



NEWSLETTER

05.02.2024



Telephone: 01363 83292

www.lapford-primary.devon.sch.uk

	Mon	Tues	Weds	Thurs	Fri
5-9 Feb	Lunchtime Recorder Club* Library open after school CANCELLED: Primary Sports Football Club 3:30—4:30pm	Breaktime Library open Lunchtime EYFS/ KS1 Multiskills Club* Lunchtime KS2 Chess Club*	Lunchtime Skylarks/ Kingfishers Fitness Club*		LAST DAY OF TERM
19-23 Feb	Lunchtime Recorder Club* Library open after school Primary Sports Football Club 3:30—4:30pm	Breaktime Library open Lunchtime EYFS/ KS1 Multiskills Club* Lunchtime KS2 Chess Club*	Lunchtime Skylarks/ Kingfishers Fitness Club*		

*Children can sign up for Lunchtime Clubs at school.

Dates for your Diary

7 February	Bags2School bag collection
8-9 February	Kingfishers Residential Trip
9 February	LAST DAY OF TERM
	Skylarks Great Fire of London Day
10-18 February	HALF TERM
19 February	CHILDREN BACK TO SCHOOL
	Reception and Year 6 Height & Weight Checks
1 March	Year 6 Secondary School Offer Day
6 March	Skylarks trip to Exmoor Zoo
7 March	World Book Day
8 March	9:15am Robins Mother's Day Assembly
20 March	Robins trip to Woolley Animals Walking and Farm

Dear Parents/ Carers,

As we enter the last week before half term we have exciting learning opportunities planned for all classes. Kingfishers are very excited about their Residential visit which will be taking place on Thursday and Friday this week. Skylarks are getting ready for their Great Fire of London Day at the end of the week, and Herons and Robins are gearing up for a visitor who will be teaching them all about Chinese New Year.

Year 5/6 Netball

Last week, a team of seven boys and girls travelled to Chulmleigh Primary School to take part in a Netball tournament. This was fairly daunting for Lapford as we haven't yet covered netball in our PE lessons this year. Following a last minute lesson and practise session conducted by Mr Healey, the children set off full of enthusiasm. They played three games and after losing to one of the Chulmleigh teams in the first round, found their fight and were able to steal a win from East Worlington in the second match.



The children really enjoyed themselves and demonstrated great perseverance and sportsmanship to finish the tournament in third place. Well done Herons.

How to Join FLS

We are incredibly grateful to FLS who organise a host of fundraising events throughout the year to raise valuable funds which help support the school. This year, their generous donations have allowed us to heavily subsidise the cost of trips and visitors, making these learning experiences accessible to all learners.

FLS would love to grow and recruit more members, if you would like to be involved please chat to Stacey Lumsdon (FLS Chairperson) about how you can help or pop along to the next meeting.

Have a wonderful week.

Mrs Wright

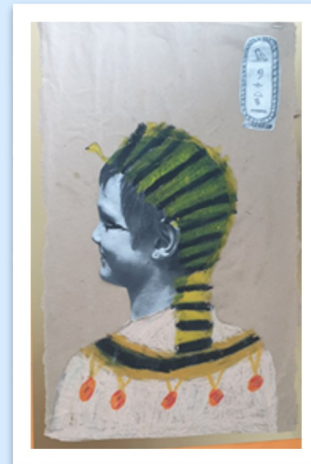
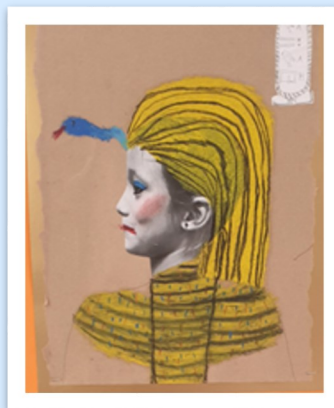
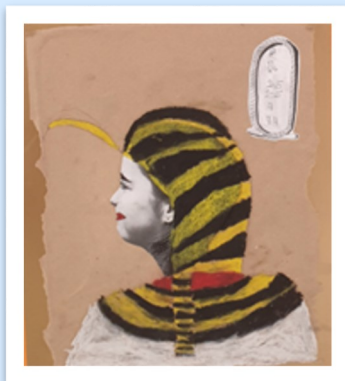


Herons Spotlight



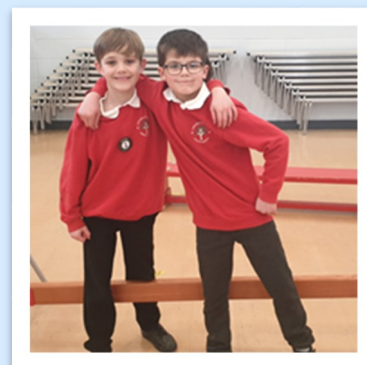
History

The History topic in Herons this half term has been 'Ancient Egyptians'. The children have learned all sorts of things about ancient Egypt including how to write in hieroglyphics, how to mummify a body, what life was like and all about the gods and goddesses. In Art, they transformed themselves into pharaohs using oil pastels.



Lunchtime club

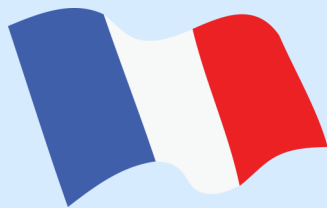
A big thanks to Ewan and Casey for running a Fitness Club each week since Christmas. The children who have attended, have really enjoyed it.



French

In French this half term, Herons have been learning how to describe the weather in French. They are currently rehearsing for giving a weather forecast entirely in French.

Excellente!



PE

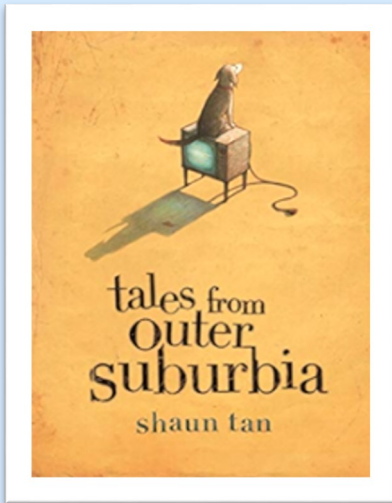
In P.E. we have been learning yoga and tried lots of new positions such as the 'tree', the 'airplane' and the 'mountain'

to improve our core strength, balance and flexibility.

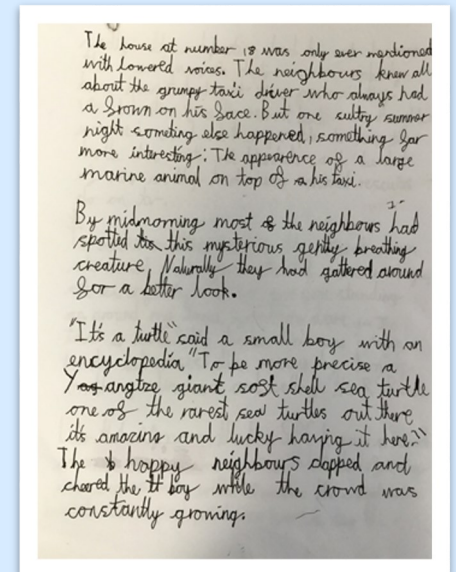
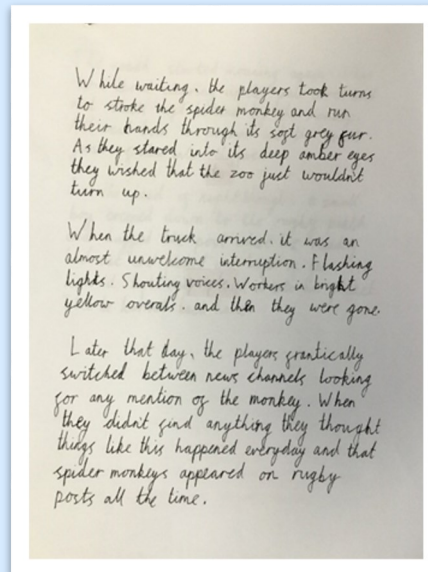




Herons Spotlight



We have been reading a collection of stories by Shaun Tan called Tales From Outer Suburbia and we have written our story in that style.



Science

In Science, we have been investigating light and how we see things and we performed an experiment to work out how to alter the size of a shadow. We even made our own shadow puppet theatre show.



What Parents & Carers Need to Know about PERSUASIVE DESIGN ONLINE

WHAT ARE THE RISKS?

'Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from: some people may begin to feel anxious or irritated without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to other people in real life.

MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

PROLONGED SCROLLING

Social media can draw any of us – regardless of age – into a continuous pattern of refreshing our screen, following posts and links down rabbit holes or reading countless comments made by others. This aimless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.

SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a carefree, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means far less time moving around and getting exercise: hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

KEEP SCROLLING



Advice for Parents & Carers

ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.

NIX NOTIFICATIONS

Stop knee-jerk responses at the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device. Switching them off – or even deleting any particularly intrusive apps – can help prevent your child from being reeled back into the online world.

ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.

MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.

Meet Our Expert

Rebecca Jennings has more than 20 years' experience in the field of relationships, sex and health education (RSHE). As well as delivering workshops and training for young people, parents and schools, she is also a subject matter expert on RSHE for the Department of Education.



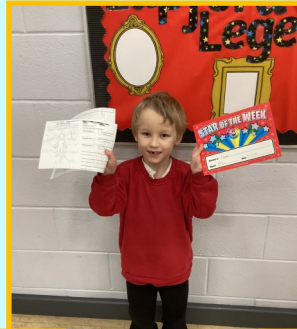
The National College



National Online Safety®

#WakeUpWednesday

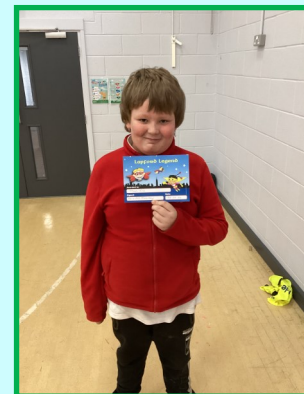
Stars of the Week - 2nd February



Congratulations to Ellie-May, Reece K, Lily B (absent last week), Zeph and Louanna!



Lapford Legends - 2nd February



Congratulations to Poppy H, Lily B and Theo!



GOLD AWARD



This week, our Gold Award winner is Nathan Hill. Nathan received the award for ambition and trying something new during playtime. Nathan had never used our school bikes before and this week we saw him playing happily on them, which was fantastic to see.

Well done Nathan!

Checking Lunch Orders on MyEd

Please could we request that parents/carers check that lunches have been booked for their child up to Friday.

Lunches for next term can also be booked up until midnight the night before you wish them to have a school lunch.



REGISTER HERE



FREE
'COME AND TRY SESSIONS'

CHULMLEIGH SPORTS CENTRE
THURSDAY, FEBRUARY 15

NOW OPEN TO YEAR 1

SCHOOL YEARS	TIME
SCHOOL YEARS 1, 2 & 3	10:00 - 11:30
SCHOOL YEARS 4, 5 & 6	11:30 - 13:00

FOR MORE INFORMATION, CONTACT MARTIN BRICE
MARTIN.BRICE@DEVONCRICKET.CO.UK | 07939 015663



Opal Update



Social Spaces

Social spaces are areas where children gather and interact with each other. We have social spaces in our play areas that we have created and are permanent fixtures, such as our climbing frame, the Calm Corner and the tree stump area nestled in the border of our Forest School. The children enjoy creating their own social spaces, and occasionally this is achieved without them realising, for example by simply moving a few tyres this can create a space where children can sit, play and interact with each other.

This week we have noticed some wonderful creations. These spaces offer opportunities of all our year groups to gather and interact with each other. When children feel relaxed so that they can be themselves, it is an important factor in developing social and emotional skills.



WORLD BOOK DAY®

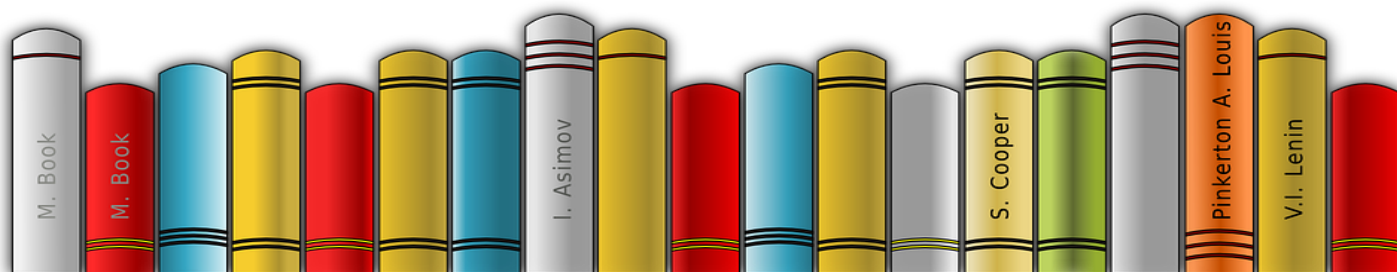
7 MARCH 2024

World Book Day is nearly here!

In preparation for Thursday 7th March, there are many resources going live to encourage children to read. The World Book Day organisation have released some free audiobooks that can be accessed online via <https://www.worldbookday.com/world-of-stories/>.

They group their audiobooks accordingly: Beginner Reader, Early Reader, Fluent Reader & Independent Reader and provide a range of fiction and non-fiction titles. Some examples include: '5 Minute Sleepy Stories', 'Maggie Sparks & The Monster Baby', 'Meet the Ancient Egyptians', 'The Solar System', 'Danny Chung Does Not Do Maths' and many more.

Why not introduce them to your child at bedtime, whilst driving or when cooking dinner to get them listening and loving more books?



LAPFORD PRESENTS 10

BINGO NIGHT

4 90 6

IN AID OF FRIENDS OF LAPFORD SCHOOL

SATURDAY, MARCH 16TH

DOORS OPEN 6.30 P.M.
EYES DOWN 7.30 P.M.

LAPFORD VICTORY HALL

Donations of raffle prizes welcome
and can be dropped to the
school reception or contact
Stacey on 07891 556884

LICENSED BAR
RAFFLE AND
GREAT PRIZES

 **BAG 2 SCHOOL**

COLLECTION THIS WEDNESDAY FROM SCHOOL!

Our next Bag2School collection has been arranged for

Wednesday 7th February 2024

Drop off to Stacey at school or home by the above date

Any questions – please ask your school collection organiser Stacey on 07891556884



**YOUR
SCHOOL
LOTTERY**

1

JOIN OUR LOTTERY



2

BOOST SCHOOL FUNDS



3

WIN CASH PRIZES



It's As Easy As



- Join our weekly lottery from just £1 a week
- It's an easy way to support our school and help raise funds
- 40% of ticket sales go straight to our school funds
- There's a guaranteed winner every week as well as the chance to win £25,000

[**Click Here to Buy A Ticket**](#)

Supporters must be 16 years of age or older.

CHULMLEIGH ACADEMY TRUST

School Terms and Holiday Dates - 2023/2024 Academic Year

	September						October						November						December						January						February				
College Week	1	2	1	2		1	2	1		2		1	2	1	2		1	2			1	2	1	2	1		2	1	2						
Monday		4	11	18	25		2	9	16	23	30		6	13	20	27		4	11	18	25		1	8	15	22	29		5	12	19	26			
Tuesday		5	12	19	26		3	10	17	24	31		7	14	21	28		5	12	19	26		2	9	16	23	30		6	13	20	27			
Wednesday		6	13	20	27		4	11	18	25		1	8	15	22	29		6	13	20	27		3	10	17	24	31		7	14	21	28			
Thursday		7	14	21	28		5	12	19	26		2	9	16	23	30		7	14	21	28		4	11	18	25		1	8	15	22	29			
Friday	1	8	15	22	29		6	13	20	27		3	10	17	24		1	8	15	22	29		5	12	19	26		2	9	16	23				

	March										April										May										June										July										August				
College Week	1	2	1	2				1	2	1				2	1	2				2	1	2				1	2	1	2				1	2	1	2																			
Monday		4	11	18	25	1	8	15	22	29				6	13	20	27									3	10	17	24				1	8	15	22	29						5	12	19	26									
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Friday	1	8	15	22	29	5	12	19	26				3	10	17	24	31									7	14	21	28				5	12	19	26						2	9	16	23	30									

Bank Holidays

25 December 2023
26 December 2023
01 January 2024
29 March 2024 (Good Friday)
01 April 2024 (Easter Monday)
06 May 2024 (May Day)
27 May 2024 (Spring Bank Holiday)
26 August 2024 (Summer Bank Holiday)

Non-Pupil Days

Five days selected from within the term dates to be determined by the Board of Directors

Occasional Holidays

Two days selected from within the term dates to be determined by the Board of Directors

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Monday	2	9	16	23	30		7	14	21	28		4	11	18	25		2	9	16	23	30		6	13	20	27		3	10	17	24
Tuesday	3	10	17	24		1	8	15	22	29		5	12	19	26		3	10	17	24	31		7	14	21	28		4	11	18	25
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	March						April						May						June						July						August						
College Week	1	2	1	2	1		1	2	1	2	1		1	2	1	2	1		1	2	1	2	1		1	2	1	2	1		1	2	1	2	1		
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