

Welcome from Mr Lewis-Cole

Well, we have made it to the end of another term. My second full term as Headteacher here and two thirds of the way through the academic year. Time really does fly!

We were so very pleased to welcome back our wonderful Year 1s at the start of this week after their period of self-isolation. I know that Miss Kett, Mrs Hardy and Mrs Barras were very impressed with how well all of the Year 1s engaged with remote learning again and I loved seeing all of the examples of great learning coming back into school. Well done to Year 1 pupils and their families for showing such resilience and for your continued support whilst pupils weren't able to be in school. I must say that I was also very impressed with the wonderful array of medieval costumes worn into school this morning - truly brilliant (and very resourceful costume designs!)



In the last NFTV I mentioned that we have noticed the challenges and struggles being experienced by pupils upon their return to school this time. We have continued to support all pupils with this (including our collaboration focus in Collective Worship) and, as routines have been re-established, we have noticed a significant improvement in the last week or so. Thank you for supporting with this at home too. That said, we cannot ignore how tired pupils are coming up to this break. We often underestimate how much energy is used concentrating for long periods of the day.

Governor update

We have another Governor to introduce to you in this newsletter. The role all Governors play in school life is a vital one. They provide both support and challenge, and offer their own experience and expertise to strengthen the leadership of the school. We will have an opportunity for a new parent governor to join the board shortly. School will be in contact with details about the election process. We would welcome nominations from parents who have an interest in supporting the school to live out our vision, and provide the best educational experiences for all of our pupils.

Well that just leaves me to wish you all a wonderful Easter break. With the relaxation of restrictions, I am sure that we will all be wanting to meet up with friends and family that we haven't seen for a while and enjoy the weather (fingers crossed it remains sunny!) However, let's just continue to be safe and remain mindful of the restrictions that remain in place to keep us safe (socially distancing, regular hand washing and wearing a face covering), as these will help to ensure that the transmission of the virus remains low and we can all come back to school for the summer term healthy and well.

Take care and stay safe.

*Together we are inspiring a
community with a bright future.*

Together we Congratulations



Harris Cup

Sienna Tyrell



Reading Cup

Merryn Rees-Emery



'H' Cup

Charlotte Black

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.



**Attendance
Matters**

Every student. Every day.

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

FJW in FS/KS1

4KW in KS2

**GREAT
ATTENDANCE**



Foundation &
Key Stage 1

		3L	94.9
FJW	98.4	3F	92.5
FW	96.3	4KW	97.7
1BH	n/a	4P	93.3
1K	n/a	5S	97.3
2M	92.0	5P	95.9
2BR	89.3	6W	92.7
		6AW	95.7

Key Stage 2

celebrate

love to learn

Together we



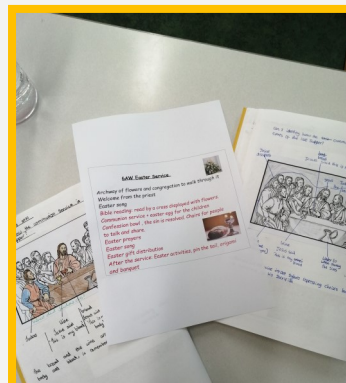
Year 5 have been busy designing and creating their own Viking longboats. I am sure you will agree that they look brilliant!



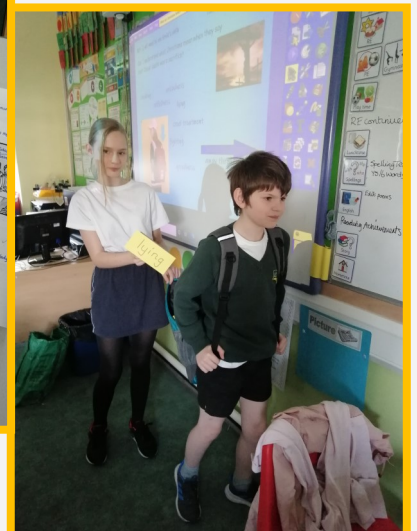
4P have continued to love their Forest School sessions. They have focused on collaborating together on many different activities (and, of course, most them involved getting muddy!)



This week the Foundation children have been talking about 'Jungle Animals'. We have read 'Rumble in the Jungle' and have been thinking about rhyming words. The children have enjoyed spending time with the jungle snake that slithered into class and have spent time taking it for walks around the classrooms.



This week, in RE, Year 6 completed the last tasks in their study of salvation. Activities included role play, looking at evidence from a text and looking and thinking carefully about the lyrics from songs.



Together we

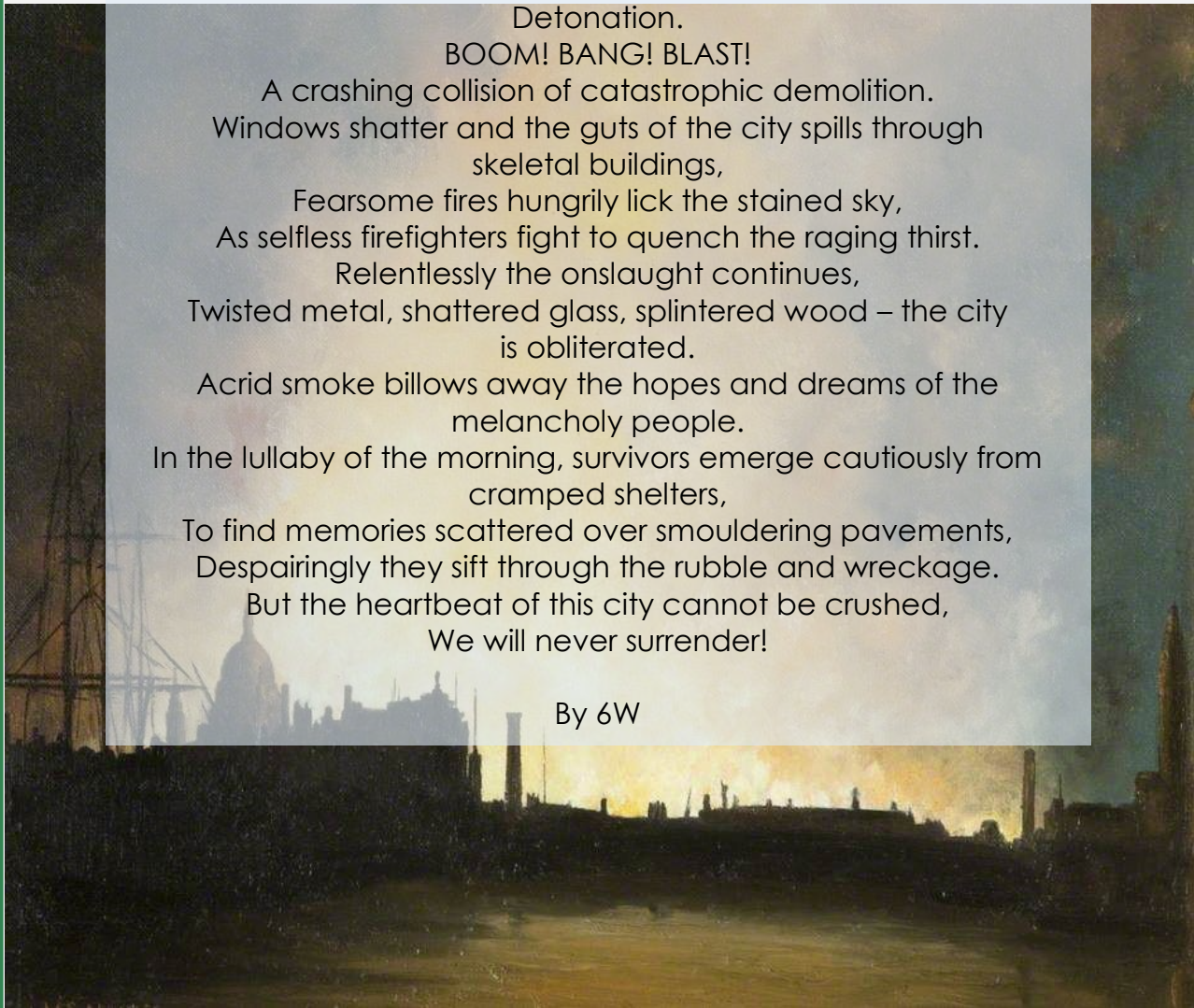
Before moving on to write their own Blitz poems, Year 6 worked together to write a shared version. This was a great opportunity for them to try out their poem writing skills and explore the effect language has on the reader.

Blitz Bombardment

Night after night, invading metallic beasts charge with ruthless
rage towards innocent cities,
Spewing wrath from their bitter hearts.
A deadly formation swarming through the colourless sky,
Hunting as a powerful pack for their helpless prey.
Droning engines advance closer... closer,
As screeching, ear-piercing sirens shriek out a warning!
A lethal assault.
Destructive devils, menacingly spit balls of devastation like splinters
from above,
Plummeting furiously through the gloomy skies like a dragon's fiery
breath.
Petrified people cram together, cocooned in their
protective shelters.
Detonation.
BOOM! BANG! BLAST!
A crashing collision of catastrophic demolition.
Windows shatter and the guts of the city spills through
skeletal buildings,
Fearsome fires hungrily lick the stained sky,
As selfless firefighters fight to quench the raging thirst.
Relentlessly the onslaught continues,
Twisted metal, shattered glass, splintered wood – the city
is obliterated.
Acrid smoke billows away the hopes and dreams of the
melancholy people.
In the lullaby of the morning, survivors emerge cautiously from
cramped shelters,
To find memories scattered over smouldering pavements,
Despairingly they sift through the rubble and wreckage.
But the heartbeat of this city cannot be crushed,
We will never surrender!

By 6W

love to learn



love to learn

Together we

Year 4 Orchestra bubble

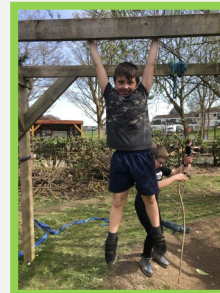
It was Year 4's turn to make music on Wednesday, the piece included a jazz and a polka. Great enthusiasm everyone.

On Wednesday the music department were delighted to receive a collection of African djembe drums which are on loan for next term.

They will be used by classes from both key stages both inside and outside the building.



We are so proud of our year 4 pupils this term. Each week they have fully embraced forest school. The children have taken on new challenges and learnt many new skills. We were so impressed to see children using resilience, collaboration and bravery when climbing trees, building dens, creating artwork and inventing new games. We hope they enjoyed the experience!



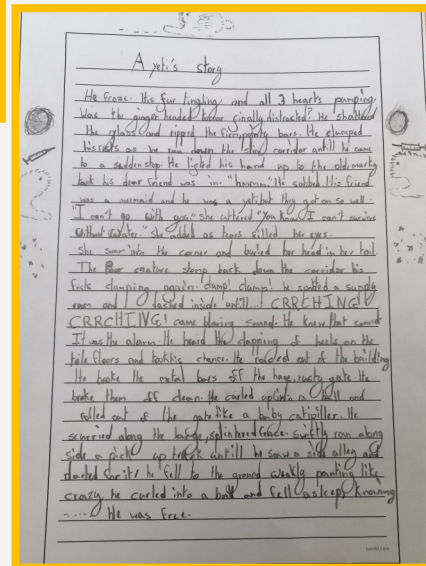
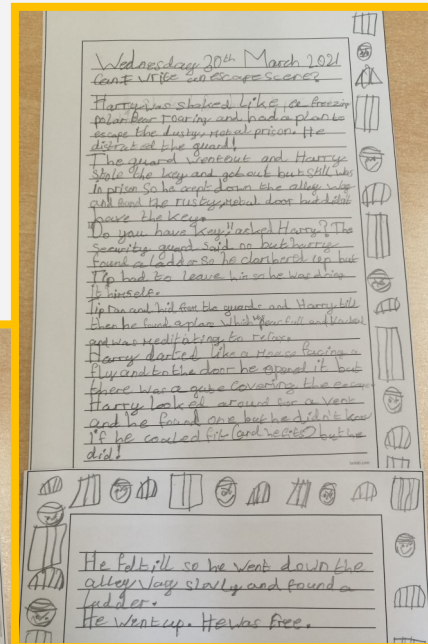
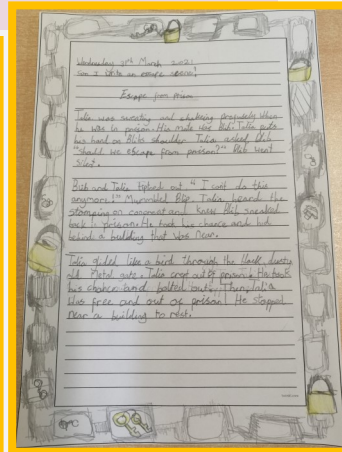
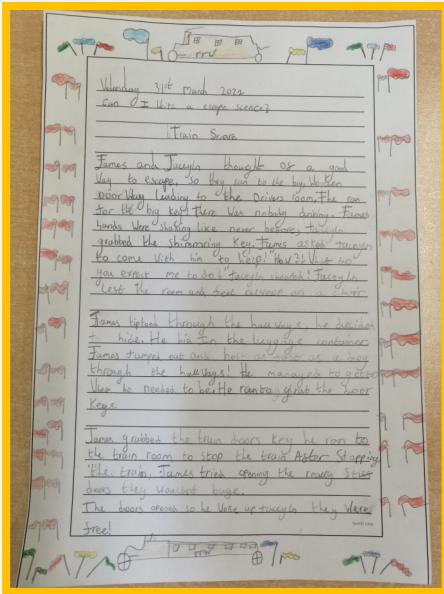
Year 1 produced some amazing home learning last week and we have been so impressed with the way they all came bouncing back into school



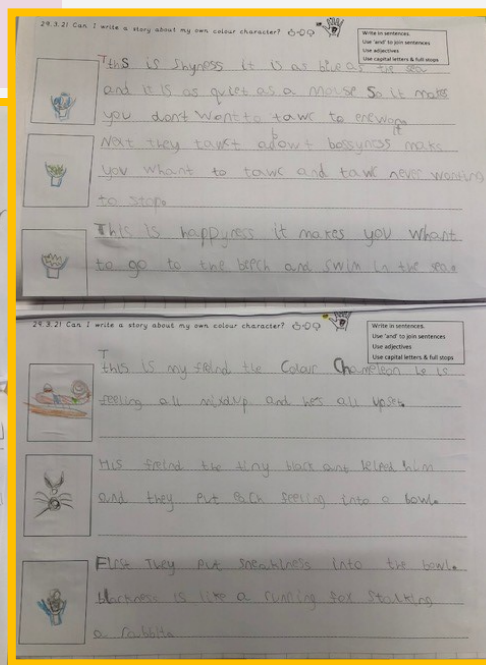
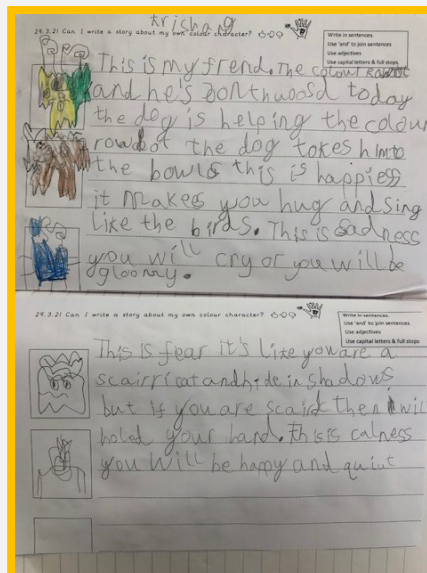
Together we

love to learn

This week Year 4 completed writing their escape scenes. The children have been working hard to use exciting verbs and adverbs, expanded noun phrases (ENPs) and similes, as well as direct speech and short sentences. A huge well done for all their efforts! We look forward to displaying them all in the Year 4 corridor.



In English last week, Year 1 boxed up their new version of 'The Colour Monster'. We have been amazed with their perseverance with their writing and that all children have now written the story by themselves. There are lots of talented authors in Year 1.

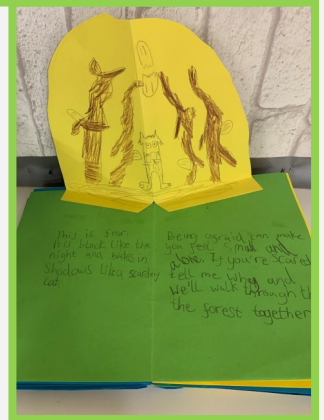
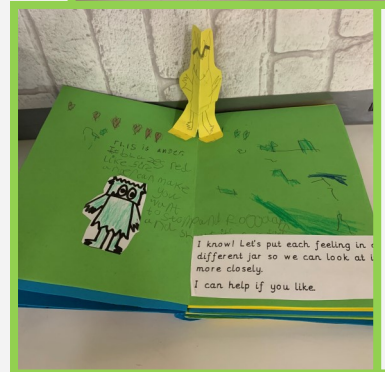
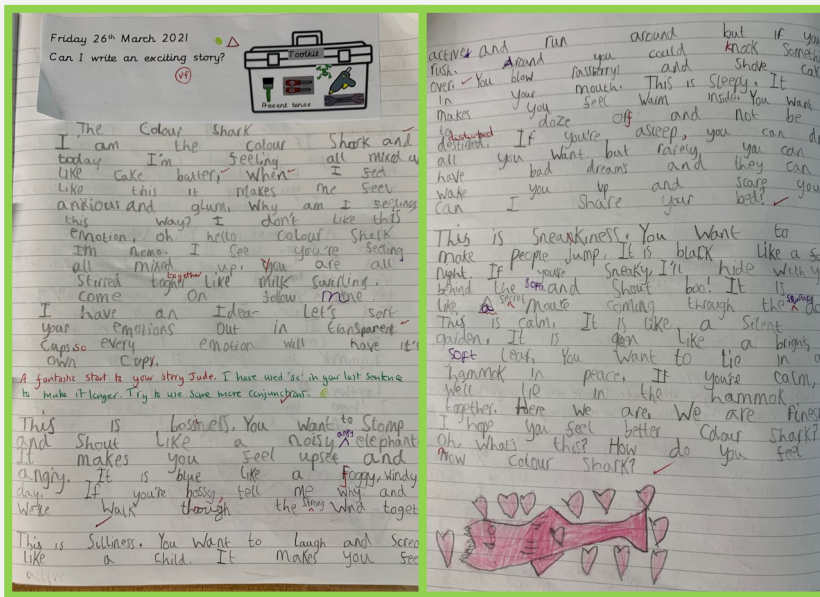
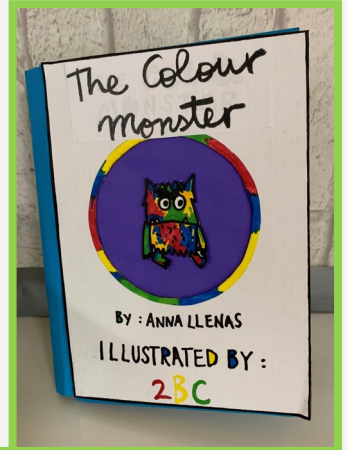


love to learn

Together we

In 2BC, we embraced the school value of collaboration by making a pop-up version of 'The Colour Monster' story. Here are some examples of the pages in our book...

Year 2 have been busy writing their own versions of 'The Colour Monster' involving a new character. Here is Jude's wonderful story.



A big WELL DONE to the four Y6 children who were given trophies by Mr W at the end of their gymnastic unit this week.

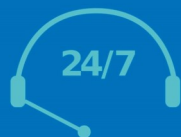
Bailey, Pippa, Mohamad and Lily were chosen for their perseverance and consistent effort, and for their willingness to demonstrate and to support others. (And yes, they are trophies with a football theme but apparently PAFC don't provide gymnastic ones yet!)

Everyone has made great progress, from their own starting point, in the last four weeks and completed the sessions by applying their new skills into a sequence of their own design with a partner.



News & Events

Need to talk?



**urgent mental health support
for adults living in Plymouth**

First Response 01752 434922

Livewell
Southwest

We all use unhelpful coping strategies sometimes, but as with any skill we can learn new, helpful coping strategies.

Here's some **self-care tips** to help protect against stress:

#ADDRESS YOUR STRESS

TRY

Get moving! Physical and mental health are connected—so eat well and exercise to release endorphins. Find a fun activity that suits you and your schedule.



Setting aside time to have fun or Indulge in yourself—positive emotions can help build a buffer against stress.



Learning a new skill—whether it's painting, playing guitar or a new language.



Sharing how you're feeling—It's OK to ask for help and support.



Switching off from distractions—make time for yourself as a regular part of your routine. Schedule a reminder if you need to.



AVOID

Overdoing it on sugar, caffeine or alcohol—they're a quick fix which can increase stress in the



Overworking and checking your emails out of hours—we all need time to unwind.



Spending **too much of your free time** in front of a screen—phone included. Don't feel pressured to always be 'doing' something.

Chasing perfection—It can create unrealistic expectations. Accept that mistakes will happen.



Bottling up your feelings and assuming they will go away—this can make things worse in the long run.



These are simple steps you can take to **#AddressYourStress**



Coping Strategies

Having a toolkit of positive coping strategies helps young people be better prepared to overcome life's challenges. How can school help to promote this?

Model positive coping strategies.

Recognise that coping strategies (even negative/harmful ones) are an attempt to alleviate stress.

Understand the reasons behind risky behaviour and negative coping strategies.

Realise that telling someone to stop a negative coping strategy is not effective and could be more damaging. For example, it might be the only thing keeping someone alive.

Do not condemn/punish negative behaviours—this could increase sense of shame.

Guide young people to develop positive coping strategies.

Allow time to explore healthy coping strategies (e.g. unstructured time, exercise).

Have conversations about coping skills and when they can be utilised.

Help them track their stress & understand patterns.
Know where to signpost for extra support.

Positive coping strategies to suggest:

- Listening to music
- Writing a journal
- Being creative
- Talk about things
- Gaming
- Watching TV
- Sport
- Walking the dog
- Having a bath
- Reading
- Cooking
- Being with friends/family



How do I cope?

Self-care and lifestyle changes can help manage the symptoms of many mental health problems and help keep us well

Stay aware of your mental health

- ⇒ Tell people what helps
- ⇒ Spot early warning signs
- ⇒ Keep a mood diary

Nourish your social life

- ⇒ Feeling connected to other people can make you feel valued and confident

Peer support

- ⇒ Feeling accepted, increasing confidence and knowledge that you are not alone

Make time for therapeutic activities

- ⇒ Relaxation
- ⇒ Mindfulness
- ⇒ Getting into nature

Look after your physical health

- ⇒ Get enough sleep
- ⇒ Make time for personal care
- ⇒ Eat healthily
- ⇒ Keep physically active
- ⇒ Avoid drugs/alcohol

Know when to get extra support

- ⇒ Contact a specialist organisation if you have a mental health diagnosis, or would like support in a specific aspect of your life.



On Wednesday afternoon, Year 3 were delighted to take part in a Forest School afternoon session, as a prize for winning the 'Eco Top Tips' Competition in the Autumn Term. The afternoon was thoroughly enjoyed by all and it was a great opportunity to spend time in the beautiful sunshine, enjoy some time outdoors and have some fun outside of the classroom. The children enjoyed a wide range of activities, from climbing trees and exploring the hidden wildlife, to creating nettle soup in the mud kitchen and relaxing in the swings!



Governors



Hello, I'm Adam and I am one of your co-opted governors. I have worked with your fantastic team for nearly two years and am delighted to be able to support your school in this role. I am fortunate to work alongside some fantastic, dedicated people, both in terms of other governors, the school staff, volunteers and wider community.

In my day job I work as Data, Systems and Timetable Manager at Lipson Co-operative Academy. Prior to this I've spent many years in various roles in primary education.

I've lived in Plymouth for my entire life and know the Lipson area, as well as the community it serves, well.

In my free time I enjoy swimming, walking, dining out and travel.

News & Events



Royal Mail

HEROES STAMP DESIGN COMPETITION



We're taking part in Royal Mail's Heroes Stamp Design Competition, to honour the heroes of the coronavirus pandemic.

We're entering the competition for the chance to see our heroes on a stamp!

www.royalmail.com/stampcompetition

#HeroStamps

News & Events



Things to talk about at home...

- Do you know where the nearest red telephone box is to your school or home? Is it still in use as a phone or is it being used for something else?
- If you could give a phone box a new purpose, what would it be?
- Can you find someone who has used a red telephone box to make calls? What can they remember about them? and taken action?



Eco Top Tip - Miss Kett has a top tip for when you are buying your Easter eggs this year.

If you can, try to buy Fairtrade Easter eggs, as this will help the farmers who grow the chocolate and sugar to be paid a fair wage for their work.

Can you think about packaging when buying your Easter eggs? It is great to see so many Easter eggs in the supermarkets which don't have lots of plastic packaging. However, many Easter eggs are still packaged with plastic moldings which will harm the planet and take hundreds of years to break down. Remember that you can make choices when you are shopping, which will help the planet by reducing waste and plastics. Happy Easter everyone!



Collective Worship

This week we completed our terms focus on 'collaboration'. We chose to focus on this value during this term as it seemed wholly appropriate that as we all returned to school we would need to strengthen our collaboration skills. On reflection, this focus has given us a unique opportunity to think deeply about how we can successfully work together in school and within our wider community.

How do you work collaboratively with others?

Casual Cleaner Vacancy

Lipson Vale are looking to recruit a Casual Cleaner. Please contact the School Business Manager, Mrs Dean, for more information.

Dates for your diaries:

02.04.21	Easter Holidays begin.
19.04.21	Non-Pupil Day.
20.04.21	Start of Summer Term.
31.05-04.06.21	Half Term holidays.



School Meals



SCAN ME

CATERed
FEEDING AMBITIONS



School Money



SCAN ME



schoolmoney

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Lipson Vale Primary

