Topaz

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



Language of the week



This week our language Hawaiian comes from the country Hawaii, where a typical greeting would be Aloha. The Union Jack of the United Kingdom is a representation of historical ties between the Royal Navy and the Hawaiian Kingdom, particularly with King Kamehameha. The eight horizontal stripes of the Hawaiian flag are thought to represent the eight major Hawaiian Islands.

Sports updates

Lacrosse Tournament

On Wednesday 20th March, 8 pupils from Y5 and Y6 represented Leesons Primary School at Ravensbourne School for a Lacrosse tournament. The students who played were: Alisha, Izabella, Daniella, Niamh, Jonas, Charles, Derrel and Stass.

There were 10 matches and Leesons were included in 4 matches.

The scores were;

0-1 lost

1-1 draw

1-3 lost

4-2 Won

Sadly Leesons did not make it to the semi-finals but what matters is that everyone tried their best and had an amazing time.

We would like to thank Mrs Dobbs and Ms Lita for supporting the entire team, especially Mike-our lacrosse team trainer who organised this very special game for us.

Written by,

Alisha Ahmed, Y5 Otter

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 have to fight 100 pigeon-sized zebras or one zebra-sized pigeon?'

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.

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

ENCOURAGING OPEN CONVERSATIONS AT HOME

With tricky topics and occasional clashes of opinion, it can be challenging to maintain an environment where children feel able to talk candidly and honestly. However, encouraging such conversations helps to develop trust – making it easier to unpack even sensitive subjects as children get older. Here are our top tips for promoting open conversations at home.

1 CREATE A SAFE SPACE

Criticism, blaming or shaming can all prevent children from feeling emotionally safe – while showing affection, positive attention and an interest in what a child has to say builds their sense of security. These formative years are when children's opinions and values begin to take shape, so it's important to provide a non-judgmental environment in which to discuss them – especially if their opinions differ from your own.

2 CONSIDER OTHER OUTLETS

Some children may find it easier to talk while they're participating in another activity such as drawing, writing, walking or sport. If it's possible, taking part in these activities together presents you with an opportunity to communicate while doing something side by side. A child may feel less pressure that way and can be more inclined to open up of their own accord.

3 NORMALISE CHATS ABOUT FEELINGS

Incorporate mental health and emotional wellbeing into everyday conversations, using age-appropriate language and examples to help children understand their emotions. Ask questions like 'How are you feeling today?', 'What was the best and worst part of your day?', 'If you could start today again, what would you do differently?' and 'Is there anything you want to talk about?'

4 LISTEN ACTIVELY

When children express themselves, make it obvious that you're listening closely and giving them your full attention. Maintain eye contact and validate their feelings without immediately trying to solve the problem. It's not helpful to dismiss their issues as childish or 'teenage angst' – or to assume that they'll simply 'get over' whatever they're feeling. Children don't have your life experience; their resilience is still developing as they learn to push through difficulties and handle problems.

5 ASK OPEN QUESTIONS

Encourage children to share their thoughts by asking open questions about their feelings and experiences. Closed questions (such as 'Did you enjoy school today?') are more likely to elicit a simple 'yes' or 'no' response. Instead, you could ask things like 'Who did you spend time with at break?' or 'Who did you sit with at lunchtime?'

6 RESPECT THEIR BOUNDARIES

If a child isn't ready to talk to about something yet, respect their boundaries: this reinforces that their feelings are important and worthy of consideration. Ideally, you're aiming to let them know you care without smothering them, so just make it clear that you're there for them whenever they're ready to chat. Gentle, regular check-ins can sometimes be the best form of progress.

7 LEAD BY EXAMPLE

Model open, honest and healthy communication in front of children and young people. Try to demonstrate kindness when talking about others and yourself, because if children hear adults being overly harsh, critical or judgmental, or see them having unrealistic expectations of themselves, it makes them more likely to adopt and repeat this behaviour themselves as they grow.

8 HAVE REGULAR CHECK-INS

Check in with children periodically to discuss how they're feeling and what's going on in their lives. This could be a weekly or monthly conversation, where the child has an opportunity to share whatever's on their mind. For parents and carers, getting away from the house and other distractions might be productive here: you could consider regular trips to a coffee shop or a café, or just a weekly walk.

9 PROVIDE RESOURCES

It's often beneficial to let children know about other support that's available to them if they're struggling to talk to you specifically. Encourage them to talk to school counsellors, trusted adults or even a therapist, if necessary – while normalising this route and dispelling the harmful stigma around asking for help. Older children could engage with resources such as Kooth or YoungMinds.

10 CELEBRATE EMOTIONAL EXPRESSION

It's beneficial to praise children for expressing their feelings honestly – emphasising how important it is to talk about their emotions and how proud you are of them for doing so. This can be especially pivotal for boys, who often experience more of a stigma around talking frankly about their feelings and their mental health – a barrier that can be overcome, with enough love and support.

Meet Our Expert

With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Soteman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.



#WakeUpWednesday

The National College



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
Eleanor	Badger	First Aid
Lisathna	Badger	Cookery Domestic Challenge
Thinuga	Robin	Reading
Haris	Rabbit	Interest Swimming or Eggs
Harley	Otter	Budgeting
Billie	Badger	Cookery Independence
Myles	Robin	Cookery Creation Domestic Challenge

Well done Myles, you have now completed your Silver Mini Duke award. Your badge and certificate will be with you soon. Well done, we are so proud of your effort.

On Wednesday, the Junior Duke children in years 3, 4, 5 and 6 took part in a First Aid session in order to complete their First Aid activity. Well done to all that took part, it was very informative. Please visit <https://www.redcross.org.uk/first-aid> for more information on First Aid.

The children that took part were:

Year 3 - Ava, Billie, Eleanor, Evie, Kaira, Layla, Lisathna, Maddison, Millie, Minaiya and Vinnie.

Year 4 - Akua, Amelia, Ben, Dollie, Evie, Haris, Jack, Mary, Nathaniel, Rafaella and Ryan

Year 5 - Alexander, Amarinka, Frankie, Harley, Jenson, Sanul and Zachary

Year 6 - Finley, Gabriella, Haiden, Limansa, Marden, Owen, Shayden, Stanley and Thisali



Leesons Primary School Weekly Newsletter



Looking for inspiration?

Mole and Otter / Gold Junior Duke families - Music activity - Do you play an instrument? If yes, make a video of yourself playing it and this can be used for this activity OR take a look at this link and research a famous composer.

<https://www.classicfm.com/composers/greatest-classical-music-history/>

Kestrel and Stag / Platinum Junior Duke families - Happiness activity - I know it seems like all you are doing at school is tests and preparing for SAT's but it is very important that you have downtime at home and spend time doing what you enjoy too. For your Happiness activity, spend a few hours doing something that makes you happy. It may be creative, outdoorsy, skilful, musical etc. **Don't forget to take photos of you doing your activity and pop them in your Junior Duke booklet.**

Remember, if you have photos that you would like printing, please send them to juniorduke@leesons.bromley.sch.uk and we will print them for you.

Highlights of the week



Thank you to Mrs Chalmers for organising our Red Nose Day events. Our current donation to Comic Relief 2024 is £276. The link remains open if anyone would still like to donate.

<https://www.justgiving.com/fundraising/rnd24-leesons-primary-school>

Thank you to Woodpecker class and their staff for the informative and well rehearsed assembly about Ramadan today.



Leesons Primary School Weekly Newsletter



This week, we were delighted to welcome two representatives from The British Red Cross who led sessions for our Year 6 pupils on basic first aid skills and also supported our Years 3, 4 and 5 Junior Duke pupils with the first aid element of their challenges.



We welcomed back Rock Steady Music Band this week. The children enjoyed their session. There are still some spaces for children who are interested.

<https://www.rocksteadymusicschool.com/info-for-parents/>

What's on?

Week 6	
Monday - 25.03.24	<ul style="list-style-type: none">• Reception Library visit 10am-11am• Woodpecker class out on fieldwork around the area 1:30-2:30
Tuesday - 26.03.24	<ul style="list-style-type: none">• Church services - Whole school to attend• 1.30-2.30 Netball tournament @ LPS with SMC
Wednesday - 27.03.24	<ul style="list-style-type: none">• Easter fun• 2.45pm - Choir to perform to whole school and invite Choir parents• Kingfisher class out on fieldwork around the area 1:30-2:30
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• Break up from school
Friday - 29.03.24	No School - Good Friday

Easter Holiday - 29.03.24 to 12.04.24



Leesons Primary School Weekly Newsletter



Week 1	
Wednesday - 17.04.24	<ul style="list-style-type: none">9am - Coffee Morning - Welcome back from Mr Collins
Thursday - 18.04.24	<ul style="list-style-type: none">6pm - Year 6 parents SATs meeting

Week 2	
Wednesday - 24.04.24	<ul style="list-style-type: none">9am - Grandparents share and care coffee morning. All grandparents invited!
Friday - 26.04.24	<ul style="list-style-type: none">2.45pm - Owl class assembly (reading/books)

Book Fair: On the Friday 3rd, Monday 7th and Tuesday 8th May, we have a travelling book fair visiting us at Leesons. The children will have a chance to look at the books during the school day and we will be opening after school on each of these days for parents and children to come and shop. If you would like to, you can purchase gift vouchers in advance of the day as gifts for your children. The link for this can be found below. <https://bookfairs.scholastic.co.uk/travelling-books/gift-vouchers>

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.