

Your News



Issue 3 9th October 2020

This week at LPPS

World Mental Health Day has been a key focus for this week. We are wanting the children to develop a vocabulary that surrounds mental health and recognise that it is something that, just like our physical health, we need to actively take care of.

This academic year is one where the profile of mental health and wellbeing is at the forefront of our short and long term planning. Next week I will be attending 2 days of training to become a mental health first aider and I am also undertaking training with the Anna Freud Centre, Mentally Healthy Schools and Place2Be. With these skills, I will be better placed to move the school forward to become a beacon of support for children and staff.

We are all committed to creating a safe environment where both mental health can be supported and families can be signposted to the correct support that is needed. As with physical illnesses, we are not medical doctors and cannot diagnose mental health illnesses, but we know that there is a lot that we can do to support the development of positive mental health. Being open to conversation about mental health, is one of the first steps to that.

We have a responsibility to support the children to be successful. The whole child. Being mentally healthy and have strategies to manage when we are not feeling mentally well, help us with the ability to cope with the other demands in life, including being able to access the learning in school.

Begin to open up the discussion with your children at home about mental health. Take a look at the link below which has some helpful tips to get you started.

<https://www.time-to-change.org.uk/parents-starting-a-conversation>

<https://www.annafreud.org/what-we-do/schools-in-mind/resources-for-schools/advice-for-parents-and-carers->

[talking-mental-health-with-young-people-at-primary-school/](#)

Safety on the Lane



There have been reports of people driving at excessive speeds down Hawksbrook Lane. I urge you respond to my request by taking care and ideally parking off site and walking up to the school. We know what a positive impact exercise can have on our mental health and thus it is a great start and end to the day for your child.



Social distancing at the school is still of paramount importance. It is not yet time to slip into our old ways. Please support us by role modelling the correct behaviour to your child at drop off and pick up as they are so good at it during the school day. The risks of the virus do not end at the end of the school day. Please take care and if you are able, please wear a mask.

Keeping everyone safe is everyone's responsibility



Respect

Passion

Reflection

Wonder

Empathy

Unity

Perseverance

Community Support

Celebrating Languages

Did you know at Langley Park Primary we speak over 15 languages? Some families have English as an additional language, some children learn additional languages, inside and outside of school, and some of our community know a few phrases from reading, eating out or trips abroad.

We are a diverse bunch and we would like to celebrate and share this by inviting children to learn to say, "Hello!" to some of our bilingual pupils. Can you learn to say hello in Chinese, Russian, Turkish, Albanian, Greek or Tamil?

Can you learn any other phrases or greetings from different languages? You might like to surprise your teacher with a foreign greeting during the register or see if your friends can guess which language your greeting is from!

Miss Crosbie – EAL Lead



PSHE

The ZONES of Regulation®

At LPPS we have introduced **The Zones of Regulation** ([Leah Kuypers 2011](#)) to help teach children self-regulation and emotional control.

The Zones of Regulation use **four colours to help children self-identify how they're feeling:**

sad bored tired sick	calm happy focused ready to learn
excited silly frustrated nervous	out of control anger rage terror

The Green Zone

The green zone is the state most needed in the classroom in order to learn. It means you are calm, happy, focused and ready to learn. You are in a calm state of alertness.

The Yellow Zone

The yellow zone describes when you have a heightened sense of alertness or perhaps have a funny feeling in your tummy. You usually still have some control when in the yellow zone.

The Red Zone

The red zone describes an extremely heightened state of intense emotions. When a person reaches the red zone, they're no longer about to control their emotions or reactions and may sometimes display challenging behaviour.



Respect

Passion

Reflection

Wonder

Empathy

Unity

Perseverance

The Blue Zone

The blue zone describes when you are sad, sick tired or bored. You have very low energy emotions.

It's important to note that there is no 'bad' zone and everyone experiences all of the Zones at different times and in different circumstances.

In class we have been discussing what different emotions feel like, as recognising emotions is incredibly important but it is a skill that needs to be learnt. Once we can recognise our emotions it is a lot easier to regulate them.

We have also been thinking about strategies to help us get back to the green zone if we are in one of the other zones. Likewise, we have been considering how we can support our classmates if we know they are in the blue, yellow or red zone.

What can I do to support the Zones of Regulation at home?

- Identify your own feelings using Zones language in front of your child (e.g. "I'm feeling frustrated because..... , I am in the Yellow Zone.")
- Talk about which tool you will use to be in the appropriate Zone (e.g. "I'm going to go for a walk as I need to get to the Green Zone.")
- Provide positive reinforcement when your child is in the Green Zone and if they make efforts to stay in the Green Zone. Eg. "I can see you are working really hard to stay in the green Zone by..."
- Label which Zones your child is in throughout the day (e.g. "You look sleepy, I wonder if you are in the Blue Zone?")
- Teach your child which Zone tools they can use (e.g. "It's time for bed, let's read a book together in the rocking chair to get to the Blue Zone.")

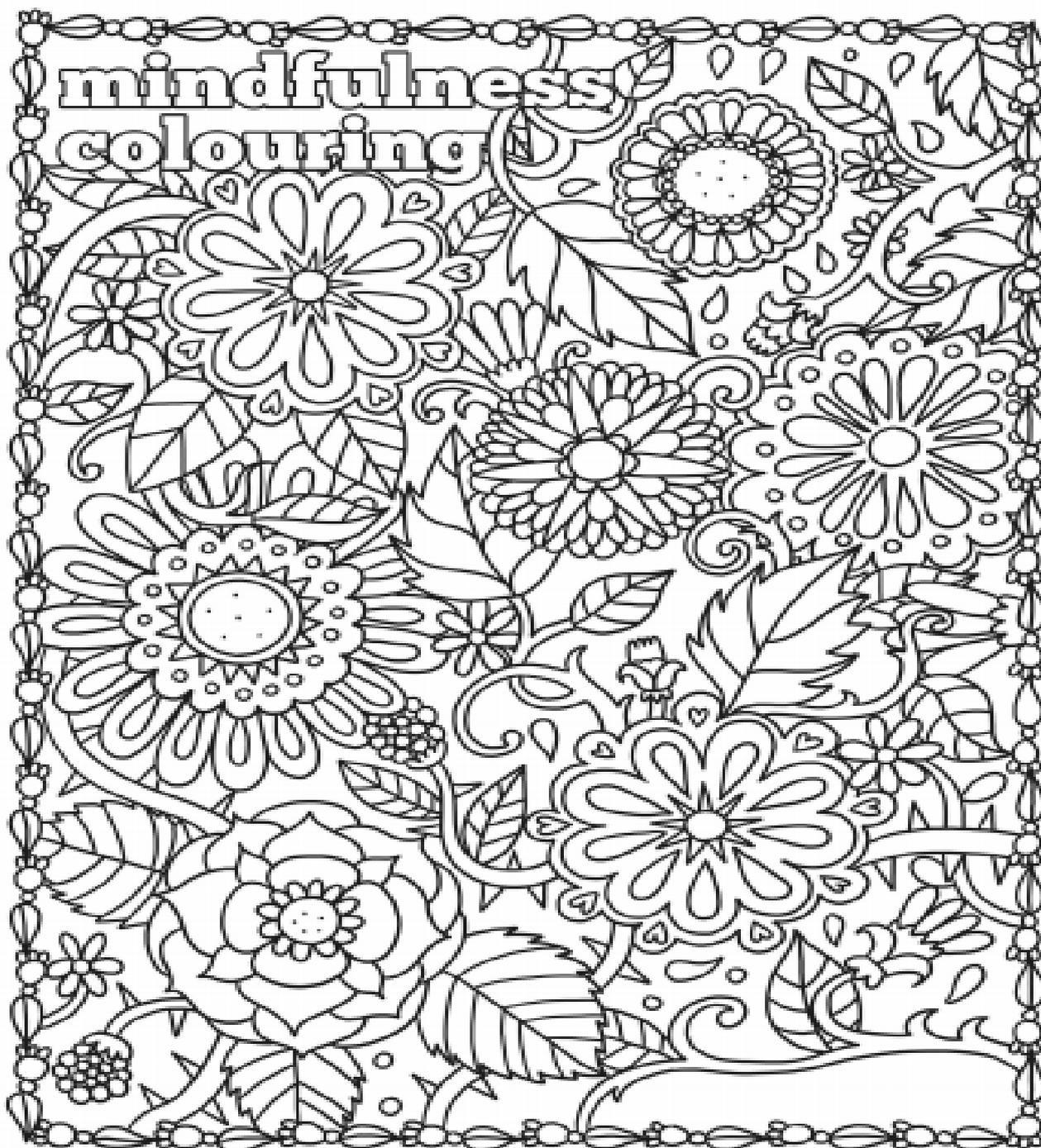
PTA Christmas Cards

Over the last week the children have already been getting into the Christmas spirit and designing Christmas cards. They are looking fabulous!! All the designs have now been sent to the fundraising company to be scanned ready for printing. After half term an order form will be sent home with your child with details of prices and how you can place an order online. You will be able to order wonderful Christmas cards, gift tags and thank you cards made using your child's unique design. We hope this project will raise lots of money for the PTA and our incredible school. Thank you in advance for your support with this project.



Little LPPS

In conjunction with World Mental Health Day, take some time to colour in the picture. Try putting some calming music on, relax and enjoy being creative.





Respect

Passion

Reflection

Wonder

Empathy

Unity

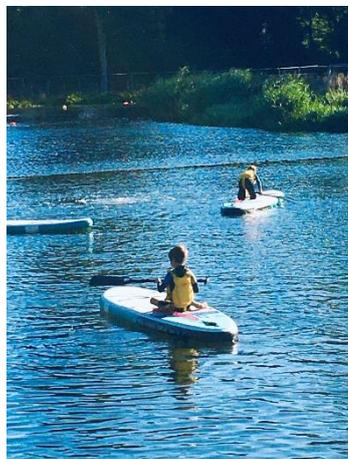
Perseverance

Achievements



Adam and Toby Peacock (Yr 3 and Yr 1 respectively) represented their football club, Tulse Hill JFC, in a pre-season tournament against other local teams. Both boys played extremely well, and were proud to receive medals for their achievements. We are so impressed with their passion and perseverance.

Super mathematician Arun Russell-Sokhal was awarded a Certificate for Advanced Student Honour for Mathematics at Kumon. Amazing! Such dedication and perseverance.



We are so impressed with Arthur and Ray who went paddle boarding for the first time and kept their balance amazingly! It was hard! We are filled with wonder with your achievement.

Amelie was recently Awarded her Blue Peter Music badge for learning to play piano over lockdown and talking about her favourite music. Well done for showing such a passion for music.



Every Saturday morning Audrey goes to Cherrystars, a singing, dancing & acting group for under 8's. Each term they learn their lines, dances and songs and perform a show. Last term they did a shortened version of Aladdin. Covid-19 meant

that a stage performance couldn't go ahead as usual so each child performed in front of the camera and Cherrystars team put it together as a short film. Here is a screenshot of Audrey being a Henchman! Well done for staying so committed and showing passion for performing arts.



Respect

Passion

Reflection

Wonder

Empathy

Unity

Perseverance



Harrison returned to swimming only recently and received his swimming certificate for completing the Ducklings stage and now moves into Stage 1 of his swimming lessons. This is brilliant Harrison and we know that you will continue to persevere

and improve your swimming. Well done!



Harry has just started in reception and loves Lego. He has just completed his most ambitious project, Hedwig, the owl from Harry Potter. This is aged for 10+ and Harry has just turned 5.

We are all proud of him as it takes time, concentration and the ability to follow instructions. **Wonderful!**



Oscar has shown a real commitment to football classes which he has been attending since 2018. Oscar is very good at scoring goals and running. Well done and keep it up Oscar.

Thomas Howard, year 4 Swans, is a member of the 1st Beckenham South (Christ Church) Cub Pack and was recently awarded his Adventure Challenge badge in Cubs. This means he has completed 2 adventurous activities (zip wire and kayaking), 6 outdoor activities and a hike. He needs to get 7 challenge badges in order to achieve the highest Cub Scout award, the Chief Scout's Silver Award. We can see that you have shown so many of the school values to get this far and we are so proud of you.



Wow! Jenna painted her new kitten in her art class recently. The details in this is excellent. Well done!





Respect

Passion

Reflection

Wonder

Empathy

Unity

Perseverance

Supporting your children at home

Writing challenge

Let's give our children a purpose for writing.

We all love to receive personal letters and in this digital age, it happens far less than it used to.

I would love the children to write a letter to their class, or even to another class in the school. Pop the letter in the post and then the receiving class will have a great time opening it up and reading it together. If your child would like to do this, feel free to take a picture of them posting their letter and then I can share these too.

How exciting for them to see the letter that they wrote at home arrive at school and be opened and shared with their friends!

I am expecting sacks full of letters written by Little LPPS.



Reading at home

The benefit of reading for children cannot be underestimated. Here are 10 reasons why reading is so important to your child:

1. Their vocabulary is larger and more extensive.
2. They perform better academically.
3. Their imagination can run wild.
4. Their creativity skills develop.
5. They develop empathy.
6. They gain a deeper understanding of their world.
7. Their concentration levels improve.
8. The parent and child bond improves.
9. Their cognitive development is supported.
10. Their social skills and interaction improve.

If you read with your child at home you supplement what they learn at school and also provide them with valuable one to one reading which is harder to have at school. Since we are unable to have our parent readers in at this time, reading one to one with your child at home is all the more important.

Dates for your diary

- **Week Commencing 12th October** – Celebration of Black History Week
- **19th October to 30th October** – Half term
- **9th & 10th November** – EYFS & Key Stage 1 Virtual Parents Evenings
- **11th & 12th November** – Key Stage 2 Virtual Parents Evenings
- **27th November** – Flu Nasal Spray Immunisations