



Week beginning: 15th April 2024

Welcome back! We hope you all had a lovely break. It has been lovely to see the children back in school this week and hear about their Easter break stories. Have 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	85.81%
Hedgehog	84.56%
Squirrel	97.79%
Robin	93.75%
Owl	87.5%
Woodpecker	94.58%
Kingfisher	87.95%
Badger	87.5%
Fox	95.83%
Rabbit	99.07%
Mole	98.21%
Otter	90.18%
Stag	87.44%
Kestrel	90.28%

Well done to Rabbit 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 Otter Class for winning the Walk to School Award.



Language of the week



Our language of the week is Persian and the greeting is Salam. One interesting fact about the Persian language, Farsi, is that it is written from right to left. The language can be traced back approximately 3,000 years.

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 want to be famous?'

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.

Book of the week



Nursery have been looking at the journey of Katie in London this week and it made me think about my trips to London. Have you been to London? Do you have a favourite landmark? Your challenge this week is to draw a picture or print a photo of your favourite landmark and write about why it is your favourite landmark. Anyone who returns it to Mrs Dobbs will have their work shared in our next newsletter but will also get 10 dojos.

If you haven't been to London or read the book, you can watch it here:

<https://www.youtube.com/watch?app=desktop&v=0R7KQALNHrM>



Word Aware

Please discuss the meaning of these words with your children and encourage them to use them in conversation.

EYFS/KS1	KS2
<div><p>Word of the Week</p><p>stern</p><p>Meaning Very serious and a little bit cross.</p><p>Challenge Who sometimes looks a bit stern? Make a stern face.</p><p>CELEBRATING WORDS</p><small>Copyright material from Stephen Parsons and Anna Kavanagh (2012), Word Aware 1, Book 1/2</small></div>	<div><p>Word of the Week</p><p>smouldering</p><p>Meaning A fire burning slowly without flame, usually giving off smoke.</p><p>Challenge Look smouldering up in a dictionary. Check that it matches your understanding of the word. Are there any slightly different meanings?</p><p>CELEBRATING WORDS</p><small>Copyright material from Stephen Parsons and Anna Kavanagh (2012), Word Aware 1, Book 1/2</small></div>

Maths Challenge

Maisie the mouse

Maisie had between 30 and 50 breadcrumbs.

She counted the breadcrumbs in fours.
There were 2 left over.

She counted them in fives.
There was 1 left over.

How many breadcrumbs did Maisie have?

E-safety

At The National College, our WakeUp/Wednesday 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.

What Parents & Educators Need to Know about ENERGY DRINKS

WHAT ARE THE RISKS?

Energy drinks are highly caffeinated beverages often consumed for a quick energy boost. However, excessive intake can lead to health risks like increased heart rate and sleep disturbances. Statistics underline these products' popularity among young people – many of whom consume them regularly. Here's our expert's advice on addressing the concerns surrounding energy drink consumption in adolescents.

HIGH CAFFEINE CONTENT

Most energy drinks contain high levels of caffeine – often much more than a typical cup of coffee or fizzy drink. Excessive caffeine consumption can lead to increased heart rate, high blood pressure, anxiety, insomnia, digestive issues and – in extreme cases – even more severe conditions. For children and adolescents, whose bodies are still developing, excessive caffeine intake can be particularly harmful.

INCREASED RISK OF HEART PROBLEMS

The combination of high caffeine levels and the other stimulants found in energy drinks can put extra strain on the cardiovascular system. Potentially, this could lead to irregular heart rhythms, palpitations and increased future risk of heart attack – especially in individuals who have an underlying heart condition.

IMPACT ON MENTAL HEALTH

The significant levels of caffeine and sugar in energy drinks can exacerbate anxiety, nervousness and even – in susceptible individuals – contribute to panic attacks. Additionally, the crash that often follows the initial energy boost can actually make mood swings worse and possibly lead to feelings of depression and irritability.

DISRUPTED SLEEP PATTERNS

Consuming energy drinks, especially during the afternoon or evening, can disrupt normal sleep patterns. The stimulating effects of caffeine can make it difficult for children and young adults to fall asleep – leading to insufficient rest and its associated health risks, including impaired cognitive function, mood disturbances and decreased academic performance.

LINKS TO SUBSTANCE ABUSE

Some research has suggested a correlation between energy drink consumption and higher rates of alcohol and drug use among young adults. Young people may mix energy drinks with alcohol, mistakenly believing that the energy drink's stimulant effects will counteract the sedative nature of alcohol. This combination, however, can be dangerous and increase the risk of accidents, injuries and alcohol poisoning.

POTENTIAL FOR DEPENDENCY

Frequent consumption of energy drinks can lead to tolerance – meaning that individuals may need to consume increasing amounts to continue achieving the desired effects. This can potentially lead to dependency and addiction, especially in younger individuals who may be more vulnerable to addictive behaviours.

Advice for Parents & Educators

LIMIT CONSUMPTION

It's wise to educate young people about the potential risks related to energy drinks, emphasising the consequences of excessive caffeine consumption. Encourage healthier alternatives like water, herbal teas or natural fruit juices. You can model healthy behaviours by restricting your own consumption of energy drinks and creating a supportive environment for informed choices.

PROMOTE HEALTHIER HABITS

Schools can help with this issue by including discussions about the possible dangers of energy drink consumption into their health education curriculum. Encourage children and young adults to critically evaluate the marketing messages they see and make informed choices about their health. Teachers could also provide resources and support for children to identify healthier alternatives.

ADVOCATE FOR REGULATION

If this is something you're particularly passionate about, you could work with local health organisations and policymakers to advocate for regulations on energy drink sales to children and young people. Raise awareness among parents, educators and community members about the potential health risks associated with energy drinks and support initiatives promoting healthier options in schools and communities.

SET A POSITIVE EXAMPLE

Adults can model healthy behaviours by visibly choosing alternative beverages instead of energy drinks. Maintain open communication with children and young adults about the reasons for limiting energy drink consumption – underlining the importance of balanced nutrition, adequate hydration and sufficient sleep for overall wellbeing and academic success.

Meet Our Expert

Dr Jason O'Rourke, Headteacher of Walsingham Academy, champions food education and sustainability – and his school holds the Soil Association's prestigious Gold Catering Mark. Jason has spoken about food education at Westminster briefings and overseas. A member of the All-Party Parliamentary Group on School Food, he co-founded Food4U, a sensory food education charity.



Source: See full reference list on nationalcollege.com/guides/energy-drinks



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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
Alisha	Otter	Computing Skills Music Drama
Amelia	Rabbit	Eco Challenge Domestic Challenge Time Management Computer Skills Interest
Alina	Woodpecker	Writing
Frankie	Otter	Budgeting Washing Dishes
Evie	Rabbit	Swimming Time Management Drama

Well done Amelia and Evie, you have both completed your Silver Junior Duke. Your certificate and badge will be with you soon.

Well done Alisha, you have completed your Gold Junior Duke. Your certificate and badge will be with you soon.

There are a large number of Y3-6 children that have not brought their Junior Duke booklets in after their First Aid session. Please bring them in next week for me to sign off and add a photo.

Need inspiration?

Squirrel and Hedgehog / Micro Duke families - Presentation activity - you are challenged to wrap and decorate a gift for someone. Follow this link to watch a video about how to tie a decorative bow.

<https://youtu.be/uWVGKsJYoT4?si=-yjKPQFZ0fFihUC2>

Please send photos and videos to juniorduke@leesons.bromley.sch.uk if you wish.



Spanish

¡Datos sobre España! ~ Facts about Spain!

Did you know the official name of Spain is El Reino de España, meaning The Kingdom of Spain? The Spanish Royal family live in Madrid.

¿Sabías que el nombre oficial de España es El Reino de España, que significa Reino de España? La familia real española vive en Madrid.

Highlights of the week



Next week we will be choosing our History Ambassadors. Watch this space for our new representatives.

Taskmaster club started this week. 10 children worked in teams to score points while developing their perseverance, creativity and teamwork skills.



Reminders



A reminder that there should not be any nuts in school, this includes chocolate spread sandwiches. Thank you.



Please do not drive into the school car park unless you have prior permission and please be respectful of our neighbours when parking and do not block driveways. Thank you



St George's Day



On Tuesday 23rd April, it is St George's Day. At Leesons, we would like to celebrate the Saints Days. Our assembly on Tuesday will be based on the story of St George and we would like to invite children who belong to uniformed organisations, such as Rainbows, Brownies, Guides, Squirrels, Beavers, Cubs, Girls Brigade and Boys Brigade, to wear their organisation uniform to school in place of their school uniform for that day. All other children should wear school uniform as normal. Thank you.

What's on?

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)

Week 3	
Tuesday - 30.04.24	<ul style="list-style-type: none">Cricket Tournament - details to follow
Wednesday - 01.05.24	<ul style="list-style-type: none">9am - Coffee Morning SEND



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Friday - 03.05.24	<ul style="list-style-type: none">• Book Fair in the Hall
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Week 4	
Monday - 06.05.24	<ul style="list-style-type: none">• Bank Holiday - School Closed
Tuesday - 07.05.24	<ul style="list-style-type: none">• Book Fair in the Hall
Wednesday - 08.05.24	<ul style="list-style-type: none">• 9am - Coffee Morning Pupil Premium• Year 5 and 6 KCC Trust competition - in hall if wet• Book Fair in the Hall
Friday - 10.05.24	<ul style="list-style-type: none">• 2.45pm - Otter class assembly (ORACY)

Week 5	
Monday - 13.05.24	<ul style="list-style-type: none">• SATs Breakfast for year 6 in the hall - 8am
Tuesday - 14.05.24	<ul style="list-style-type: none">• SATs Breakfast for year 6 in the hall - 8am
Wednesday - 15.05.24	<ul style="list-style-type: none">• SATs Breakfast for year 6 in the hall - 8am
Thursday - 16.05.24	<ul style="list-style-type: none">• SATs Breakfast for year 6 in the hall - 8am

Week 6	
Monday - 20.05.24	<ul style="list-style-type: none">• 9-11 Yr 6 - TfL workshop
Wednesday - 22.05.24	<ul style="list-style-type: none">• 9am - Coffee Morning PSHE• 2.15pm EYFS (Nursery and Reception) Open afternoon for current parents to come and share the children's learning in classes
Thursday - 23.05.24	<ul style="list-style-type: none">• Outdoor Learning Day - majority of learning to be based



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	and linked to outside
Friday - 24.05.24	<ul style="list-style-type: none">2.45pm - Robin class assembly

Half Term - 27.05.24 to 31.05.24

Summer 2

Week 1	
Wednesday - 05.06.24	<ul style="list-style-type: none">9am - Coffee Morning EDIProvisional Cross Schools Debate - more info to follow
Thursday - 06.06.24	<ul style="list-style-type: none">Class photo day
Friday - 07.06.24	<ul style="list-style-type: none">11am Secondary transfer - Kemnal

Week 2	
Monday - 10.06.24	<ul style="list-style-type: none">2.45pm - Assembly in hall
Tuesday - 11.06.24	<ul style="list-style-type: none">Year 2 Trip to the zoo
Wednesday - 12.06.24	<ul style="list-style-type: none">9am - Coffee Morning Spanish
Friday - 14.06.24	<ul style="list-style-type: none">2.45pm - Badger class assembly

Week 3	
Wednesday - 19.06.24	<ul style="list-style-type: none">9am - Coffee Morning History
Friday - 21.06.24	<ul style="list-style-type: none">Music Immersion Day - more information to follow

Week 4	
Monday - 24.06.24	<ul style="list-style-type: none">Reception trip to Transport Museum
Wednesday - 26.06.24	<ul style="list-style-type: none">9am - Coffee Morning E-Safety OC
Friday - 28.06.24	<ul style="list-style-type: none">Sports Day EYFS & KS1 am/KS2 pm



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Week 5 STEM (Maths and Science)Week	
Wednesday - 03.07.24	<ul style="list-style-type: none">• 9am - Coffee Morning
Friday - 05.07.24	<ul style="list-style-type: none">• 2.45pm - Reception year group assembly• FOL Sponsored Bounce
Sunday - 07.07.24	<ul style="list-style-type: none">• Year 6 PGL trip

Week 6	
Wednesday - 10.07.24	<ul style="list-style-type: none">• Year 6 return from PGL trip• New Reception Starters 2pm to 3pm in Hall
Friday - 12.07.24	<ul style="list-style-type: none">• 9.30am - Year 6 performance dress rehearsal EYFS/KS1• 6.00pm - 7.30pm - Year 6 Leavers Disco
Reports Go Home	

Week 7	
Monday - 15.07.24	<ul style="list-style-type: none">• 1.30pm - Year 6 performance to parents and KS2
Tuesday - 16.07.24	<ul style="list-style-type: none">• 1.30pm - 3pm Meet your new teacher transition afternoon• 6pm - Year 6 performance to parents
Wednesday - 17.07.24	<ul style="list-style-type: none">• 2.45pm Parents review work and meet new teacher• New Reception Starters 10am to 11am in Hall

Week 8	
Monday - 22.07.24	<ul style="list-style-type: none">• Class Parties
Wednesday - 24.07.24	<ul style="list-style-type: none">• 2.30pm - Year 6 Leavers Assembly
Thursday - 25.07.24	<ul style="list-style-type: none">• School Holidays
Friday - 26.07.24	<ul style="list-style-type: none">• School Holidays

Summer Holidays - 25.07.24 - 29.08.24