

Welcome from Mr Lewis-Cole

As we approach the end of this academic year (and what a year it has been!) it is important that we look back at the many successes we have had and the excellent work that has been happening in school to ensure that all pupils make great progress. Last week, I had the privilege to be part of a development day for Read Write Inc (our approach to early reading and phonics). Part of this development day was, of course, to identify what we can do to further support pupils but a large proportion of the day was spent celebrating. Through the continued dedication and hard work of reading teachers, we have been able to work together to ensure that, despite the significant challenges of Covid-19, pupils across the school made excellent progress towards becoming confident readers. I also worked with Mr Whittaker and some governors to evaluate our Foundation provision and how the curriculum is designed skilfully to meet the needs of our pupils. Another hugely successful evaluation. We can, often, become very concerned with 'what next' and things that aren't going so well (which is also very important to focus on) but having the time to stop and reflect helps us to recognise how our dedicated staff are working incredibly hard to give our pupils the best opportunities. I am a proud headteacher!

Parent/Carer Survey

With 'evaluation' in mind, I thought it was worth reminding families that our 'Parent/Carer Survey' is still live and it would be great to get your views. Hearing the views of our families is a vital part of our self-evaluation and forms a crucial part of our school improvement plans. Thank you to those who have already completed this, however we have only received 50 responses so please, if you haven't, complete the survey [here](#).

Road works outside school

I alerted families in the last NFTV to the road works that are due to start outside of the school next week. There is a map later in this newsletter which shows that area of Bernice Terrace that will be affected by these works and the time during the day when restrictions will be in place. As works will be completed between 9.30am and 3.30pm, we are aware that there will be disruption for families - especially at collection time. Please be aware that parking will not be possible outside of the school during the period of these works and I urge families to find alternative arrangements.

Class names

I understand that for some years now the school has been considering naming classes but haven't settled on a theme. However, after a quick staff and pupil vote, we have decided that, from September, our classes will be named after marine life. When you child finds out their new classes for September (early next week) they will also find out what their class will be called. Very exciting indeed!

It has been another busy week in school with lots of sports activities going on (a theme throughout this NFTV) and it has been wonderful to see the team spirit ignite in our pupils despite the challenges of Covid-19 restrictions. I think the Lipson Vale team will be spending the weekend recovering! Take care and stay safe.



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

Together we

Congratulations



Harris Cup

Scarlet-Mae Wilkinson



Reading Cup

Roxy Day



'H' Cup

Elsie-Mae Avery

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

2DC in FS/KS1

4P in KS2

GREAT ATTENDANCE



Foundation & Key Stage 1	FJW	94.8
	FW	91.7
	1BH	93.8
	1K	93.1
	2M	95.5
	2DC	96.9

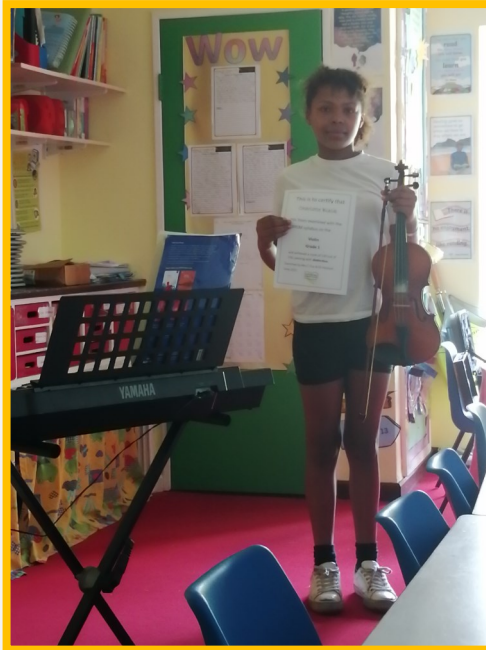
Key Stage 2	3L	90.3
	3F	94.9
	4KW	94.4
	4P	97.3
	5S	95.8
	5P	94.0
	6W	95.7
	6AW	92.3

celebrate

love to learn

Together we

Year 1 have had fun exploring dynamics using body percussion this week. Elsie conducted whilst we looked carefully so we were confident in changing the volume of our claps, patting or knees, stamps or clicks.



Congratulations to Charlotte from Year 6 who passed her grade 1 with distinction, a fantastic achievement. This week she shared two of her pieces at a musical workshop and performed beautifully. She was pleased to accept her certificate.

This week in year 2, children attended instrumental music workshops. Mr Pettit and Mrs Fice introduced a range of instruments to the children. They were a great audience and had so many good questions. Both classes enjoyed watching videos of performances of some of our music students. They took a letter home inviting them to sign up for taster lessons with the possibility of starting lessons in the autumn term when they join Year 3.



Together we

love to learn

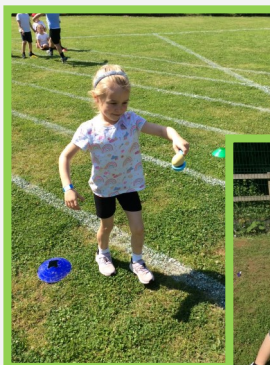
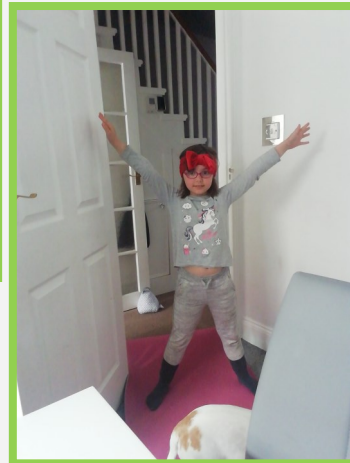
Year 3 have been engaging in the Sports Week challenges from home and recording their best scores to earn points for their teams.



1) How many star jumps can you do in 1 minute?
 2) How many press ups can you do in 1 minute?
 3) How many spotty dogs can you do in 1 minute?
 4) How many rocket jumps can you do in 1 minute?
 5) How many times can you throw a ball into the air and catch it in 1 minute? You have to catch it!

STAR JUMPS	PRESS UPS	SPOTTY DOGS	ROCKET JUMPS	BALL THROWS
56	15	63	15	15

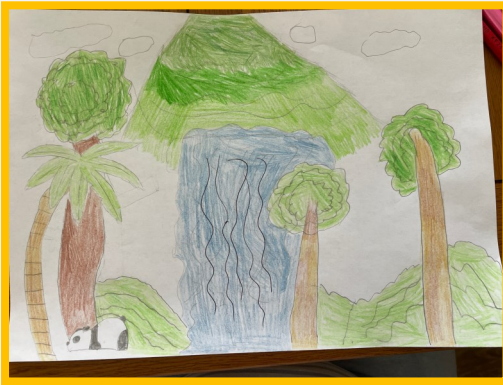
Go BLUE TEAM & CAPTAIN ARYA



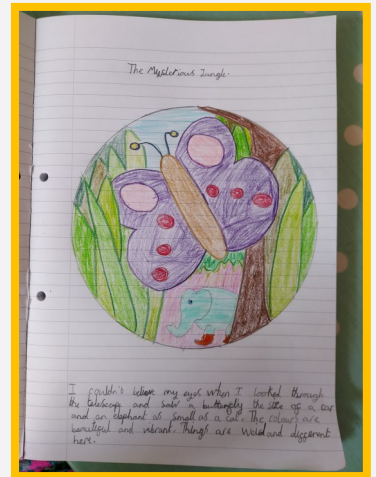
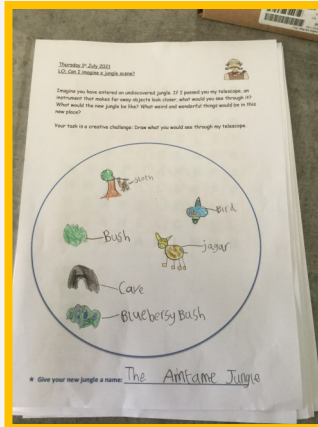
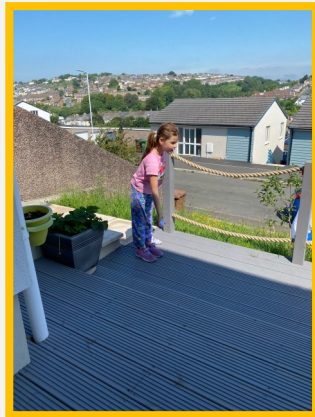
Last week, Y1 had their 'Farm in a Box' experience. They learned everything from different types of animal poo to how to mill wheat using a mortar and pestle! They ended the week tasting bread and having a live tour of a real working farm! This has been Year 1's first sports week. We are so proud of all of their effort and determination. They worked as a team and flew down the track!

love to learn

Together we



This week Year 3 have also taken part in a TT Rockstar Battle and completed lots of lessons online. In our English lessons, we have imagined what it would be like to be an explorer discovering a new jungle and picturing what we would see through the lens of our binoculars.



Year 1s have been working hard towards their Blue Peter badge and completing their pledges, which they agreed as a class.

POWER – To turn off electrical devices when finish using it, rather than leaving it on standby – this could be a games console, computer, tablet, etc.

PLASTIC – Sort the recycling at home.

WATER – Save water by turning off the tap when you are brushing your teeth.



Together we

love to learn

Our new reading den in the garden has been a great success amongst the Year 1 children. Thank you Mrs Barras!

We had a fantastic week learning all about farming last week across Y1. The children took part in many activities including learning about how bread is made. They learnt all about wheat and how the grain is milled to become flour and then mixed with water to make dough. We also learnt about the importance of worms in the soil and made our own wormery.



Sports Week 2021



Across the week there have been a series of 'Field and Track' afternoons. Year groups have competed against each other in a variety of shuttle races and in throwing, jumping and aiming field events. Every team gained points throughout the session and were also able to earn Golden Points for demonstrating sportsmanship, resilience, supporting team members, great team work etc. It has been lovely to finally, fully utilise our new (ish) field and MUGA for competitive sports and to see the talents and determination of so many of the children, particularly whilst taking part in the obstacle race which threw them into a series of challenges whilst negotiating the track length.

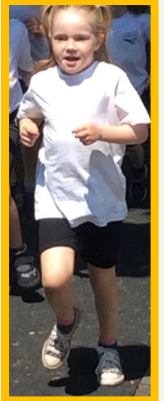


love to learn

Together we



Alongside our outside events, Mr L – our sports coach – has run a series of inter year group games tournaments for every year group in school. Very exciting and noisy games of bench ball, dodgeball and 'steal the beanbag' have been held in the hall every afternoon this week. All winning teams also earned points towards the final total.



The week is finishing with in class 'Team Challenges' involving quizzes, puzzles, structure building and a lot of masking tape! For those who aren't quite as keen on sport this is a chance for them to shine and show leadership and collaboration skills as well as continuing to earn those important Team points! By the end of Friday we should have an idea of which team is creeping ahead, but, as we are waiting for Year 3 to return and take part in their activities next week, anything can happen! Hopefully, next week we will be able to announce a winner!



Together we

love to learn



All children in school have been allocated a team, as you probably know from the arm bands they are wearing. They have taken part in all their activities as part of their class team and all their points earned are going towards a whole school team score. We have this House Cup in school (always traditionally used for Sports Days – those of you who used to come to this school as children will probably remember it). We have resurrected it and are eagerly looking forward to finding out which team will hold it aloft this year!

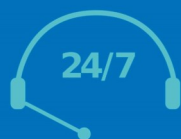


Last Sunday, the thought of trying to hold Cross Country running events and activities outside seemed like a really bad idea as the rain lashed down relentlessly. By Monday morning there was a certain amount of re planning going on. However, things brightened up, our field held up and the children got out and RAN! Most year groups had a running session on Monday, using the 0.17km lap around our field and MUGA as their track. True to any good Cross Country, the ground early on was somewhat soggy but no one got too dirty or lost any shoes! 15 minutes sounds quite a short time but after 5 many realised they had gone out too fast.. however, every child who took part put in an amazingly resilient effort whether they ran, jogged or walked. The fastest in the school managed around 19 laps in that time. Although there are a couple of year groups yet to participate the current leaders in that area are Red Team but there are only 4 points between them so who knows...?!



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.

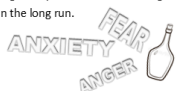


Spending **too much of your free time** in front of a screen—phone included. Don't feel pressured to always be 'doing' something.

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

Have your say on NHS and council proposal for a new health and wellbeing centre in Plymouth

Plymouth City Council and the local NHS are working on plans for a new, purpose-built health, care and wellbeing centre in the West End of Plymouth, in the vicinity of Colin Campbell Court.

The West End Health and Wellbeing Centre would include a range of services – **which could include outpatient services accessible to people across the city** - all under one roof. The new building would not only provide a much-needed modern health and wellbeing facility, it would also help kick-start the regeneration of the area.

A local engagement programme began at the end of May and continues to 4 July, with project partners keen to hear from local people about the services and facilities they think could go in the building. To have YOUR say, fill in a short survey [here](#) [link - [West End Health and Wellbeing Centre project – feedback survey \(office.com\)](#)].

For more information, click [here](#) [link - [West End Health and Wellbeing Centre project, Plymouth - Devon CCG](#)]

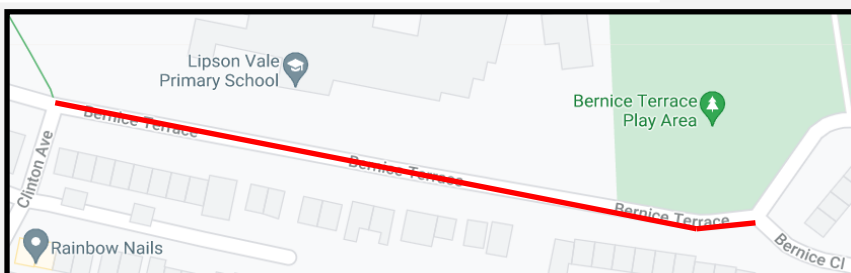
We would really appreciate your response to our Community Partnership questionnaire. Would we love to gain a better insight into our community engagement.

Please click [here](#) to complete.



Have your say on proposals
for a new **West End Health and Wellbeing Centre** in Plymouth

Complete our quick survey - www.DevonCCG.nhs.uk/plymouth-centre



We have been notified by Plymouth Highways that essential highway maintenance will be taking place along Bernice Terrace between **Monday 5th July and Friday 30th July**. The planned work is on the footway between Clifton Avenue and Bernice Close. This will result in 'no parking' markers being placed along the road and will cause disruption to those families that collect their children from school by car. The parking and pedestrian restrictions will be in place between 9.30am and 3.30am.

This is advanced warning that parking will be challenging around the school at collection time from the 5th July and families are politely requested to plan alternative arrangements during this time. Thank you.

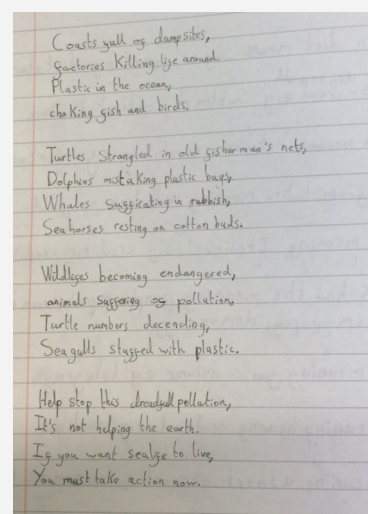
Advance Warning

News & Events



Things to talk about at home...

- Have you seen an e-scooter before? Where was it used?
- Do you think that e-scooters are safe to use on our roads?
- What is the transport like where you live?



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

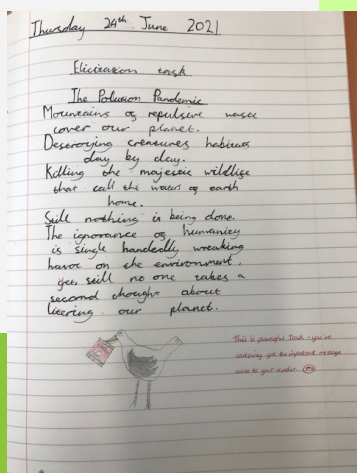
Well done to all of you for continuing to think about turning off lights and the projector to save energy and also for great recycling in class!

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.

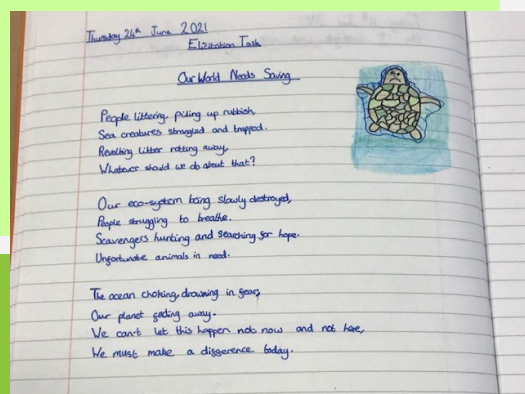
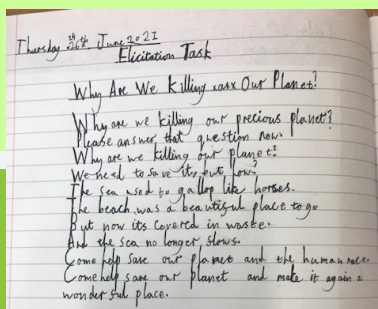
Chloe is saying 'NO' to plastic when wrapping her sandwiches.

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**.

We have continued to think about self-belief and self-worth through the theme of 'challenge' We explored what it feels like for us when we are challenged to do something new or out of our comfort zone and developed some strategies as a class of what we can do to help us feel more confident.

How can we work together to overcome challenges?

Dates for your diaries:

12.07.21	Vision Test—Foundation only.
13 & 15.07.21	Parent Meetings.
22.07.21	Last day of term.
23.07.21	Non Pupil Day.
Autumn Term	
06.09.21/07.09.21	Non Pupil Days
08.09.21	1st day of Autumn Term



Bernice Terrace, Lipson, Plymouth, PL4 7HW
01752 224801



www.lvps.co.uk



lipson.vale.primary.school@plymouth.gov.uk

@LipsonValePS



Lipson Vale Primary

