



# Lanchester E.P. (Cont.) Primary School & Nursery

*A Caring Community Where All Can Flourish*



*'Through God's love, we are the rich soil  
where roots grow and seeds flourish.'*

Luke 8:4-15



Friday 5<sup>th</sup> January 2024

Dear Parents and Carers,

Happy New Year to you all! I hope you have all enjoyed a lovely break with your families. However nice the Christmas break is, there is always something very refreshing about the start to the new year. It is always good to be back to some kind of normality and into a routine again - I think! At least we will all know what day of the week it is anyway...

We are starting the new year with some lovely staff news as we have another addition to our staff team. Miss Charlotte Martin gave birth to an absolutely beautiful baby boy on Saturday 30<sup>th</sup> December called Alfred. He came into the world weighing a very healthy 9lb 3 oz and I am delighted to say that mother, father and baby are all doing well. Huge congratulations to Miss Martin and her husband!

I am also very pleased to tell you that another addition to our staff team will arrive later this year. Mrs Hayley Lydon is also expecting a baby which I am sure many of you will have spotted already! We are delighted for her although she will still be with us for quite some time yet.

### Attendance

<b>Reception</b>	95.8%
<b>Year 1</b>	96.3%
<b>Year 2</b>	97.5%
<b>Year 3</b>	97.1%
<b>Year 4</b>	98%
<b>Year 5</b>	93.3%
<b>Year 6</b>	94.8%

### Safeguarding

Keeping children safe from harm is our number one priority. We will always act upon any concerns individuals have, or any disclosures from children. However, if you have any concerns outside of school, or if you have a concern about a child or young person's welfare, it is essential that you call First Contact on: 03000 267979.

### Online Safety

This week, the National Online Safety topic all about is managing screentime. Please see the attached information poster – why not encourage your family to make a new years resolution to lower the amount of time spent on screens, or even have at least one designated screen free night a week.

### Diary Dates for Next Week

#### Tuesday 9<sup>th</sup> January – Crazy Creatures with Year 1

Our Year 1 cohort are eagerly anticipating the arrival of some rather crazy creatures on Tuesday to help start their topic of 'Paws, Claws and Whiskers'. I am sure they will all thoroughly enjoy their day meeting some very different types of creatures and know they are bound to tell you all about it on Tuesday night!

### **Friday 12<sup>th</sup> January – Year 5 and Year 6 Indoor Athletics**

Our Year 5 and Year 6 Athletics Team will be taking part in a competition at Maiden Castle on Friday morning. All parents of children involved will receive an email with further details. It is an indoor sports competition which takes place between 9:30am and 1:45pm on Friday and children involved will need a packed lunch.

### **Friday 12<sup>th</sup> January – Coffee Afternoon at 2.30pm**

The Friends of the School are holding a Coffee Afternoon on Friday 12<sup>th</sup> January from 2.30pm for any parents and carers to come along for a social event. During the coffee afternoon, some members of The Friends of The School will be there to chat to anyone interested in being part of the group. Mr McLoughlin will also be available for any parents and carers to have an informal conversation with about any concerns they have regarding their child's additional needs. We look forward to seeing you at our first social event of the year!

### **SEND News**

This term, CAMHS will be running a series of online sessions for parents and carers to support with a range of difficulties that families may be experiencing. The sessions on offer are detailed below and will run via Microsoft Teams.

If you would like to take part, please email CAMHS on: [teww.countydurhamcamhstraining@nhs.net](mailto:teww.countydurhamcamhstraining@nhs.net)

If you would like to take part in these sessions but do not have the technology available to be able to do this, please speak to Mr McLoughlin in school, who will be happy to help with this.

### ***Understanding why children might be anxious about school - Tuesday 6<sup>th</sup> February, 9.30am to 11.30am***

This is an awareness session to increase understanding of why children might be anxious about school, identify potential triggers and look at available support and strategies. This session is suitable for parents/carers of all school aged children but may be of limited value to parents of children with more complex needs.

### ***Anxiety***

This session looks at what anxiety is, what the triggers might be, how to identify it and how we can support our children and young people:

Tuesday 30 January, 9.30am to 11.30am (over 11 years)

Tuesday 13 February, 9.30am to 11.30am (5-11 years)

### ***Emotional wellbeing – Tuesday 5<sup>th</sup> March 9.30 – 11.30am***

This session will focus on emotional wellbeing, what is it and how can we improve it for ourselves and our children. This session explores the link with mental health and looks at how we can manage our own wellbeing as well as that of our children and young people.

### ***Understanding sleep - Wednesday 10<sup>th</sup> January or Wednesday 17<sup>th</sup> April, 1.30pm to 3pm***

This workshop will provide an understanding of sleep cycles and the importance of good sleep hygiene and routine. We will look at why sleep problems may occur for young people, possible causes and look at strategies to help your child develop good sleep habits.

### ***Understanding behaviour development in children and young people – Tuesday 19<sup>th</sup> March 9.30 – 11.30am***

This session will look at behavioural norms in the developing child and how adult behaviour influences this. We will look at the challenges parents and carers may face and how they can support their children and young people to develop resilience and manage risk as they grow to adulthood and independence.

***Mr McLoughlin***

### **Early Years News**

The Reception staff have planned two trips for the Spring Term. The first is a visit to Laing Gallery, Newcastle on Tuesday 6<sup>th</sup> February. This has been a wonderful trip in previous years and we are very much looking forward to exploring the art works on show in the gallery. We will need four parent volunteers (two per class) to support this trip. Our second trip is to Kirkley Hall Zoo, at Northumberland College on Tuesday 19<sup>th</sup> March. Again, we will need two parent volunteers per class to support the trip. If you are interested in

coming along to help, please email your child's teacher and they will add you to the list of possible volunteers. We will let you know if you are needed to support a trip as soon as possible.

We are hoping to take all of our Nursery 2 children (those due to start Reception in September) to visit the library over the course of next half term. We have a 1:2 ratio for children on these first trips out, so will need some support. If you are able to help out, please let Miss Butler know the best days and times for you so that we can work out a programme of visits. We expect these visits to take part over several weeks as we have a lot of children to take, so even if you can only spare an hour over the whole half term, we would very much appreciate the help.

During the week beginning 29<sup>th</sup> January, we will be celebrating National Storytelling week in Nursery and Reception and have lots of fun and engaging activities planned to immerse your children in the world of story. In **Nursery**, Miss Butler will be hosting a series of Tales Toolkit workshops for parents and children on Tuesday 30<sup>th</sup>, Wednesday 1<sup>st</sup> and Friday 2<sup>nd</sup> February at 9:00 am and 2:15pm.

If you would like to sign up for one of the sessions with your child, then please let us know via this form <https://forms.office.com/e/Vqn5pbFt0i> Please note that there will be a follow-up task to complete at home with your child after the session.

**Reception** would like to invite parents/grandparents/carers into our classes to read a story to the children during National Storytelling Week. This will take place every day, with a session taking place in the morning at 9am and a session in the afternoon at 2.50pm. If this is something you would like to be involved in, please email either Mrs Lydon or Mrs Burke with your preferred day and time and this will be arranged on a first come, first served basis. Stories can be provided, however if you have a personal favourite you would like to read, you are welcome to bring a book along.

**Miss Butler**

### **Key Stage One News**

Happy New Year! I hope you all had a wonderful time over the holidays and got some time to relax with your families. The children have made an excellent return to school and it has been wonderful to hear all of their stories from the holidays. With the New year comes two exciting new topics for us to learn about and the children are already enjoying exploring their new topics in their classrooms. In Year 2 the new topic is 'Moon Zoom' where the children will be learning all about Space and one of the first Astronauts, Neil Armstrong, as well as creating their own moon buggies.

In Year 1 our topic is 'Paws, Claws and Whiskers' which is all about animals and where they come from in the World. To introduce the topic, we are having a visit from Crazy Creatures on Tuesday morning. This will be an animal handling session with the opportunity to handle lots of different exotic animals. If you would prefer your child **not** to be part of this animal handling session, please let the school office know by the **end of the day on Monday**.

We are also creating a classroom display of our own pet animals this half term. If your child has a pet they would like to share with the class, please email Mr McLoughlin or myself a picture over the next week.

**Mr Innes**

### **Key Stage Two News**

On behalf of everyone in Key Stage 2, we would like to wish you a Happy New Year. It has been a busy few days since the children started back on Wednesday. There has been a real buzz in the classrooms, with the children being eager to get back to their learning.

In class, each year group is starting their new topics. Year 3 will be finding out about the extreme power of volcanoes and earthquakes in their 'Tremors' topic, whilst Year 4 will be heading to the Battle of Hastings as they start their work on '1066.' Our Year 5 children will be travelling back in time to the pyramids of Ancient Egypt in the 'Pharaohs' topic and finally, Year 6 will be learning about the Ancient Greeks in their 'Gods and Mortals' topic.

Year 3	Year 4	Year 5	Year 6
 <p>Tremors</p>	 <p>1066</p>	 <p>Pharaohs</p>	 <p>Gods and Mortals</p>

The texts that link to our topics are as follows:

Year 3	Escape from Pompeii	Christina Balit
Year 4	Stormin' Normans	Terry Deary
Year 5	Secrets of the Sun King	Emma Carroll
Year 6	Percy Jackson and The Lightning Thief	Rick Riordan

If you would like more information about our topics, texts or want to know how you can support your child's learning, please refer to the 'Parent Information' leaflets that will be sent out on Monday. **Mr Knighton**

### **Positive Thinking**

*A New Year!  
A new chapter, new verse, or just the same old story?  
Ultimately, we write it.  
The choice is ours.*

As always, if there is anything at all you would like to discuss, please do not hesitate to contact me.

Best Wishes,

*Jane Davis*

Mrs Jane Davis  
(Head Teacher)



# Lanchester Endowed Parochial Primary School



## DIARY DATES for Spring 1

Tuesday 9 <sup>th</sup> January 2024	Morning	Crazy Creatures with Year 1
Friday 12 <sup>th</sup> January 2024	Morning	Year 5 & 6 Athletics Team at Maiden Castle
Friday 12 <sup>th</sup> January 2024	2.30pm	Coffee Afternoon with Friends of the School & Mr McLoughlin
Tuesday 16 <sup>th</sup> January 2024	All Day	Times Tables Rockstars Day for Reception to Year 6
Tuesday 16 <sup>th</sup> January 2024	6pm	Parent Information Session re Year 4 Multiplication Check
Friday 19 <sup>th</sup> January 2024	Morning	Movement Team with Reception
Monday 22 <sup>nd</sup> January 2024	All Day	Captain Chemistry in School
Tuesday 23 <sup>rd</sup> January 2024	All Day	Captain Chemistry in School
Wednesday 24 <sup>th</sup> January 2024	Morning	Year 5 Mini Police Project
Thursday 25 <sup>th</sup> January 2024	All Day	Digital Leaders at Bett Show, London
Friday 26 <sup>th</sup> January 2024	All Day	Digital Leaders at Bett Show, London
Saturday 27 <sup>th</sup> January 2024	5pm	Digital Leaders Arrive at Durham Train Station
Week Beginning 29 <sup>th</sup> January	All Week	National Storytelling Week celebrations in EYFS
Tuesday 30 <sup>th</sup> January	9am & 2.15pm	Tales Toolkit Workshops for Nursery Parents
Tuesday 30 <sup>th</sup> January 2024	6pm	Parent Information Session on New Spelling Scheme – Sounds and Syllables
Tuesday 30 <sup>th</sup> January 2024	All Day	Ancient Egypt Outreach Day for Year 5
Wednesday 31 <sup>st</sup> January 2024	Morning	Year 5 Mini Police Project
Thursday 1 <sup>st</sup> February 2024	9am & 2.15pm	Tales Toolkit Workshops for Nursery Parents
Friday 2 <sup>nd</sup> February 2024	9am & 2.15pm	Tales Toolkit Workshops for Nursery Parents
Monday 5 <sup>th</sup> February 2024	9am	Y3 Spelling in Action Lesson for Parents
Tuesday 6 <sup>th</sup> February 2024	9am	Y4 Spelling in Action Lesson for Parents
Tuesday 6 <sup>th</sup> February 2024	All Day	Reception at Laing Art Gallery
Wednesday 7 <sup>th</sup> February 2024	9am	Y5 Spelling in Action Lesson for Parents
Wednesday 7 <sup>th</sup> February 2024	Morning	Year 5 Mini Police Project
Wednesday 7 <sup>th</sup> February 2024	4.50pm	Year 5 & Year 6 Depart for Rajkot, India
Thursday 8 <sup>th</sup> February 2024	9am	Y6 Spelling in Action Lesson for Parents
Friday 16 <sup>th</sup> February 2024	Morning	Year 5 & Year 6 Arrive from India
Friday 16 <sup>th</sup> February 2024	Afternoon	Royal Opera Workshop for KS2
<b>Holiday Club: Monday and Tuesday 19<sup>th</sup> &amp; 20<sup>th</sup> February 2024</b>		
<b>Email: <a href="mailto:ljsportscoaching@gmail.com">ljsportscoaching@gmail.com</a></b>		
Friday 23 <sup>rd</sup> February 2024	1.10pm	Year 5 & Year 6 Depart for Dubai, UAE
Monday 26 <sup>th</sup> February 2024	7.30am	School re-opens for Spring Term 2
Monday 26 <sup>th</sup> February 2024	All Day	Captain Chemistry in School
Tuesday 27 <sup>th</sup> February 2024	All Day	Captain Chemistry in School
Wednesday 28 <sup>th</sup> February 2024	All Day	Year 2 at Centre for Life
Monday 4 <sup>th</sup> March 2024	9am	Year 3 Maths in Action Lesson for Parents
Tuesday 5 <sup>th</sup> March 2024	Morning	Author Dan Smith in School
Wednesday 6 <sup>th</sup> March 2024	9am	Year 4 Maths in Action Lesson for Parents
Thursday 7 <sup>th</sup> March 2024	9am	Year 5 Maths in Action Lesson for Parents
Thursday 7 <sup>th</sup> March 2024	All Day	Year 1 in Newcastle for Bright Lights, Big City Topic

Friday 8 <sup>th</sup> March 2024	9am	Year 6 Maths in Action Lesson for Parents
Friday 8 <sup>th</sup> March 2024	All Day	Durham University PGCE Students Forest School Day Here
Monday 11 <sup>th</sup> March 2024	9am	Reception Maths in Action Lesson for Parents
Tuesday 12 <sup>th</sup> March 2024	9am	Year 1 Maths in Action Lesson for Parents
Wednesday 13 <sup>th</sup> March 2024	9am	Year 2 Maths in Action Lesson for Parents
Saturday 16 <sup>th</sup> March 2024	4am	Year 4 – 6 Ski Trip Leaves School
Tuesday 19 <sup>th</sup> March 2024	All Day	Reception at Northumberland Zoo
Saturday 23 <sup>rd</sup> March 2024	Afternoon	Year 4 – 6 Ski Trip Returns
Monday 25 <sup>th</sup> March 2024	3.30pm-6pm	Parents' Evening
Tuesday 26 <sup>th</sup> March 2024	3.30pm-6pm	Parents' Evening
Wednesday 27 <sup>th</sup> March 2024	Afternoon	Easter Service in All Saints Church
Thursday 28 <sup>th</sup> March 2024	Morning	Easter Egg Decorating Competition
Thursday 28 <sup>th</sup> March 2024	2.30pm	Coffee Afternoon
Thursday 28 <sup>th</sup> March 2024	5.15pm	School Closes for Easter Holiday
<b>KS2 Statutory Assessment Tests - Week Beginning Monday 13<sup>th</sup> May 2024</b>		
<b>Year 4 Multiplication Check - Week Beginning Tuesday 3<sup>rd</sup> June 2024</b>		
<b>Year 1 &amp; Year 2 Phonics Screening Check - Week Beginning Monday 10<sup>th</sup> June 2024</b>		

# 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!

BUY MILK

## 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

Minds 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 prioritised.



DEVICE BOX

The National College



National Online Safety

#WakeUpWednesday

@natonlinesafety

/NationalOnlineSafety

@nationalonlinesafety

@national\_online\_safety