

Welcome from Mr Lewis-Cole

This newsletter marks the final full version of this academic year - and what a year it has been! I asked the pupils to reflect, this week, on what we have achieved across the year despite the significant challenges posed by the pandemic. Some of their responses have been recorded later in this newsletter. I have also been reflecting on what we have achieved together and find myself feeling incredibly proud of the continued resilience and positivity that staff, pupils and families have shown to the ever changing landscape of education. I am in no doubt that there are more challenges to come, but feel humbled in the knowledge that we will, once again, overcome challenges optimistically.

July 19th

As you will all be aware, as of the 19th July we move into 'Step 4' of the roadmap out of the pandemic. As such, restrictions are going to be eased within our everyday lives; such as the legal responsibility to social distance and wear a face covering. However, in consultation with the Local Authority and Public Health England, we have agreed to keep the current systems and restrictions in place in school until the end of term. This means that the wearing of a face covering, staggered drop off/collections, and pupils remaining in bubbles will continue until we break up for the summer. With local and national cases still rising, I desperately want pupils, staff and families to begin the summer break in good health and, therefore, believe that a continued cautious approach is needed (for 4 more days). Thank you for your continued support and cooperation with this.

Parents' Evenings

Thank you to all the families who attended parents' evenings this week. It was great to be able to share information with you about your child's learning, discuss targets for them in the coming year, and celebrate what has been achieved in an unusual school year. You will have also been given your child's report. Families that were unable to attend will be sent their child's report shortly.

Farewell to Year 6

Next week will be the final 4 days of our Year 6 pupils' primary education. The next step in the journey for them will be an incredibly exciting one, but one that also might bring on a lot of anxiety. All our Year 6 pupils should be incredibly proud of what they have achieved this year and throughout their time with us. Although I have only been here for a year, I feel like I have gotten to know the year group well and the individual personalities within it. Keep up the hard work Year 6 and good luck for the next step of your adventure.

Mrs Marsh

We will, also, be saying goodbye to Mrs Marsh next week as she retires from education. No words could really express how much she has given to the school and how much she will be missed, so I will stick with 'Good luck and thank you'. I know you will join me in wishing Mrs Marsh all the best for the future.

That just leaves me to wish you all a wonderful summer break. Whatever you find yourself doing, I hope that it is doing something you love with the people that you love. We look forward to seeing you all again in September after a much needed and well earned break. Take care, stay safe, and thank you for your continued support this year.

A decorative border at the bottom of the page consisting of several green and yellow wavy shapes.

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

Together we

Congratulations



Harris Cup
Evelyn Ebin



Reading Cup
Sebastian Schad



'H' Cup
Connor Walsh

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.

Foundation &
Key Stage 1

FJW	95.5
FW	95.4
1BH	93.0
1K	96.8
2M	93.5
2BR	92.0

Key Stage 2

3L	98.1
3F	97.4
4KW	n/a
4P	94.4
5S	93.4
5P	94.6
6W	98.6
6AW	90.2



Attendance Matters

Every student. Every day.

The **highest class attendance** last week

1K in FS/KS1

6W in KS2

GREAT ATTENDANCE

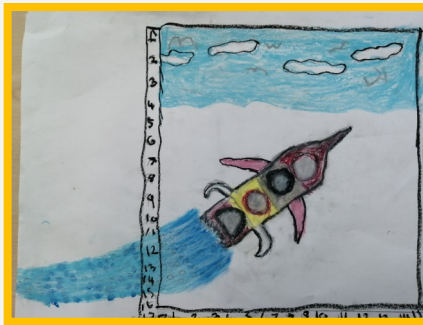


celebrate

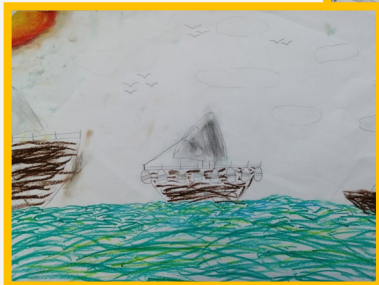
love to learn

Together we

Year 1 have been really enjoying their maths learning this week. We have been learning how to double numbers and drawing equal groups to help us with adding. We had lots of fun using the Numicon® to help us and have also been using our partitioning skills when doubling numbers over 10. Well done, Year 1, great maths work!



Year 5 have each created a 'fresco' this week, inspired by the work of Michelangelo. We opted to use oil pastels for our final pieces rather than paint and many of the children chose to bring inspiration from other artists they have studied. These included the bold colours and clean lines often used by David Hockney, as well as the short brush stroke texture favoured by Monet and other impressionist artists. We discovered that creating art upside down is much harder than we had anticipated, but no less enjoyable than we hoped it would be!



Year 6 choir had their final choir practice on Thursday. They were delighted to sing favourite songs which included, Hallelujah, This is me, from the Greatest Showman, Mary Poppins and Jungle book songs and two songs from their leavers' play. Thank you so much Year 6 choir for all your musical enthusiasm over the years and your musical contribution to Lipson.



Together we

love to learn

Lots of Year 2 have taken up the instrumental taster lessons over the last couple of weeks.

Please don't forget to send in the letter to book the instrumental lessons for next term. In their music curriculum lessons Year 2 made appropriate selections of sounds and dynamics in their musical accompaniment of different habitat songs.



Year 4 have been designing healthy cereal bars as part of D&T over the last couple of weeks. They visited the school kitchen to put their own recipes in action. Mr Lewis-Cole tried some of their creations and was surprised by some of their ingredient mixes.



Year 3 have been enjoying their first access music lessons. This term the children have been having guitar and drumming lessons and covered a range of musical ideas through this instrumental focus.



love to learn

Together we



Year 3 had a fantastic time creating artwork with artist Sean Hewitt yesterday. The children spent the day practising sketching techniques, painting and collaging to create a rainforest display linked to their topic and inspired by artist Henri Rousseau.



Sports Week

Whole School Field and Track Results

1st:	
Red	289
2nd:	
Blue	263
3rd:	
Yellow	249
4th:	
Green	248

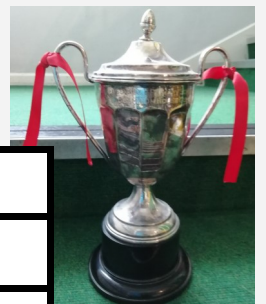


Congratulations to everyone in Red Team during Sports Week. They managed to win both the Field and Track Cup and the overall House Cup. In the end the points were fairly close.



House Cup Results

Red	524
Blue	517
Yellow	473
Green	457



Together we

love to learn

Following our trip to Brickfields Athletics competition with Y6 and Y4 athletes last month, we were thrilled to receive a large number of awards. Y6 and Y4 achieved 2nd and 3rd places in both track and field events for the Intermediate Schools. Well done to all for this fantastic achievement!



We are very proud of Jack, who has become a 'Word Millionaire'. Amazing!



Last Friday the Orchestra was delighted to perform live to

an audience for the very first time in 18 months. Their wide selection of pieces were enthusiastically performed and very well received. The outside amphitheatre was the perfect location and the weather was kind.

love to learn

Together we



Over the last year, the school has been working with the Mayflower project to complete many different contributions. Some of the events were cancelled due to the pandemic, but the above contribution has finally been completed - isn't it beautiful?! Look out for it being part of an installation on the Embankment.

Mental Misery

You and your mates, may think bullying is cool,
But it's actually not, you're just being a fool.
Harmful words and actions make an innocent child sad,
Day after day questioning – what have I done that's so bad?
Verbally attacked, being called spiteful names,
Physically abused, causing shooting pains.
Victims feel worthless – it's a cycle of fear,
Their cries of help we must hear.
Bullying is wrong it causes distress,
It leaves these poor children an utter mess.
So, speak up, make your statement loud,
Stamp out bullying and make yourself proud.

Travis Goodall

Year 6 have been busy, between rehearsing and recording their end of year performance, writing poems about topical issues that they feel passionately about. There are very moving and exceptionally thoughtful in their design - what a considerate group of young people they are!

Endless Love

Hearts full of love,
Supporting your journey,
A fight for survival.
Indescribable pain weakens your defences,
As cruel Cancer steals your health and happiness.
Hope begins to fade,
A circle of love hand in hand around the hospital bed.
The machine's repetitive beeping eventually ceases,
Spread the word, she has gone.
They say for me to put a smile on my face, try to move on,
But without you...
Life is no fun.
I love you nan,
You'll never be forgotten.

Freddie Jane

I Too Am a Human

I too am a human,
No matter my skin colour,
Abuse, hostility and intimidation has no place.
I too have a beating heart,
Discrimination is not a solution
Ethnicity is not a crime.
I too have a working brain,
So what if I'm black?
It doesn't mean I'm not worthy.
Together we can stop racism,
You're white, I'm black,
Unite the colours of the world,
Together we are all human.

Alfie Stevens

Together we

love to learn

To make the end of the year, I asked classes to consider how, with belief in ourselves and others, we have overcome the challenges posed this year by the pandemic. Here are some of their considered responses...

Individually

Adapting back to school life and changing the way we learn to be online.

5P

Learning to ride a bike without training wheels.

Saanvi 3L

Showing bravery when I had to have a Covid test.

Iris 3L

Learning a new instrument in school.

3F

Positively adapting to change - many times!

6W

Represented the school at Brickfields.

6AW

Learning and re-learning to collaborate with others.

5S

Positively adapting to change - many times!

6W

As a school

We coped with a second lockdown after coming back to school for a term.

5P

We didn't give up on remote learning, even though it's what not the same as being in school.

3L

Raised money for charity and other great causes.

6AW

We showed resilience, collaboration, team work and sportsmanship during sports week.

3L

Finding new ways to work together so that we can still take part in things like choir, orchestra.

3F

We helped everyone feel safe, even if they were worried about Covid and getting ill.

2M

As a community

Supporting our friend and classmate when they were unwell.

3F

We kept the 'rules' so that we were keeping each other safe.

6W

Teams of pupils have been completing litter picks to keep our environment clean.

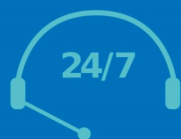
5S

We kept in contact with each other, although we had to change how.

6W

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.

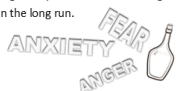


Spending **too much of your free time** in front of a screen—phone included. Don't feel pressured to always be 'doing' something.

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.



News & Events



Things to talk about at home...

- Who is your favourite book character? Why are they your favourite character?
- Do you have a favourite author? If you do, what do you know about the author?
- Can you think of a book with a character who is like you? In what way are you similar?

Girls' Brigade Plymouth is looking to recruit new members, particularly those aged 5-8. Two groups meet weekly in term time from 6-7pm. Mondays at St Paul's Church, Efford or Tuesdays at Salisbury Road Baptist Church, St Judes. For further information and start dates please contact:

plymouthdistrictgb@btinternet.com



The winning class for the Classroom energy saving for last term is2BC!

Well done to all of you for continuing to think about turning off lights and the projector to save energy and also for great recycling in class!

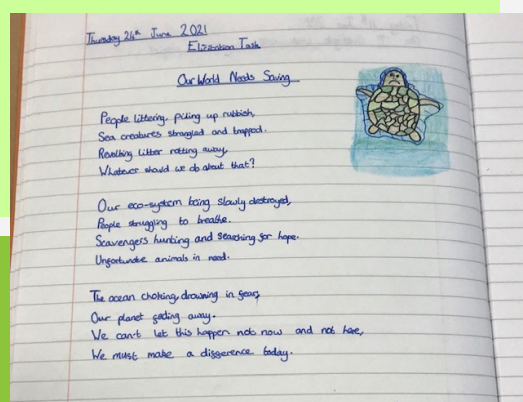
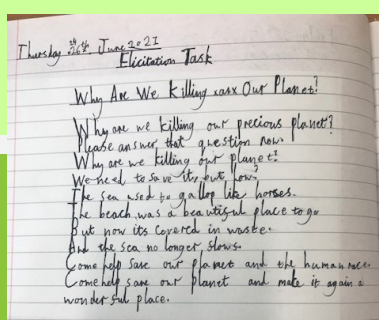
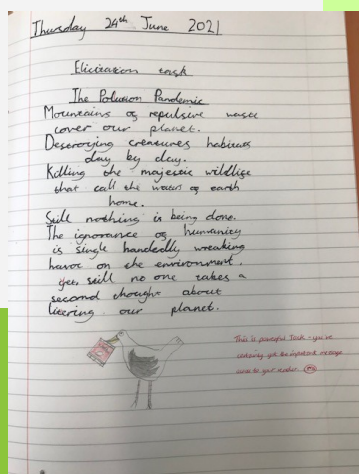
Your prize is an extra playtime - well done to all of you in 2BC!

As we continue to think about ways to reduce plastics this term, Year 1s have been doing some great things at home.

Chloe is saying 'NO' to plastic when wrapping her sandwiches.

Dolcie has been picking up litter, as well as reusing her plastic sandwich bag and asking adults to try to stop using plastics. Great ideas - well done!

The Year 6s have been writing some very powerful poems about the impact of humans on the planet. Thank you Year 6s for your wonderful creative writing and for the messages which your poems clearly express. Every day we live we can make a difference.



Collective Worship

This term we have started to focus on a new school value: **Self-belief**.

To complete this academic year, I asked classes to consider how they have demonstrated self-belief across the year when dealing with many challenges posed by Covid-19. It is important for us to reflect on what we have achieved together to overcome the challenges and still achieve great things.

Do you think we would have overcome challenges without self-belief?

Dates for your diaries:

22.07.21	Last day of term.
23.07.21	Non Pupil Day.
<u>Autumn Term</u>	
06 & 07.09.21	Non Pupil Days
08.09.21	1st day of Autumn Term



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