

Notes from the Vale

Friday 18th March 2022

Volume 20, Issue 12

Welcome from Mr Lewis-Cole

Hello to all of our Lipson Vale families. I hope that you are all safe and well. You may have noticed that we are experiencing, once again, increasing numbers of pupils and staff who are not able to be in school because of illness connected to Covid-19. Firstly, I would like to reassure families that we are reflecting all the time on case numbers and what restrictions need to be put into place to reduce transmission. However, case rates across the South West are very high again so it is expected that we will see an increase in school too.

I would ask that families remain vigilant around symptoms and take a lateral flow test where necessary. Identifying symptomatic people early is still the best way to reduce transmission. I know that for many families this means more potential disruption and we will always do our best to help you out where we can.

Wearing PE Kit on PE days

We mentioned last week in the 'Newsflash' that we will be asking pupils to come to school on their PE days wearing their PE kits. Year 5 have been doing this for a little while now and have seen an increase in the amount of time spent doing physical education each lesson, as well as a less disruptive day. We are now wanting to roll this out across the school in Years 1 to 6. From next Monday (21st March), we are asking for pupils to wear their PE kits into school on their PE days- a timetable of PE their days will follow.

I would like to remind families, though, that pupils must only wear their PE kits and not a selection of their own clothes. We still expect all pupils to arrive at school well presented and ready for the days learning ahead. This includes appropriate footwear. If you are unsure about what our PE kit should be, information can be found on our website.

Community Exchange Library

You will see later in this newsletter that we have now launched our community exchange library. This is incredibly exciting and has happened because of the generosity of the school community in their donations of great books and the time given by Lipson Vale staff to get it set up and ready to go. Pupils and their families are invited to visit the exchange library, located in the main school entrance hall, and borrow one of the wonderful books. Once you have finished enjoying the book(s) you simply return the book(s) and borrow another one (or two). We politely ask that user of the exchange library keep it tidy for other users. All the exchange books have been labelled on the inside so that we know they are different from the main school library books. This will help families too to ensure they make it make to the right place. I really hope that you make use of this wonderful resource.

With all the challenges of this week, today everything seemed so much brighter with all of our pupils coming to school dressed up as heroes for Red Nose Day. We will share the total raised for charity once it has all been counted. Wishing you all a wonderful weekend.

Together we are inspiring a community with a bright future.

Resilience, Collaboration, Responsibility, Bravery, Communication, Self-belief

Together we

Congratulations



Harris Cup
Mason Smee



McIver Cup
Summer Freshwater



'H' Cup
Alfie Capstack

Each of you are excellent role models for your peers and have shown significant determination and effort to your learning.

to our weekly cup winners.

Attendance

We know that we are all having to be a little more cautious at the moment; however, for those pupils well enough, we still have high expectations for daily attendance.

Foundation & Key Stage 1

Puffins	97.2
Coral	93.0
Seahorses	94.8
Oysters	96.3
Mussels	95.7
Starfish	93.0

Key Stage 2

Turtles	95.3
Sunfish	92.8
Otters	74.5
Dolphins	84.1
Anglerfish	95.2
Orca	96.2
Angel Sharks	94.6
Rays	93.7



Attendance Matters

Every student. Every day.

The **highest class attendance** last week goes to...

Puffins in FS/KS1

Orca in KS2

GREAT ATTENDANCE



celebrate

News & Events

How important is it to show bravery as a leader?



Things to talk about at home...

- Can you think of a time when you were brave, or you witnessed someone else being brave? What happened?
- Can you think of someone who is your hero? Can you describe them?
- What qualities do you think make a good leader?



If you care about the environment as much as we do, please make a pledge to pick up a bag of litter now and help us protect the places we love.

It's not long until the start of our 2022 Great British Spring Clean and this year the message is simple. Pledge to pick up one bag – or more – and join our #BigBagChallenge, because one bag makes a big difference. Click on the link and pledge as an individual or group.

[Pledge to Pick | Keep Britain Tidy](#)

We hope you will be able to embrace this challenge and would love to see a photo of you doing this. Please send in 1 photo to your class teacher on google classrooms. We can't wait to see how much litter we can collect and there will be prizes for those who take part!



love to learn

Together we

As part of British Science week, Year 5 spent an afternoon learning about energy, both renewable and non-renewable. The children used their prior learning, when they wrote a letter to local MP Luke Pollard, to help them understand the importance of using renewable energy and why using non-renewable energy sources, including the burning of fossil fuels, is not sustainable. To help the children understand the effect that mining fossil fuels has on our planet, the children used toothpicks to mine chocolate chips (coal) from cookies (earth). It is safe to say the children enjoyed their learning, which was capped off with a tasty treat!



Year 6 have worked hard in developing their yoga sequences. They focused on their breathing to help stretch and move that bit further.



Today Year 1 enjoyed performing the beat and rhythm in the music bus. They sang some sea shanties and were confident in responding to the rhythm in the song.



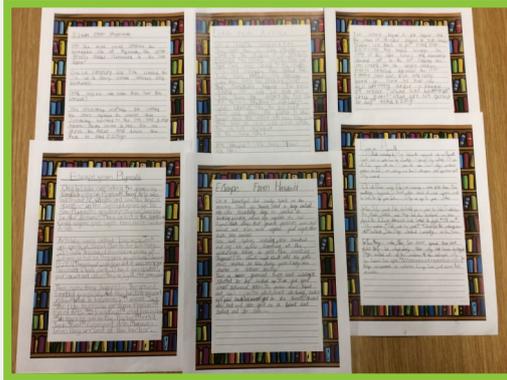
As part of science week Foundation investigated sinking and floating. They enjoyed listening to the environmental book by Brendan Kearney which encouraged them to sort different pieces of rubbish into a sinking and a floating group.



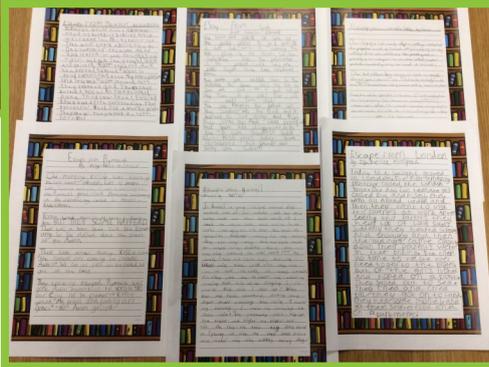
Today some of our music students performed in the weekly music assembly. This was a great rehearsal for their performance at the Spring Concert at the end of the month. This will be a virtual event for all parents and families to enjoy. Details will be sent out shortly.

Together we

love to learn



The children in Year 3 have had a really busy week, completing their own stories, based on the original Christina Balit story, 'Escape From Pompeii'. The children have written their own, in a similar style, but with a different escape focus. The Year 3 children have all worked hard to prepare their stories for display and are very proud of their work.



There was a great deal of excitement and enjoyment from the Year 3 children as they had the opportunity to learn the rules and skills of curling and play a number of games. They were very competitive, worked brilliantly in teams and had a lot of fun!



In Computing this term, Year 3 are programmers. The children are becoming experts at using Scratch animation and have this week developed their own animations to include 3 sprite-characters, who are all completing actions at the same time. Great work Year 3!

love to learn

Together we

Year 1 have had a jam-packed week with everything from making our own rain clouds to curling! We have embraced British Science Week and been taking part in daily science lessons. We are learning all about the weather and climate change. We learned how tornados and rain clouds are made!

The highlight of our week so far has definitely been curling! After watching some clips online, we were a bit disappointed that there was no ice in the dining hall! But the smooth surface and special curling rocks glided along the floor! We used our speedy maths skills to help us count up the scores. A special mention to Daniel H in Seahorses who scored a bullseye worth 10 points! Wow!

In art, we have been learning about different shades of colours and got creative with our new pastels. We enjoyed experimenting with the pressure and used our finger to create the art! Of course, in between all of our hard work we have had some time to develop our team work, communication and sharing skills and have been playing together!



Alfie and his Dad have enjoyed making an authentic Roman sword, using heavy wood and a fantastic Roman design. Well done Alfie, you would make a fantastic legionary! NiNi provided a lovely moment of personal reflection during our Collective Worship this week when she shared a beautiful, hand made quote from 1 Samuel 16. She read out the following to us: "People look at the outward appearance, but the LORD looks at the heart."

Together we

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Fairtrade Fortnight 2022

The children across the school have enjoyed celebrating and learning all about Fairtrade. Fairtrade Fortnight is all about individuals, groups and companies coming together to celebrate the people in developing countries who grow our food, but who are often underpaid and exploited. The children learnt about how many foods are grown in hot countries and

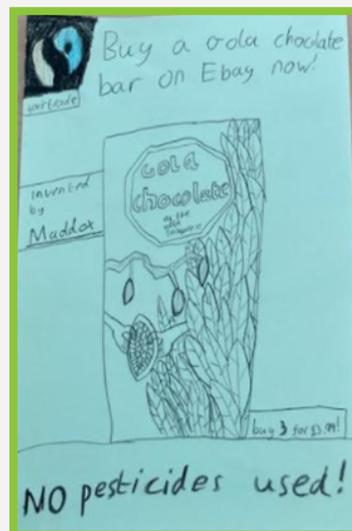
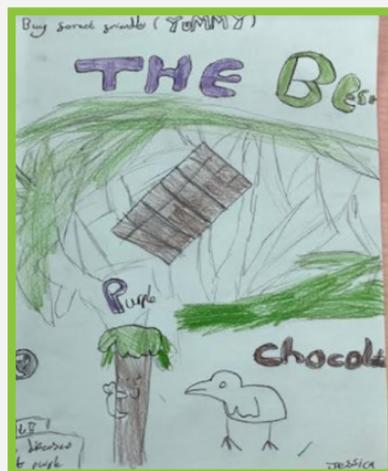
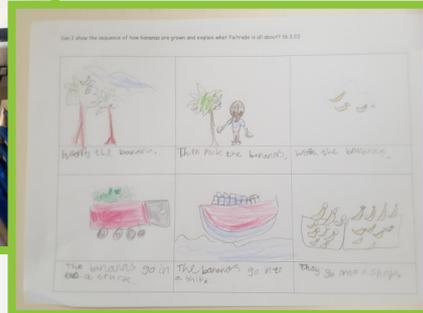
Fairtrade foods are often grown sustainably and without the use of insect harming pesticides. Children also learnt how to spot the many different FT foods in our shops and supermarkets, which display the FT symbol.

Well done to Alfie C in Sunfish for his magnificent home learning display which shows the many FT foods available.

Year 4's enjoyed learning all about Forest Friendly Farming and how chocolate is produced. They then designed their own forest friendly chocolate bars.

Maddison also made a super FT poster!

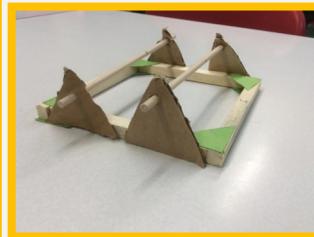
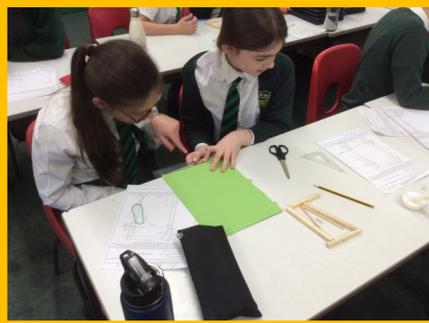
Year 2 learnt about how bananas are grown and the long journey they take, before they arrive in our shops.



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Together we

This term's Y6 DT unit focused on the construction of a moving vehicle. The children investigated the vehicles that were around in WWII, they drew them and noted the overall shape of the vehicle. The children were shown how to construct a basic frame. Next, the children, in pairs, decided on the dimensions of their frame and then set about creating it. Once the frame had dried the children used recycled materials to create the shape of the vehicles, trying to match closely the ones they investigated at the beginning of the unit.



love to learn

Together we

We are Readers

Ready Steady Read

Thank you for your incredible support of our sponsored read, in partnership with Usborne books, which raised £851.24! We are overwhelmed by your generosity, as well as by how much children have read and thanks to your support, we have earned £1361.98 to spend on new books. This will make an enormous difference to our school library and the choice of books that children can read, enjoy and share!

Word Millionaire

We are delighted to announce our 5th Word Millionaire! Mathilda in Orcas class has read an impressive 1,000,385 words. Well done Mathilda!

Your ongoing and continued support of your child's reading is much appreciated and makes a huge difference in terms of developing their vocabulary and essential literacy skills. Reading aloud to your child, talking about words and pictures, and sharing ideas about a book is as valuable as listening to and encouraging your child to read independently.

Happy Reading!



"Reading for pleasure is the single biggest factor in success later in life, outside of an education. Study after study has shown that those children who read for pleasure are the ones who are most likely to fulfil their ambitions. If your child reads, they will succeed – it's that simple."

Bali Rai



We would like to express our sincere thanks to the community of Lipson Vale Primary School, who in just one week, have enabled us to ensure that our Community Library Exchange is ready for you to use. Thank you to all of the children, families and staff for your generous book donations and to all of the adults who have helped to get the community library ready in school. It looks just fantastic and is now filled with lots of exciting books for all ages and interests.

You and your families are now invited to use the Community Library Exchange and enjoy reading at home. In order to keep this running smoothly, please could we ask that you supervise your children in the selection of books and that they are encouraged to keep the library shelves tidy. Books can be accessed before and after school and are available to all members of the school community, however please take care to avoid overcrowding in the reception area. Thank you for your support and generosity. We hope that you enjoy reading some exciting and different books.

News & Events

Wear a Hat Day 2022: Friday 25th March 2022

We will be taking part in Wear a Hat Day to raise funds and awareness for Brain Tumour Research. Children may wish to design and make their own creations to wear to school, or just wear a hat of their choice. Children should still wear their school uniform as normal.

We hope you will be happy to take part in this to raise funds for a cause that is very dear to our school. Monetary donations to class please. Thank you.



Plymouth Science Easter Camp

FREE for children who are eligible for Free School Meals*

or

£20 per day
(bring your own lunch)

£23 per day
(lunch provided)



Scan here to book your place

Venue: St Peters Primary School, Brentford Ave, Plymouth PL5 4HD

Days: 11th - 14th April
19th - 22nd April

Timings: 9am-3pm

Age: 6-11 years



Newspaper Engineering



Catapults



Forest Schools



Bubbles



Dry Ice



Lego

To book your place visit our website and click on the poster or scan the QR code above
For any questions, please email us (bookings cannot be done via email).
Web: www.plymouthsciencecic.co.uk Email: plymouthsciencecic@gmail.com
Tel: 07933 055 506 (only during camp dates)

* Eligibility for free places is for children who receive Free School Meals. This DOES NOT include children in Foundation/Key Stages 1 who receive Universal Free School Meals. If you are unsure of your status, enquire with your school office. Eligibility will be checked by Plymouth City Council, and full payment will need to be made for sessions if your child is ineligible for Free School Meals.

SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From the continuing impact of COVID-19 to the war in Ukraine, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the news, both online and offline. Before swamping your child with information, find out what they know already. Show them your interest in listening and try to gauge how much your child has been impacted and how they have seen it.

RIGHT TIME, RIGHT PLACE

Start a conversation about upsetting content at a time when your child is relaxed and calm. Choose a time when they're relaxed and open to listening. But don't force them to have their full attention. Remember, these conversations can be sensitive, emotional, so choose somewhere your child feels safe and comfortable.

KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response, who often say you can be more open about the realities and consequences of what is happening, but again, do stay aware of their emotional state.

EMPHASISE HOPE

Upsetting content can make us feel angry, scared, or overwhelmed. Try to avoid stories of hopelessness and despair. Children do not want to feel that they're being let down. They know they can't do anything to help, so encourage your child to focus on what they can do to help. Make them feel they're positively impacting the events they're concerned about.

MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, or sad, but they will show signs of distress. Emotional reactions are normal when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in their own judgemental space and try to stay mindful of how they might be feeling.

CONSIDER YOUR EMOTIONS

It's not only young people who find upsetting news difficult to process. Adults also have to deal with strong emotions in moments of crisis. Children are picking up on the worry and concern in your voice. So staying calm, and trying to be as reassuring as possible, helps give a voice to bystanders who may be struggling to get their own heads around what's going on and get the help they not only need but want.

SET LIMITS

Managing screen time and content can be difficult at the best of times, but especially in times of stressful periods (at the start of the pandemic, for example). It's a tricky line to keep, as children often want to see what's going on, but it's important to set boundaries and controls. Talk to the governors of your school and enforce screen time limits.

TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once. Instead, take the discussion one step at a time. Start with the first conversation, a simple introduction to a potentially upsetting subject and see how your child reacts. It's okay to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a big step.

ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across many platforms, many of which your child might access. Even if the content is age appropriate, encourage your child to discuss what they've seen instead of being silent about it. Children are often afraid of asking if they're worried, so encourage them to ask questions. You want to be their constant source of information, not their enemy.

FIND A BALANCE

There's often a tremendous temptation to stay right up to date with events. Our phones frequently send us push notifications and we're often tempted to check them. It's important to limit the amount of time you spend on social media, and to focus on positive news instead of doom-mongering and making becoming overwhelmed by bad news.

BUILD RESILIENCE

There have never been more resources available. While our world is full of uncertainty, it's important that they're equipped with the skills to deal with it. Encourage them to talk about upsetting content more generally with you, and emphasize that you can always rely on you or a trusted adult if something they see makes them feel uneasy.

IDENTIFY HELP

It's hugely important that children know where to find support if they're struggling. Encourage them to open up to an adult that they trust, and emphasize that it's essential that children understand that there's not shame, and that help is available if and when they need it.

Meet Our Expert

Coyley Jorgensen is the director of Family South Africa, which is a reporting system that is currently being used by schools and companies to help build a safer world. Coyley helps give a voice to bystanders who may be struggling to get their own heads around what's going on and get the help they not only need but want.



www.nationalonlinesafety.com @nationalonlinesafety /NationalOnlineSafety #WakeUpWednesday

Collective Worship

In Collective Worship last week we had a special assembly from Mrs Hardy which introduced 'Fair Trade Fortnight'. Following on from this assembly, each class has spent some time focusing on what we mean by 'Fair Trade' and what we can do to ensure farmers get fair pay for the crops that they grow.

This week we looked again at our value of Bravery and read the poem '[I am Brave](#)'. This poem caused great discussion in classes around the theme of bravery being about knowing what we are fearful of.

How have you been brave recently?

Dates for your diaries:

- 25.03.22 Wear a Hat Day.
- 01.04.22 Tempest Photography Class Photos and Year 6 photos.
- 08.04.22 Last day of school before Easter break.
- 25.04.22 Non pupil day.
- 26.04.22 First day of summer term.



School Meals



SCAN ME

CATERed 
FEEDING AMBITIONS

School Money



SCAN ME



schoolmoney

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