

Notes from the Vale

Friday 5th March 2021

Volume 15, Issue 12

Welcome from Mr Lewis-Cole

I am sure that Lipson Vale families will be really excited going into this weekend in the knowledge that all pupils return to school on Monday. We are really excited in school too (and a little bit anxious - as I'm sure you are too!). You will have received a letter from me earlier in the week outlining the plans for welcoming all pupils back and, by and large, this will feel very much the same as it did in the autumn term. If you haven't had a chance to read the letter yet please do so before Monday so that we can all work together to keep each other safe and get all children back into a 'normal' school routine.

Lateral Flow Testing

You may be aware that staff here at Lipson Vale have had the opportunity to home test for Covid-19 twice a week for a month or so now. It is reported that 1 in 3 of us carry the virus without symptoms and regular lateral flow testing can help to identify those in society who are asymptomatic and aid reducing the spread within communities. The government announced earlier in the week that families of primary aged pupils can now also test regularly. Families can collect lateral flow test kits from the Guildhall in the town centre and from Marjon's Sport and Health centre (as well as online - [here](#)). Information about the use of lateral flow tests for households can be found [here](#). As with staff, this testing remains voluntary but, if you are able, does enable us to further reduce the risk of transmission within school and our wider community. Just to be clear: this is not testing for primary pupils but for their families.

International Schools Award

We received the very exciting news in school this week that we have been awarded the Intermediate level for International School Award. This was after a lot of hard work by pupils and staff and working together to develop a greater sense of what it means to be 'international'. As part of this we have been strengthening our links with a school in Ghana. Miss Kett leads our international work in school and this is also a recognition of her commitment to helping us understand how we are connected to a much wider world. Well done everyone.

World Book Day

Whether you were at home or in school I hope that you were able to join in with World Book Day this year. The in-school children did not disappoint with their elaborate and creative costumes - and neither did the staff! I also love seeing children's excitement when talking about the books that they love and the characters that inspire them. More photos are within this newsletter and also on our Facebook page.

Uniform

Some families may be feeling a little worried about not having the right uniform or bits not fitting anymore. We fully understand that getting new items of uniform will be hard at the moment and just ask that you try your best to get hold of what you need. We know the uniform helps to develop a sense of belonging (and this will be vital when pupils return again) but do speak to us about any difficulties you are having. We do have free second hand uniform items available.

Lockdown learning

For those of you who have been learning remotely I am sure you have lots of wonderful work that you have completed. Some of this work you would have uploaded onto Google Classroom or Tapestry and some will have been completed in workbooks. For those pupils that would like to, we are asking for a piece of lockdown learning to come into school that you are most proud of so that this can be shared with your class.

That just leaves me to wish you all a wonderful weekend.

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

love to learn

Together we

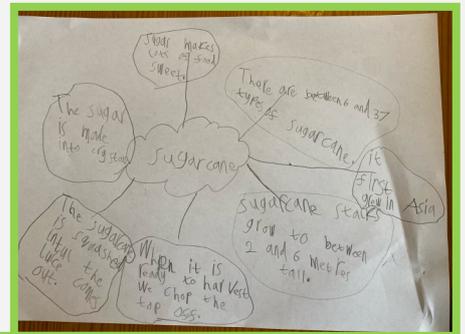


We have taken part in Fairtrade Fortnight Year 4 have been looking at wants and needs and what life is like for Therese, a cocoa farmer from Cote d'Ivoire. Michael Renouf completed his very own PowerPoint presentation and made some Fair-trade brownies using Fair-trade chocolate and sugar. Michael said "They smell very nice, will be tasty and the farmers will be getting a fair wage.!"

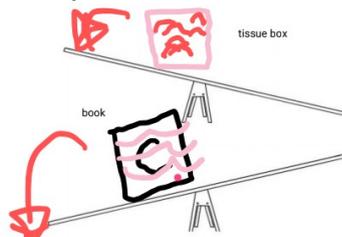
Climate Crisis

- Over the last 100 years, the temperature of the Earth has risen.
- In tropical areas where bananas, cocoa and coffee beans are grown, this is a problem as they are already very hot.
- This causes the crops to not grow properly and they can even end up dying.
- Drought is also a problem for these areas. There isn't enough water and so the crops can't grow properly.
- Flooding is another big problem and is just as bad as there not being enough water.

The children in Year 1 enjoyed learning about the importance of Fairtrade and how when we buy Fairtrade products we are helping the farmers to earn a fair wage. Through our own choices individuals can make a difference. We learnt about different Fairtrade foods and how these are grown. Jasper made a great poster all about how sugar is produced from the sugarcane.



Draw these objects on the scales. Where would they go?



Can you complete these sentences?

In maths, Year 1 have had lots of practical lessons as we have been learning about, and comparing different weights. The children have enjoyed working out which objects weigh more.

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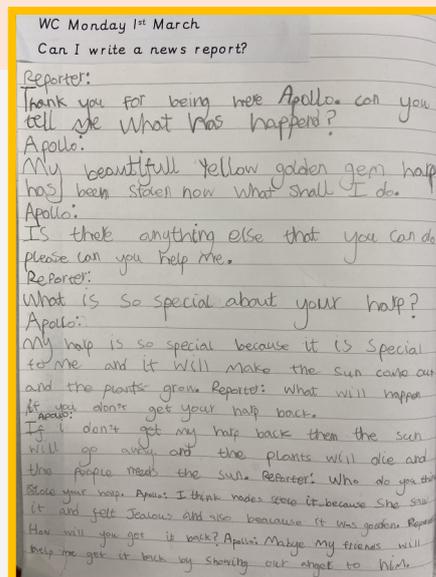
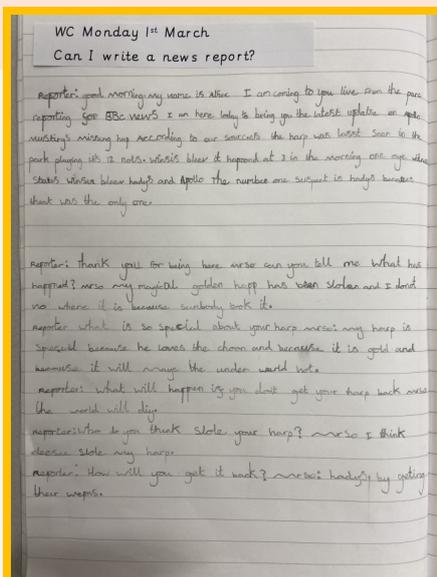
Year 4 have started their Victorian art project enthusiastically both at home and at school. Following some research into the style and history of William Morris, they looked closely at some of his work and completed sketches of their own. A great start year 4.



The children in Year 3 have carried out a number of challenges set by Mr Luongo from 'The Joy of Move and Learn Winter Games'. At home and in school, the children have enjoyed challenging themselves and each other in three different activities: The Mirror, Around the Sock and Table Football.



This week the Year 2 children have been learning to write a news report. They have worked incredibly hard to produce a clearly written news report about Apollo's stolen harp.



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Indoor Rowing Challenge

Y5 and Y6 children (in school) were lucky enough to have Plymouth Schools Sports Partnership visit this week with their rowing machines to introduce them to a new sport. Everyone got very involved and worked hard, taking part in individual time trials and team races. Even teachers had a go too! Their times are being taken away to compare with children from other schools who have had similar events this term. We wait to see where our pupils come in this virtual competition.

Hopefully some of them will want to carry on this sport, either in real boats, or on rowing machines in the future as there was definite talent there!

We are sorry that some of you have missed out, as this event was originally booked for all Y5 and 6 to take part in. We hope that they will return next year so that at least current Year 5s get to try it again.



Year 1 have been taking part in Mr L's PE challenges and are hoping to win prizes for their classes! We have been really impressed with their teamwork for their balancing challenge.

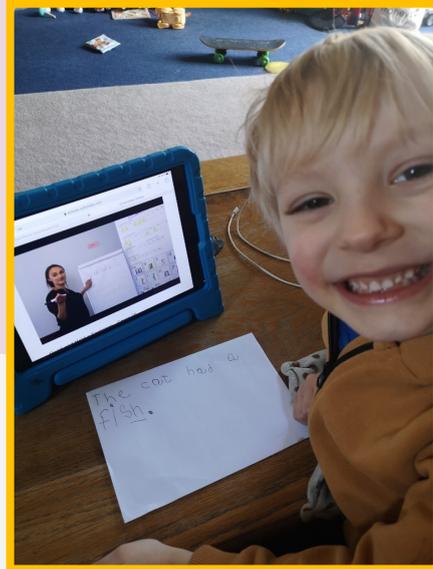


Together we

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Foundation have continued to work hard on their learning both in school and at home. Reuben and Mason (FW) have been busy working on their writing at home. Reuben has been a great Percy Penguin, to keep working on his sentence writing.

He has written a super sentence with a capital letter, clear finger spaces and a full stop. Mason has also been practicing letter formations. He has been an excellent 'Shep the Sheepdog' by concentrating and taking time with his writing.

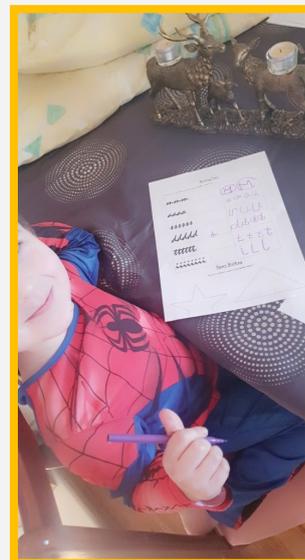


In Maths, the children have been building on their knowledge and understanding of the numbers 9 and 10. During one of the lessons, the children were challenged to create a picture using ten dots. Annabelle (FJW), Thora (FJW) and Daniel (FW) came up with some very colourful and creative ideas, imagining the dots as balloons in the sky.



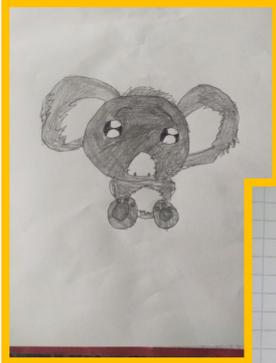
Aliya (FJW) has enjoyed designing and making her own story books. She has included some lovely illustrations in her stories. I really enjoyed listening to her stories. One was about a lady who met a ladybird. My favourite was the story about the giant and the storm!

Well done for all of your hard work, Foundation. We are so proud of all of your learning and look forward to welcoming you all back next week.

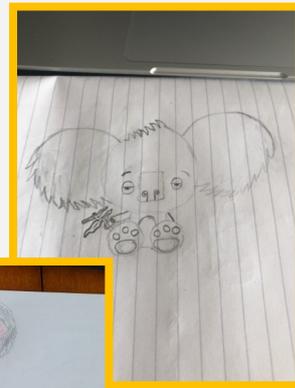


Together we

love to learn



Year 5 followed the YouTube page 'Rob Biddulph' who provides step by step tutorials to #DrawWithRob.



Evan and Owen (Foundation) have recently received 'The First Encyclopedia of Space' book and have enjoyed their world book day learning about the planets, painting them and writing the names under them. They then dressed up as an astronaut and an alien to explore the solar system themselves. Brilliant fun and great work boys!



Year 5 children had their first attempt at writing their own lyrics today. They had to think about rhythm and combined accompaniments in their performance.



Look at all the signs of spring Year 1 found on our spring walk. We saw lots of tiny shoots beginning to grow and colourful crocus and daffodils in bloom. We looked closely at the trees and saw some buds beginning to open, delicate pink blossom and even a bird's nest! Why don't you take a walk outside to see what signs of spring can you find?



Governors

We would like to use this space in NFTV to introduce the Governing Board of Lipson Vale. The board is made up of 11 volunteers comprised of parents, staff and co-opted members who are individuals from the community who have specific skills and interests to complement and support the governing board to help the school to progress.

We would like to use this space to introduce the various members of the board and share any relevant information with you over the coming months. We are considering introducing an email address you can use to contact the Governors with specific questions. In the meantime if you have any queries, please inform the school reception and they will let us know.

To start off we would like to introduce our co-chairs of Governors Laura and Faye. Laura and Faye have been friends for 20 years since meeting when they first worked together on the paediatric wards at Derriford.

Laura:

Hello, I'm Laura and I have been a parent governor for a couple of years and more recently I have taken on the role as co chair alongside Faye.

I have two daughters at LVPS. It is a privilege to work with all the staff and the other governors. Everyone is really passionate and committed to providing the best for the children.

As well as being a governor I am a Nurse working in the Children's Mental Health Service so I have a particular interest in emotional health and wellbeing.

My hobbies include camping at every opportunity, learning Spanish and visiting my family in Cuba.



Faye:

I have worked as a paediatric physiotherapist specialising in orthopaedics since 2001. I have been on the Governing board since 2016 and have recently taken on the challenge of co-chair alongside Laura. I have a daughter at the school and enjoy being involved in the governing board. The past year has been quite busy as we were involved in the Head teacher recruitment and helping him to settle into his new role in our school during the pandemic.

With my family I enjoy travelling and exploring new places in our motorhome, currently planning a trip to West Wales and hoping to return to explore more of Europe in the near future. I also enjoy Paddle boarding, coastal walks with our Jack Russell and cooking for my family and friends.

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. 

Bottling 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

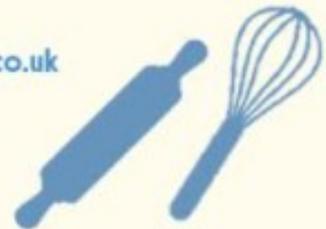
JUNIOR BAKE OFF

...IS LOOKING FOR THE UK'S
BEST YOUNG BAKERS
AGED 9 - 15

WWW.APPLYFORJUNIORBAKEOFF.CO.UK

APPLICATIONS CLOSE
SUNDAY 28TH MARCH 2021

Enquiries:
applyforjuniorbakeoff@loveproductions.co.uk



News & Events



Picture News

at Home

1st March 2021

What's going on this week?



1st-7th March

Should we choose products based on their packaging?

Things to talk about at home...

- Can you make a list of different objects/food that have packaging? What was the packaging made of? What did you do with the packaging?
- Can you think of different reasons why we have packaging?
- Would the type of packaging a product is in impact on your decision to buy the product? Why?



EASY
ECO
TIPS



We are so looking forward to continuing our Eco work with the children back in school.

The children in Yr5 will be the litter picking monitors for this term, helping to keep our playground clean and tidy. Please do remind your children to put all of their litter in the bins both in school and around and about in our community.

For the rest of this term we shall be focusing on learning about the importance of reducing plastics. Try to talk with your child/ren to help them think of ways to reduce the use of single use plastic in both home packed lunches and picnics.

- The UK uses a staggering 38.5 million single use plastic bottles every day! Fewer than 60% are recycled.
- Only 1% of the 2.5 billion coffee cups used in the UK are recycled.
- Plastic bags fragment in 100 – 300 years depending on the thickness and size.

Try to use reusable water bottles, coffee cups and shopping bags where you can. Our children are so enthusiastic about helping the planet, please help them to consider ways to reduce plastic.

Here is a picture of a packed lunch which uses many reusable containers.

PLEASE REMEMBER WE ARE COLLECTING MILK BOTTLE TOPS AND CRISP PACKETS IN THE LUNCH HALL TO HELP DARTMOOR ZOO AND THE PLANET!

Collective Worship

This term we have started to consider a new school value of 'Collaboration'. This was chosen specifically as we prepare ourselves to all return to school next week.

So far we have been exploring what it means to 'collaborate' with others. As a starting point we explored the dictionary definition and extended this to think about some of the qualities needed to be a successful collaborator.

Are you good at collaborating? What qualities do you show?

Dates for your diaries:

- 08.03.21 Whole School to return.
- 15-19.03.21 Let's Count Week (CENSUS)
- 16.03.21 No School Crossing Patrol present in the morning.
- 19.03.21 Red Nose Day (Super Heroes.)
- 21.03.21 Parents' Note-CENSUS DAY
- 22.03.21 No School Crossing Patrol present in the afternoon.
- 01.04.21 Last Day of school before the Easter break
- 02.04.21 Easter Holidays begin.
- 19.04.21 Non-Pupil Day.
- 20.04.21 Start of Summer Term.



School Meals



SCAN ME

CATERed 
FEEDING AMBITIONS

School Money



SCAN ME



schoolmoney

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Lipson Vale Primary

