

# Notes from the Vale

Friday 28<sup>th</sup> May 2021

Volume 15, Issue 16

## Welcome from Mr Lewis-Cole

Half term already! This term has continued to be an incredibly busy one, jam-packed full of learning. You will see in this newsletter examples of the varied and exciting learning opportunities that pupils have been taking part in. Lots of pupils have been to visit me recently to share their pride in the learning they have completed and it has been a privilege to pop into classes to see pupils focused on the activities they have been completing. We are all feeling very tired and I am sure our brains could do with a little rest in the week ahead.

### More staffing news...

Miss Buckland is getting married over the half term break and will return to school afterwards as Mrs Diggins. I know that you will all wish Miss Buckland a wonderful wedding day and will join me in wishing her and her husband a happy, healthy and fulfilled marriage.

### School Dog

The governors have recently agreed to the adoption of a School Dog policy. This poses an exciting opportunity for the school to take advantage of the many benefits that come with having a school dog on site. We have a dog lined up to join the school team (my lovely terrier mongrel, George) and I am hoping that he will begin to familiarise himself with the busy school environment from next term. I fully understand that this may make some families anxious and I will gather your opinions in a separate communication.

### Parent Governor

I mentioned a little while ago that we will shortly be advertising for a parent governor position on our governing board. We will soon be in a position to begin the voting process. Until then, have a think about whether you would like to put yourself forward to join our active and dedicated governing board to help further the development and improvement of the school. You may find looking at the governors section of the website helpful: found [here](#).

### Parking outside school

Can I politely remind families to park considerately outside of school. We are aware from local residents that some parking of vehicles at drop off and collections has blocked access to their properties and, on occasion, has been in a designated disabled space by drivers not eligible to use this space. We have also noticed an increase in vehicles during wet periods (and we have had plenty recently!) and drivers have been parking on double yellow lines and on a area outside the school in which stopping is not allowed. Please park with care and wait patiently if a space is not available when you arrive.

Whatever you find yourself doing over the half term break, I hope that you have a wonderfully relaxing time together. Lets hope that the rain disappears so that we able to get out and about and enjoy the open spaces around us. Take care of yourselves and stay safe.

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

# Together we

## Congratulations



**Harris Cup**

Iris Rees-Emerly



**Reading Cup**

Gracie Taylor



**'H' Cup**

Kai Fealey

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

**1BH** in FS/KS1

**4KW** in KS2

**GREAT ATTENDANCE**



Foundation &  
Key Stage 1

FJW	95.7
FW	93.0
1BH	98.6
1K	97.1
2M	91.7
2BR	94.6

Key Stage 2

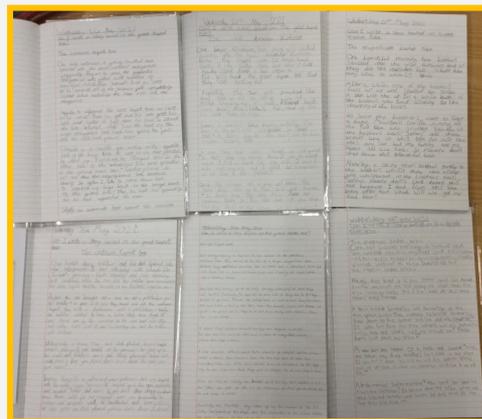
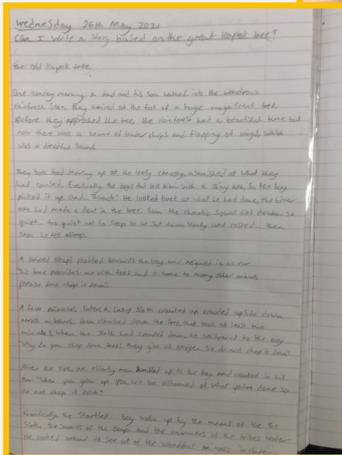
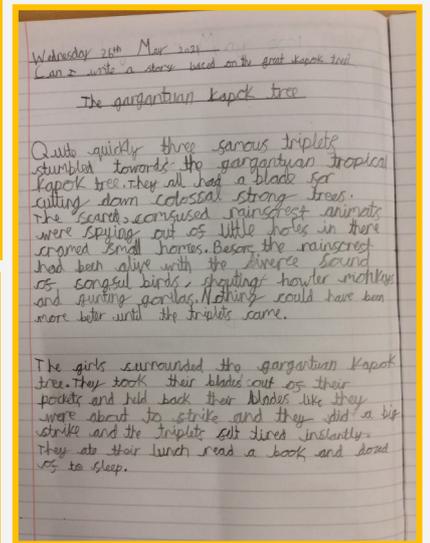
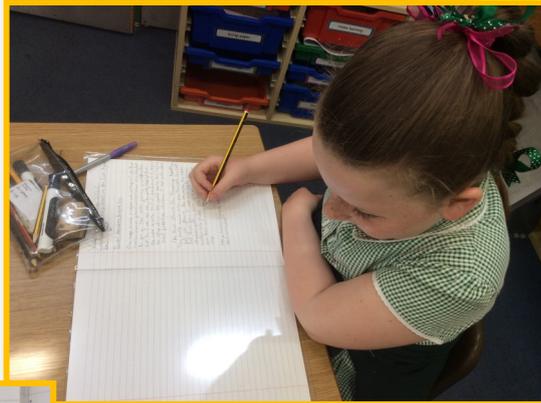
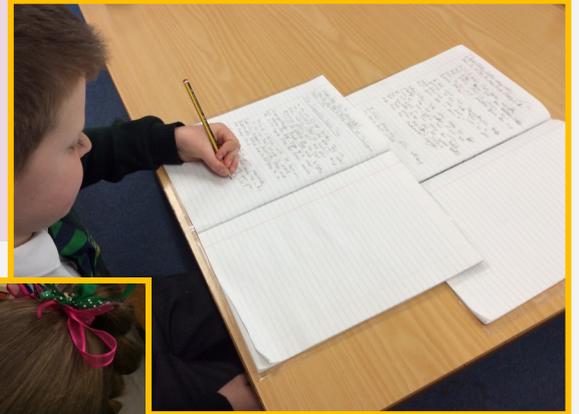
3L	95.0
3F	97.3
4KW	98.7
4P	94.8
5S	92.3
5P	97.7
6W	96.5
6AW	91.0

celebrate

# love to learn

Together we

This week, Year 3 have finished writing their own versions of The Great Kapok Tree and have spent time to present their written work beautifully. We have been very impressed with the exciting vocabulary the children have used in their stories.



Today Year 3 enjoyed using our puppets. We chose between different tasks: singing a song, telling a joke or sharing facts about the rainforest.

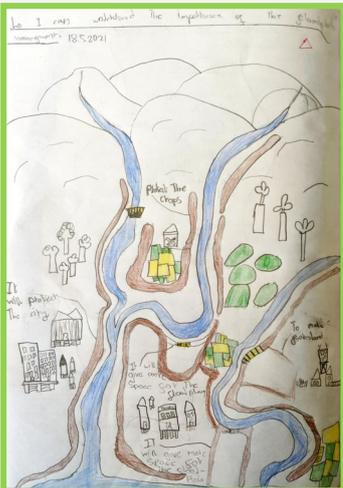
What tool did the parrot use to open the door, a mon-key!



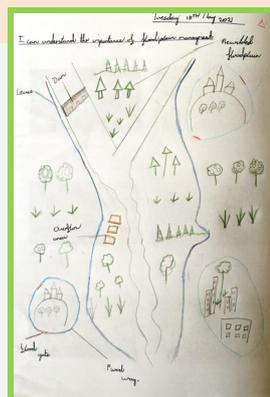
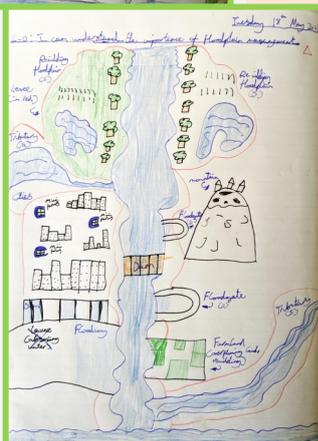
# Together we

# love to learn

Year 1 have been very busy this half term! The children have learned all about nurses and how they have changed hospitals since Florence Nightingale. They know how important nurses are and what they can do to help in an emergency! 1BH have been really enjoying their new reading corner and love reading and sharing stories. The role play this term has been a busy hospital. Dr Daymien and his assistant Nurse Ezra have been busy in the operating theatre! During Forest School the children have been naming plants and flowers and using sticks to make number sentences.



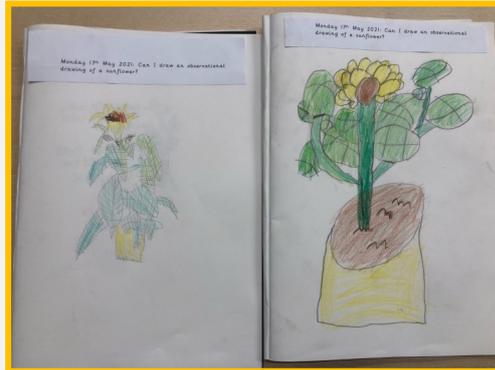
Year 5 continued their topic on Mountains, Rivers and Coasts looking at what floodplains are, why they are a vital part of a healthy river system and how we can manage them effectively to benefit both natural and urban environments. They were tasked with designing a sustainably managed floodplain that incorporated a built up urban area. Whilst they generally understood the role of each part of a town's flood defenses, it was a fun challenge to create a design that linked them all together effectively.



# love to learn

Together we

Mrs Brown has been extremely pleased with her maths group who have worked hard on multiplication and fractions this half term. It has been fantastic to see the children gaining so much confidence and showing the work that they are most proud of here!



Year 1 have been learning all about how things grow! They planted their beans, planned an experiment which helped us learn what plants need to grow. They learned all about Van Gogh and his beautiful sunflowers. They experimented with water colours and created their own paintings.



This week, rain did not stop play! Year 6 have worked hard in developing a range of cricket skills over the term, and are looking forward to using these after half term.

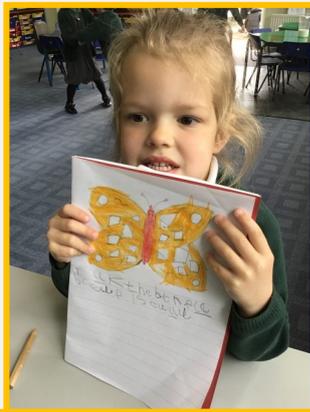
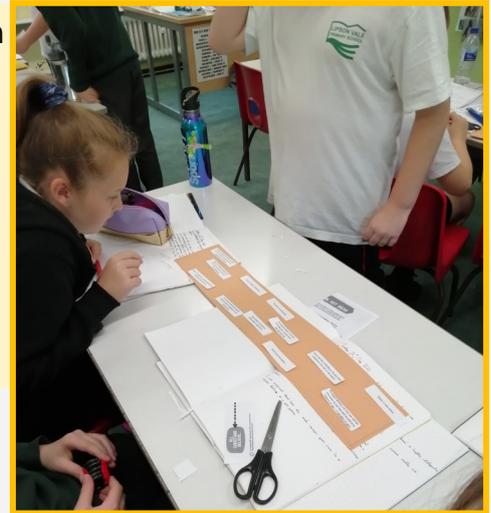




# love to learn

Together we

This term in RE Year 6 have been focusing on Creation and science and considering whether it is in conflict or whether it is complementary. In this task the children considered a range of opinions and used their understanding as a group to decide where to place them between different titles, all religious people think, and all non-religious people think.



In Maths, Foundation children have been learning about shape. They explored squares and rectangles and discovered that triangles can be found within them. The children then enjoyed using squares to design and create their own paper quilts based on the story 'Grandad's Quilt' by Betsy Franco.



## Are You Prepared for an Emergency?

Hopefully, Y6 pupils are better informed and more aware than they were after some PSHE sessions recently. They have taken part in the St John's Ambulance training called 'Emergencies and Calling for Help' where they learnt how to recognise hazards in different environments, assess a potentially dangerous situation and then follow safe procedures to assist and call for help. They practiced making 999 phone calls about a range of scenarios using our cut out mobile phones!



# News & Events



**Need to talk?** 

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

**First Response 01752 434922**

**Livewell Southwest**

## 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



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. 

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

**FEAR ANXIETY ANGER**

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



## 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



## Introducing... Mrs Stephens

I am delighted to have been appointed as Deputy Headteacher at Lipson Vale Primary. Currently, I teach Year 6 and lead writing at a primary school in Exeter. I have many years of experience teaching, largely across Key Stage Two. I am passionate about curriculum development, team working and making community links. In my spare time, I am happiest spending time with my husband, family and friends. I enjoy playing badminton, watching rugby and baking. I am eager to get started at Lipson, to build relationships and inspire the next generation to want to learn.

**PL** PLYMOUTH  
LEANDER  
SWIMMING

# SWIMMING TRIALS

Is your child aged 6 to 9, Years 1 - 4?  
Can they Swim 25m Freestyle, Backstroke,  
Breaststroke and perform a Dolphin Kick,  
reached stage 7 & above.

Then come and join our Junior Programme.

To book a trial or to find out more  
information email:  
[enquiries@plymouthleander.com](mailto:enquiries@plymouthleander.com)

SCAN

TO REGISTER

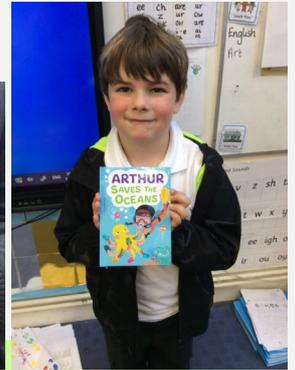
Connect with Us!

# News & Events



## Things to talk about at home...

- Have you used or seen anyone using a Pop-It? Have you ever used any other sensory toys? E.g. fidget spinners.
- What do you think it is about the Pop-It that makes it so popular?



This week saw our plastics display go up in school in the KS2 area. The children have been getting excited looking at the display and thinking about all the different ways they help to reduce their use of plastics.

In 1BH, Elsie and Ella have been talking to their families about the importance of using reusable shopping bags and not using plastic ones.

In 2BC, when Beth goes shopping, she reminds her Dad and sister to not buy plastic bags.

Bella in 2M, always shops with reusable shopping bags and never uses plastic - well done Bella!

Thomas tries to always take a reusable cup or bottle when he goes to Saltram or Dartmoor. Well done, this is great advice Thomas!

The Year 2's have been busy planting seeds and to avoid using plastic pots they decided it would be better to use the compostable ones. What a great idea and you haven't wasted plastic!

Arthur in Yr1 enjoyed sharing his book, 'Arthur Saves the Ocean' and is a keen campaigner to help the planet. Well done Arthur! Well done Eco Warriors lots of great ideas!



# Collective Worship

Throughout this term we have continued to think about our school value:  
**communication.**

As we came to the end of this term, we have focused together on 'disagreeing politely' acknowledging that disagreeing with others is part of our lives but can be done in a respectful way. We also considered how our communication with others will be different and may need to be more formal in certain circumstances.

**When would you communicate formally with someone?**

## Dates for your diaries:

31.05-04.06.21	Half Term holidays.
07.06.21	First day of second half term.
14.06.21	Tempest Photography.
21.06.21	Sports Week.
22.07.21	Last day of term.
23.07.21	Non Pupil Day.



**School Meals**



**SCAN ME**

**CATER**ed   
FEEDING AMBITIONS

**School Money**



**SCAN ME**



**schoolmoney**

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Lipson Vale Primary

