



# 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 2<sup>nd</sup> February 2024

Dear Parents and Carers,

This week seems to have flown over! Year 5 enjoyed a fabulous day about Ancient Egypt on Tuesday with ULC (University Library and Collections) Outreach Programme. We were fortunate to welcome two very knowledgeable professionals who kept the classes enthralled throughout the day with so much information about Ancient Egypt. A very special day which I am sure they will remember for a long time to come.

We have also enjoyed welcoming many Nursery parents to our Tales Toolkit Workshops – thank you so much for coming and I do hope you found them both enjoyable and informative. We also appreciate those parents taking their time to come to the Spelling Workshop on Tuesday – that presentation can be found on the website in the following section: Parents → Downloadable Forms & Useful Information → Parent Workshops.

I am pleased to let you know that Mr Taylor has had his operation and is currently recuperating at home. I cannot recall Mr Taylor missing a single day of work and know that he will find it hard not being here with his class. However, we all hope he has a speedy recovery and look forward to seeing him when he is well enough to be back with us all.

### **India Residential**

8 children and 2 staff are heading off to Rajkot, India next week on a trip of a lifetime. The excitement is mounting for them all as well as some nervous anticipation. I have the greatest respect for the parents and carers of these children for allowing them to go on such a big adventure. I know they will look forward to seeing the news and photographs and hopefully we will be able to share in some of their trip through X (formerly known as Twitter) as well.

However, our co-chair of governors has also managed to liaise with Paul Collingwood (England Cricketer and Coach) who is giving tickets to our school for the first day of their test match in Rajkot starting on Thursday 15<sup>th</sup> February. This is a wonderful gesture from him and we are incredibly grateful to him for organising this. I know the children and staff know how very fortunate they are to be able to attend a test match in India!

### **Etika – New Uniform Provider Promo Code**

We have had some really positive feedback about the new uniforms. The company currently have two February offers available to our school for free next day delivery to school.

The promo code **LEPFREE** is now set up; when applied, it removes the postage charge and orders will be delivered directly to school. The cut off dates for this offer are as follows:

Orders placed online by the 15<sup>th</sup> of February will be delivered on Friday the 16<sup>th</sup> February.

Orders placed online by the 28<sup>th</sup> of February will be delivered on Thursday the 29<sup>th</sup> February.

### **Children's Mental Health Week**

Next week is Children's Mental Health Week. Please see the Key Stage 1 and 2 news for more information on the theme 'My Voice Matters'. We will be organising a variety of activities for the children during the week and on Friday, we will be holding a 'Wear a Scarf to School Day' to show our commitment to Children's Mental Health Week. I am sure there will be a wide range and colours of scarves on Friday!

All classes have a Worry Box in their classrooms so that those children who may find it difficult to talk directly to an adult can pop a note in the box instead. An adult will then find time to talk with the child or class to address any concerns or worries they may have.

## **Disco Tickets on Sale**

The Friends of the School discos will be held on Thursday 8<sup>th</sup> February. The Year 1 and Year 2 disco takes place from 3.15pm until 4.15pm. Children can bring a change of clothes into school and staff will help the children change and take them straight up to the hall for the disco at the end of the school day. They will then need to be collected at 4.15pm at the normal place.

The KS2 disco will then follow from 4.30pm until 6pm. Children can either stay at after school club for the cost of £5 where staff will help them to get changed or go home and return at 4.30pm for the disco. They will then need to be collected at 6pm and this will be from the Main Entrance for Years 4 & 5 and the Hall Door for Years 3 & 6. If they are staying for After School Club, this will need to be booked and paid for via Arbor. After School Club will be held in the Nursery.

Tickets are available from the school shop section of your Arbor account and cost £1.50. The ticket price includes a hot dog and drink half way through the disco. I am sure the children will thoroughly enjoy these discos and I know many of them are talking about it already!

## **Attendance**

<b>Reception</b>	<b>94.4%</b>
<b>Year 1</b>	<b>94.8%</b>
<b>Year 2</b>	<b>96.5%</b>
<b>Year 3</b>	<b>94.9%</b>
<b>Year 4</b>	<b>97.7%</b>
<b>Year 5</b>	<b>97.2%</b>
<b>Year 6</b>	<b>91.4%</b>

## **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**

Please see this weeks online safety information sheet about Persuasive Design online and how companies utilise it to get us, and our children, to spend more time (and sometimes money) on their website, app or game, and the steps we can use to curb its influence.

## **LJG Sports Coaching Holiday Club**

LJG Sports Coaching will be holding holiday club in school during half term on Monday 19<sup>th</sup> & Tuesday 20<sup>th</sup> February. If you would like to book your child onto one of these sessions, please do so via this link:

<https://forms.gle/usmM4tEfvbXBq3qV6>.

If you have any questions, please contact Mr Graham via [LJGsportscoaching@gmail.com](mailto:LJGsportscoaching@gmail.com).

## **Diary Dates for Next Week**

We are looking forward to welcoming parents into school for the Spelling in Action lessons this week – please see the times and dates below for your child's year group. As usual, please remember that you might not necessarily see your child being taught. We only ask around 10 children to be involved in these session as not all children find it easy being in a room with quite so many adults watching them!

### **Monday 5<sup>th</sup> February 2024 – Year 3 Spelling in Action Lesson for Parents and Carers at 9am**

Please come to the main office for 9am and staff will take you along to the classroom.

### **Monday 5<sup>th</sup> February 2024 – Key Stage 2 Swimming Gala**

This is being held at the Louisa Centre on Monday morning – the children involved have been informed and emails sent to parents. This is a great opportunity for some of our children to enjoy swimming with and against other local schools in the area.

### **Tuesday 6<sup>th</sup> February 2024 – Reception at the Laing Art Gallery**

Our Reception children are really looking forward to spending the day at the Laing Art Gallery on Tuesday. They are to come to school in their uniforms as normal and with a packed lunch. They will return to school in time for the end of the school day.

### **Tuesday 6<sup>th</sup> February 2024 – Year 4 Spelling in Action Lesson for Parents and Carers at 9am**

Please come to the main office for 9am and staff will take you along to the classroom.

### **Wednesday 7<sup>th</sup> February - Mini Police Project with Year 5**

This is the final week for our Year 5 children and the mini police project. This week is a showcase and cascading their learning.

### **Wednesday 7<sup>th</sup> February – Year 5 Spelling in Action Lesson for Parents and Carers**

Please come to the main office for 9am and staff will take you along to the classroom.

### **Thursday 8<sup>th</sup> February – Year 6 Spelling in Action Lesson for Parents and Carers at 9am**

Please come to the main office for 9am and staff will take you along to the classroom.

### **Thursday 8<sup>th</sup> February – Year 3 Pompei Green Screen Day**

Year 3 will be enjoying a day in Pompei on Thursday through the use of the green screen, using technology to bring their learning to life. I am sure they will all thoroughly enjoy this experience!

### **Thursday 8<sup>th</sup> February – KS1 Disco – 3.15pm – 4.15pm**

Staff will supervise the children to change at 3.15pm and take them to the disco. Parents and carers are then to collect their children from the field gate as usual at 4.15pm. Please note that we are unable to permit parents to come into school to help change their child for obvious safeguarding reasons. Thank you.

### **Thursday 8<sup>th</sup> February – KS2 Disco – 4.30pm – 6pm**

Please note, unless children go to after school club, they are unable to stay in school for the disco. If they attend an extra-curricular club and want to go straight to the disco, staff will be around to supervise while they change between 4.15 – 4.30pm. Otherwise, KS2 children are to return to school for 4.30pm. We will be unable to allow them access to the school earlier than 4.30pm as we will be dismissing KS1 children at that point. Please come to the main office to collect your child at 6pm when the disco ends. Thank you.

### **Friday 9<sup>th</sup> February – Wear Your Scarf to School Day**

We are encouraging all children and adults to wear your scarf to school on Friday to celebrate the end of Children's Mental Health Week although we realise that every week really is children's mental health week! However, wearing a scarf will end the week on a high and we intend to find lots to celebrate in all children on Friday!

### **Advance Notices**

Ash Wednesday is one of the most significant days of the Christian year. It begins the season of Lent, when we recall the 40 days that Jesus spent in prayer and fasting in the desert at the start of his public ministry. Lent is the time in which Christians prepare themselves for Easter.



Some churches, including our own, burn last year's palm crosses to make ashes with which we make the sign of the cross on our foreheads. The ashing service is a multi-sensory experience, and it helps us to remember our baptism, our place in the cycle of life, and our dependence upon God.

We will be holding an age-appropriate Ash Wednesday service in school on Wednesday 14<sup>th</sup> February, which will include an opportunity to receive the sign of the cross in ashes. If you would like more information about this service, please contact me on 01207529166, or by emailing [reverendsutherland@gmail.com](mailto:reverendsutherland@gmail.com).

If you do not wish your child to receive the sign of the cross, please email the school office. Thank you.

*Rev'd Lesley Sutherland*

## SEND News

Class teachers are currently busy reviewing SEN Support Plans to reflect the progress that many children have made with their outcomes since the plans were last reviewed in October. We would like to invite parents and carers of children with SEN Support Plans to make an appointment to go through the reviewed plans with their child's class teacher on Wednesday 14<sup>th</sup> February. Teachers will have appointments from 3:15pm to 4:15pm. If you would like to make an appointment, please email your child's class teacher by Thursday 8<sup>th</sup> February and they will get back to you at the end of next week with an appointment time. If you are unsure whether your child has an SEN Support Plan, please contact Mr McLoughlin on [s.mcloughlin@lanchesterep.net](mailto:s.mcloughlin@lanchesterep.net)

**Mr McLoughlin**

## Early Years News

We have had a wonderful response to our Tales Toolkit sessions in Nursery this week with over 30 parents attending. We hope that you found it interesting and very much look forward to hearing the stories your child creates at home. Thanks to those of you who have already sent in stories or have uploaded them to Evidence Me. If you were unable to attend but would like further information about Tales Toolkit, please ask for an information leaflet when you are picking up your child.

Thanks to the parents who helped with Nursery library visits this week. We will be taking children next week too, so if anyone else could help please let us know. We will be going on Tuesday at 2pm and again on Thursday at 9:15am and 1:30pm.

Our Reception children are very much looking forward to their trip to Laing Art Gallery on Tuesday. Please remember that they will need a packed lunch and a drink to take with them. They should come in school uniform as normal. Please note that our next trip for Reception will be to Kirkley Hall Zoo on Tuesday 19<sup>th</sup> March.

**Miss Butler**

## Key Stage One and Key Stage Two News

### Children's Mental Health Week



Next week, our Key Stage 2 children will be taking part in a range of activities linked to Children's Mental Health Week. This year's theme is 'My Voice Matters'. **My Voice Matters** is about empowering children and young people by providing them with the tools they need to express themselves.

When we feel empowered, there's a positive impact on our wellbeing. Children who feel that their voices are heard and can make a difference have a greater sense of community and self-esteem. At Lanchester EP, we want children of all ages, backgrounds and abilities to be empowered to work together to create a positive change for their mental health and wellbeing.

During Children's Mental Health Week, we want all children and young people to be able to say – and believe – "My Voice Matters." Why not ask your child to talk to you about the activities they take part in next week?

**Mr Innes and Mr Knighton**

## Positive Thinking

### THE TEN COMMANDMENTS OF MENTAL HEALTH

- *Think positively. It's easier.*
- *Cherish the ones you love.*
- *Continue learning as long as you live.*
  - *Learn from your mistakes.*
- *Exercise daily – it enhances your well-being.*
- *Do not complicate your life unnecessarily.*
- *Try to understand and encourage those around.*
- *Do not give up; success in life is a marathon.*
  - *Discover and nurture your talents.*
- *Set goals for yourself and pursue your dreams.*

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

Monday 5 <sup>th</sup> February 2024	9am	Y3 Spelling in Action Lesson for Parents
<b>Monday 5<sup>th</sup> February 2024</b>	<b>10.30am</b>	<b>Safer Internet Day Assembly</b>
<b>Tuesday 6<sup>th</sup> February 2024</b>	<b>All day</b>	<b>Safer Internet Day</b>
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
<b>Thursday 8<sup>th</sup> February 2024</b>	<b>3.15-4.15pm</b>	<b>KS1 Disco in the School Hall</b>
<b>Thursday 8<sup>th</sup> February 2024</b>	<b>4.30pm – 6pm</b>	<b>KS2 Disco in the School Hall</b>
<b>Friday 9<sup>th</sup> February 2024</b>	<b>All Day</b>	<b>Wear Your Scarf to School Day</b>
<b>Wednesday 14<sup>th</sup> February 2024</b>	<b>3.15pm-4.15pm</b>	<b>SEND Support Plans Reviewed</b>
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
<b>Tuesday 5<sup>th</sup> March 2024</b>	<b>All Day</b>	<b>Year 1 in Newcastle for Bright Lights, Big City Topic</b>
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
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
<b>Tuesday 12<sup>th</sup> March 2024</b>	<b>6pm</b>	<b>Year 6 Parent Information Session on SATs</b>
Wednesday 13 <sup>th</sup> March 2024	9am	Year 2 Maths in Action Lesson for Parents
<b>Friday 15<sup>th</sup> March 2024</b>	<b>1pm</b>	<b>Performance of Hamlet in Bishop Auckland Town Hall</b>
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>		

### School Holidays 2023 – 2024

Holiday	Last Day at School	Re-open for Teaching
Spring Half Term	Friday 16 <sup>th</sup> February 2024	Monday 26 <sup>th</sup> February 2024
Easter Holiday	Thursday 28 <sup>th</sup> March 2024	Monday 15 <sup>th</sup> April 2024
May Day	Friday 3 <sup>rd</sup> May 2024	Tuesday 7 <sup>th</sup> May 2024
Summer Half Term	Thursday 23 <sup>rd</sup> May 2024	Tuesday 4 <sup>th</sup> June 2024
Summer Holiday	Friday 19 <sup>th</sup> July 2024	<b>Wednesday 4<sup>th</sup> September 2024</b>

### School Holidays 2024 – 2025

Holiday	Last Day at School	Re-open for Teaching
		Wednesday 4 <sup>th</sup> September 2024
Autumn Half Term	Friday 25 <sup>th</sup> October 2024	Monday 4 <sup>th</sup> November 2024
<b>Long Weekend</b>	<b>Friday 22<sup>nd</sup> November 2024</b>	<b>Tuesday 26<sup>th</sup> November 2024</b>
Christmas Holiday	Friday 20 <sup>th</sup> December 2024	Monday 6 <sup>th</sup> January 2025
Spring Half Term	Friday 21 <sup>st</sup> February 2025	Monday 3 <sup>rd</sup> March 2025
Easter Holiday	Friday 11 <sup>th</sup> April 2025	Monday 25 <sup>th</sup> April 2025
May Day	Friday 2 <sup>nd</sup> May 2025	Tuesday 6 <sup>th</sup> May 2025
<b>Summer Half Term</b>	<b>Thursday 22<sup>nd</sup> May 2025</b>	<b>Monday 2<sup>nd</sup> June 2025</b>
Summer Holiday	Friday 18 <sup>th</sup> July 2025	Tuesday 2 <sup>nd</sup> September 2025

# What Parents & Carers Need to Know about PERSUASIVE DESIGN ONLINE

'Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

## WHAT ARE THE RISKS?

### POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from: some people may begin to feel anxious or irritated without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to other people in real life.

### MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

### PROLONGED SCROLLING

Social media can draw any of us – regardless of age – into a continuous pattern of refreshing our screen, following posts and links down rabbit holes or reading countless comments made by others. This aimless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.

### SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a carefree, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

### COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

### PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means far less time moving around and getting exercise: hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.



## Advice for Parents & Carers

### ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.



### ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.

### NIX NOTIFICATIONS

Stop knee-jerk responses at the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device. Switching them off – or even deleting any particularly intrusive apps – can help prevent your child from being reeled back into the online world.



### MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.



### Meet Our Expert

Rebecca Jennings has more than 20 years' experience in the field of relationships, sex and health education (RSHE). As well as delivering workshops and training for young people, parents and schools, she is also a subject matter expert on RSHE for the Department of Education.



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