

# Your News

Issue 13 31<sup>st</sup> March 2021

## This week at LPPS



We have made it to the Easter break! As much as we all need the break to rest and recoup, we are so excited about spending the summer term together!

You will have seen in my additional letter that we have plans to support the children over the next term to begin to fill the gaps in their school learning. Teachers met with senior leaders this week for our half termly progress review meetings. In these meetings we discuss all of the children in the class, their progress in learning and their mental health and wellbeing. I have been very pleased with the energy that the teachers have put in to finding out what support the children need and putting that support in place in such a short space of time. We remain committed to developing the whole child, with wellbeing at the centre. That priority is unchanged.

Thank you again for the work that you put in with your children at home. It was not easy but we can see the fruits of your labour with some of the progress that the children have made during school closure. If school closure was especially tough for you, we continue to be here to support you and your child and remind you that it is ok. We walk the journey together.

I wish you a wonderful break with your children, without a remote lesson in sight. Enjoy your time and remain safe.

Mrs Kluzek



LANGLEY PARK  
PRIMARY SCHOOL



**Please look at the important notices at the end of the newsletter.**



During the time of school closure we sent many tips, links and resources to you to support with the challenging time. We fully recognise that the pandemic is not over and the impact may be felt within your family for some time to come.

Please do continue to reach out to us if there is anything we need to know or can do to support you. Life is challenging, with or without a pandemic and it is always good to talk.

Please refer to the wellbeing page on our website for links to a range of organisations that can help you to support your child.

<https://www.langleyparkprimary.org.uk/1149/wellbeing-at-lpps>

Please also refer to the below if you need any support for yourself.



**Get help from a mental health charity helpline**

<https://www.nhs.uk/mental-health/nhs-voluntary-charity-services/charity-and-voluntary-services/get-help-from-mental-health-helplines/>

Tel: 020 8639 5300

# ACTION FOR HAPPINESS

This month's theme: **Active April**

This month we're encouraging you to get active, get outdoors and take care of your body! Let's reap the benefits of getting our bodies moving and breathing more deeply as a result of exercising, laughing and even singing! We don't all need to run marathons - there are simple things we can all do to take care of our bodies - for example unplugging from technology, getting outside and - importantly - making sure we get enough sleep!

Active April 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Commit to being more active this month, starting today	2 Listen to your body and be grateful for what it can do	3 Spend as much time as possible outdoors today	4 Have a day free from TV or screens and get moving instead	5 Eat healthy and natural food today and drink lots of water	6 Turn a regular activity into a playful game today	7 Do a body-scan meditation and really notice how your body feels
8 Get natural light early in the day. Dim the lights in the evening	9 Give your body a boost by laughing or making someone laugh	10 Turn your housework or chores into a fun form of exercise	11 Be active outside. Dig up weeds or plant some seeds	12 Set yourself an exercise goal or sign up to an activity challenge	13 Move as much as possible, even if you're stuck inside	14 Make sleep a priority and go to bed in good time
15 Relax your body & mind with yoga, tai chi or meditation	16 Get active by singing today (even if you think you can't sing!)	17 Go exploring around your local area and notice new things	18 Make time to run, swim, dance, cycle or stretch today	19 Have a 'no screens' night and take time to recharge yourself	20 Spend less time sitting today. Get up and move more often	21 Focus on 'eating a rainbow' of multi-coloured vegetables today
22 Regularly pause to stretch and breathe during the day	23 Enjoy moving to your favourite music. Really go for it	24 Go out and do an errand for a loved one or neighbour	25 Get active in nature. Feed the birds or go wildlife-spotting	26 Try a new online exercise, activity or dance class	27 Take an extra break in your day and walk outside for 15 minutes	28 Find a fun exercise to do while waiting for the kettle to boil
29 Meet a friend outside for a walk and a chat	30 Become an activist for a cause you really believe in					

ACTION FOR HAPPINESS

Happier · Kinder · Together

# LPPS' Easter Eggstravaganza

## How to make... Easter Egg Nests

### Ingredients

115g/8oz of plain chocolate broken into pieces  
1tbsp of golden syrup  
50g/2oz of butter  
45g/3oz cornflakes  
36 mini chocolate eggs  
water

### Equipment

12-hole fairy cake tin  
12 paper bun cases  
bowl  
hob  
pan  
fridge



### What you do...

1. Line the fairy cake tin with the 12 paper bun cases.
2. Put some water into the pan and let it gently simmer.
3. Put the chocolate, golden syrup and butter in a bowl.
4. Put the bowl on top of the pan, but don't let it touch the water. Stir the mixture as it heats until it is smooth.
5. Remove the bowl from the heat and gently stir in the cornflakes. Keep stirring until the cornflakes are completely covered in chocolate.
6. Divide the mixture between the paper cases and press 3 chocolate eggs into the centre of each nest.
7. Chill the buns in the fridge for 1 hour or until they are completely set.



## EASTER word search



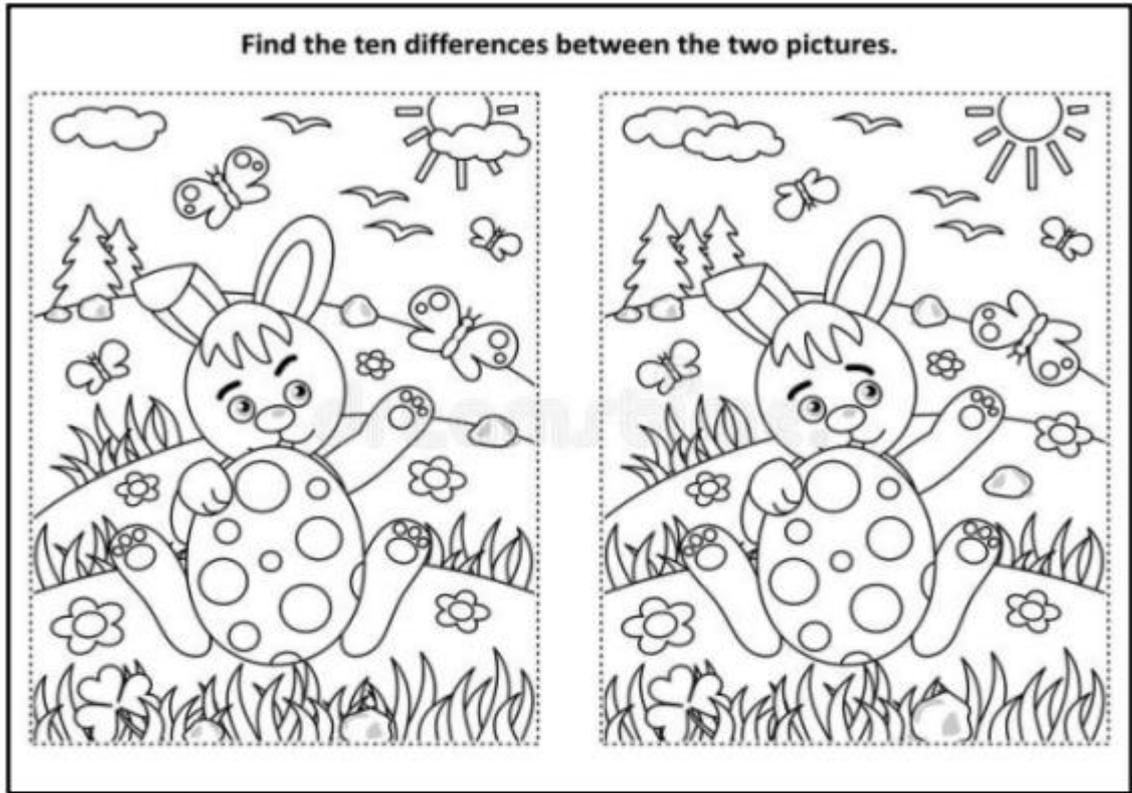
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F	K	B	A	S	K	E	T	F	T	A	A	A	S	A	C
L	E	D	E	O	V	G	P	L	W	G	N	S	P	X	E
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R	H	O	L	I	D	A	Y	S	S	A	K	O	J	R	T
L	A	C	H	O	C	O	L	A	T	E	E	G	G	S	I
B	O	M	A	N	A	W	V	A	L	E	N	T	I	N	O
H	U	G	S	F	I	T	C	H	I	C	S	A	M	M	N

Basket  
Candy  
Celebration  
Chics  
Chocolate bunnys  
Chocolate eggs

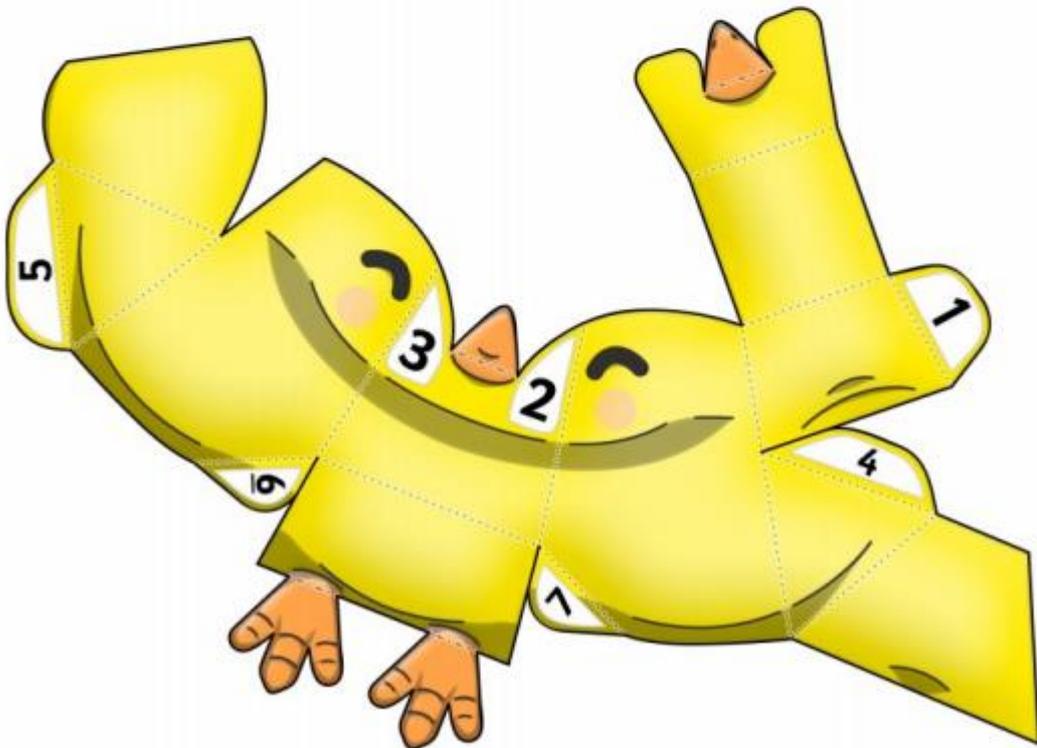
Egg hunt  
Flowers  
Holiday  
Spring  
Treats

### Easter Ideas

- Learn a new dance / song or yoga pose.
- Go on an eggstra-special Easter Egg Hunt. Ask your parents to create a list and see if you can tick them all off on your walk outside.
- Try something new. Maybe you have never baked, never done a crossword or played a game of chess.



Make an Easter Chick Model



1) Cut  
2) Fold  
3) Glue  
4) Glue



Respect

Passion

Reflection

Wonder

Empathy

Unity

Perseverance

Well done!

**A huge congratulations to our LPPS super cyclists. A great example of perseverance.**



**Zane mastered riding his bicycle without stabilisers!** Last year in better weather he managed to ride with his grown-ups holding on to the back of the bike and after a push start but now can start peddling from being stationary without any help at all! **He was riding around and recently practising for hours. Fantastic!**

Callum and Imogen work as a team to cycle to school. This is Callum and Imogen with their mummy, cycling to school on the day they passed **1,000 miles** of cycling on their triplet. They were at 999 miles when the photo was taken. **Callum and Imogen have done just over half the mileage, so over 500 miles of cycling.**



## IMPORTANT NOTICES

### Watches

We have noticed an increase in the number of children coming into school with 'smart' watches. Not only are these valuable items that are best kept at home, some allow photographs and audio to be recorded. From a safeguarding view, we cannot allow these items to be used in school. If your child needs to wear a watch, we ask that it is a simple analogue or digital watch. There are clocks in every room of the school so the need for children to wear a watch is limited.

### Kitchen towels

Now that we have all of the children back in school, our need for kitchen roll donations has returned. If you are able to support us with kitchen roll stock over the summer term, we would really appreciate it. It saves us a huge amount of money if the dispensers are refilled only in spaces where kitchen roll would be impractical. More money can then be spent on the children.

### Attendance and punctuality

I want to remind you that school attendance is mandatory again. We know that the best place for children to be at this time is school and we will do all we can so that the children are not hindered long term by the school closure. For that to work, we need the children to be in school. **It is equally important to be in school on time.** Not only does it support our admin team, but learning starts as soon as the children enter their classroom. Valuable reading and individual support takes place during the 'soft start' so the earlier the better. Any attendance and punctuality of concern will be followed up by the school and Bromley Education Welfare informed where necessary.



Respect

Passion

Reflection

Wonder

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Unity

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### Dates for your diary

**19<sup>th</sup> April** – First Day of Summer Term

**28<sup>th</sup> May** – Staff Inset Day, children are not in school

**31<sup>st</sup> May to 4<sup>th</sup> June** – Half Term

**23<sup>rd</sup> July** – Last Day of Term