



Lynch Hill School Primary Academy Newsletter



Issue: 10

Aim High, Work Hard, Care Deeply

20th November 2020

A message from Mrs Tomlinson...

This week's IPC Learning Goal has been resilience and our thought for the week: 'We can't direct the wind but we can adjust our sails'. This certainly rings true during these challenging times. We are all having to do things differently and accept that we may well make plans that subsequently have to be changed at the last minute. This can be frustrating and can test our patience and resolve but we are showing time and time again that we are stronger than we perhaps think we are.

There has been drilling and banging and moving of classrooms but our Reception pupils have shown that, although they are some of our youngest children, they are incredibly resilient. They have coped with the changes and the noise and RP and RK now have their new windows and doors in place, which look incredibly smart. Next week, the work takes place in RB and then RD. Thank you Reception parents for accepting the changes to drop-off and collections in order to accommodate this work.

Thank you to Y6 as well. They have had to accept being told to self-isolate and access school from home but we are all very proud of their maturity and adaptability. We can't wait to welcome them all back next Thursday. They are missed! It was also lovely to see our Nursery children back today and hope that they enjoyed being back at school because we have certainly loved seeing them again.

At the school gates, a number of parents have asked me about Christmas. Sadly, Christmas performances are not possible this year but we do still want to mark this special time of year and plan some celebrations. The children will enjoy class parties and a festive lunch and teachers are planning in some exciting and fitting projects for the final weeks of term. Again, in response to questions from parents, we will send out information regarding how Christmas cards and/or gifts can be exchanged safely.

Have a wonderful weekend and see you next week.

Lindsey Tomlinson



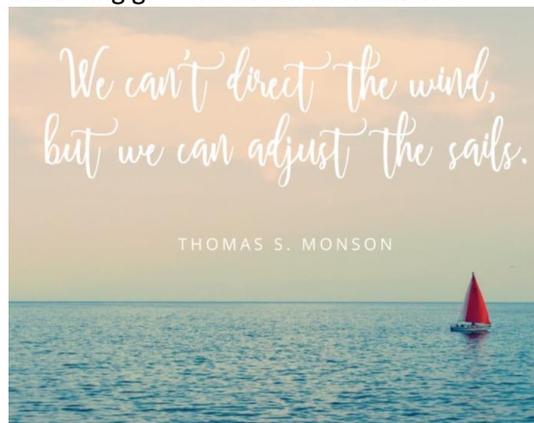
Co-regulation part 3 – Merging

"Merging" is a psychotherapy concept where one person takes on the emotions of another and is unable to distinguish between themselves and other. This happens to all parents to some extent – if our child has a hard day where they fall out with their friends, we can feel that sadness too and it becomes fused with our own emotions. This reflects the deep connection we have with our children and is part of our attachment bond. However, merging becomes challenging when we can no longer separate our own emotions from that of another person. If we feel overwhelmed with our child's emotions as if they were our own, it can be hard to support them in the way that they need. Sometimes we need to step back, take a deep breath, and try and identify what is ours and what is not. Pausing can help us think more logically and support our children manage their feelings better.



Thought for the Week

Our IPC learning goal this week is: **Resilience**



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School at Home on the Website

Weekly timetables with links to work set are now published on our website on a Monday morning on the School at Home tab:

<https://www.lhsprimaryacademy.org.uk/school-at-home>

Click on the relevant key stage and then on the year group link for the timetable to appear.

Parking

Please don't skip this paragraph!

Our office staff spend a lot (a LOT!!) of time placating neighbours of the school whose drives or pathways have been blocked by inconsiderate parents at this school. One parent recently said she blocked a driveway in Long Furlong Drive as 'there was nowhere else to park'. There are always other places to park. If necessary, please park at the Chicken Ranch or even better, apply Active Movement and leave 10 minutes earlier and walk to school.

Did you know it is against the law to block a driveway?

Highway Code Rule 243, **you should not park near a school entrance** as well as anywhere that would prevent access for emergency services, at or near a bus stop, opposite or within 10 metres of a junction, **over a dropped kerb, and in front of an entrance to a property.**

Please let the people who drop off your children know about this in case they do not read the newsletter. We want our children to arrive to school safely!

We have been looking at ways that our parking situation can be improved. The Slough Borough website suggests the following:

- If you have problems with **vehicles obstructing the highway or if you think that a car is illegally or dangerously parked please report it to Thames Valley Police by calling 101.**
- If you observe a vehicle being **parked in breach of formal restriction e.g. yellow lines** or residents parking, this can be reported to our Parking Enforcement Control Room on **01753 551018**. There are usually lines or signs on or around the road alerting drivers to the restrictions in place.
- If you would like restrictions on pavement parking, speak to your local ward councillor in the first instance.

The more parents, carers and residents who make complaints to the correct authorities, the better chance we have of keeping the roads around the school clear and safe for the whole community.

Year 3 Marble Run – Your Help Needed

Year 3 are in need of the following items to make a GIANT marble run:

- Cereal boxes, or boxes of a similar size
- Tubes (kitchen roll, Pringles, etc.)
- Clean plastic bottles (squash, milk, etc.)

Please ask your child to bring them in to school, where they will be collected safely from each classroom after school hours (in order not to mix bubbles). In order to ensure the items are stored for 72 hours before use, we would like them in school by **Thursday 3rd December**. Thank you.

Home Start Slough Need Your Help

Could you potentially be a **Home Start Superstar**, freely giving your time and expertise?

We need volunteers to support Slough and Burnham families who are finding things tough, they could be feeling very isolated or need help with practical issues. (training is provided)

At the moment, our volunteers can only support families over the phone or zoom, but shortly we hope to go back to face to face help.

If you think you can make a difference, no matter how small and enjoy helping others, please get in touch today for more information on how to become a Home Start Slough Volunteer

email office@hsslough.co.uk or call the office on 01753 572958

Support and friendship
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Slough Borough Council and Public Health are currently working to understand how we can communicate key COVID-19 messages in an engaging, motivating and mobilising way with people living in Berkshire, and we need your help to do it please.

Our Insights survey has been designed to understand people's views and attitudes towards COVID-19, current guidelines and existing communications and messaging, and we are offering a chance to win a £50 shopping voucher as a thank you for taking part. There's also a link on the page for people to use if they want help with translation but we are counting on your great support to assist residents whose first language is not English to ensure they can complete this important survey.

All of the answers will be stored securely and kept confidential, meaning nobody will be identified at any point. Please follow this link to complete the survey: www.smartsurvey.co.uk/s/PHBerkshireCOVID-19/

Breakfast Club

Please can we remind parents that **Breakfast Club cards must be bought in advance**. This is to ensure that enough food is prepared and that we have enough staff to cover the club. Thank you.

Forms Available on our Website

To maintain social distancing and avoid parents having to come in to school to collect various forms, we will be adding them to the website over the next few days. Please go to <https://www.lhsprimaryacademy.org.uk/parents/forms>

Christmas Shopping Online?

Please help to raise funds for Lynch Hill School whenever you shop online!



You can use easyfundraising to shop with over 3,300 big name retailers including Amazon, Argos, John Lewis, ASOS, and eBay – and when you shop, you'll raise a **free** donation for us every time. **Getting a new phone?** Please check out the offers on mobiles through easyfundraising!

Help support us:

<https://www.easyfundraising.org.uk/causes/lynchhillshool/>

THANK YOU FOR YOUR SUPPORT!

Milk Bottle Tops

Our local church is asking for your help to collect plastic milk bottle tops. It would be greatly appreciated if you could save these for us and put them in our box at the school's front reception area. Many thanks.

Battery Recycling

A reminder that we have a **BIG** box to take all your AAA, AA, C and D batteries, (plus gv batteries with the top taped over). The box is in the foyer, next to the bottle-top box.

We are a Nut and Seed Free School

A reminder to parents that no nut or seed products of any kind should be brought in to school. This includes seeded bread. Even if your child has no allergies, we have a number of children and staff with **life threatening allergies** to the point where even the odour of nuts can induce a reaction. Thank you for your co-operation.

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PLEASE



NO PEANUTS OR NUT PRODUCTS

Label Those Clothes!

With coronavirus, it is now even more important than ever to make sure your child comes home with his/her own clothes. This is made much easier if every item of clothing, coat, PE kit, shoes, etc., is labelled clearly, ideally with a sewn or 'Stickins' label, or at the very least an indelible pen (which do wash out over time). If you order from Stickins.co.uk and quote the school reference 12630, the school benefits ever-so slightly from commission (last year we gained all of £6.30!).

Important Dates for Your Diary

Friday 27 November	Flu Nasal immunisations
Friday 18 December	Non-uniform day End of Term 2
Monday 4 January	Inset day
Tuesday 5 January	Children return to school

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ISOLATING AT HOME

Your child may suddenly have to stay home from school and the family to isolate. Here are lots of ways for you all to keep healthy at home during isolation.

ACTIVE MOVEMENT

HWS HEALTH & WELLBEING SLOUGH

PHYSICAL ACTIVITY

- ✓ Be as active as you can
- ✓ Stand up every 20minutes
- ✓ Walk often
- ✓ Try a virtual exercise class



SIT LESS, STAND OFTEN, MOVE MORE

- ✓ Reducing the time you are sitting is important.
- ✓ Play hide and seek around the house
- ✓ Progress to some gentle, frequent walks around the house or garden if you have one.



ACTIVE CHALLENGES

Set you and your family simple daily targets:

- ✓ Stand up together every 20 minutes
- ✓ Go for a walk of 1,000 paces around the house or garden every day (and take the stairs if you have them)
- ✓ Try a standathon. Who can stand up for the longest!
- ✓ Playing board or computer games? Making standing up part of the game (like when you throw a six)
- ✓ Make tidying up an Active Movement
- ✓ Let your child be in charge of being active for the day!



ACTIVE SCHOOLWORK

Being active helps memory, concentration and coming up with ideas.

Remind your child to:

- ✓ Stand up whilst learning important words
- ✓ Walk around whilst learning a phrase or thinking about an answer
- ✓ Stand up when reciting work
- ✓ Walk around the house for 5minutes before doing any mock tests or exams



WORKING FROM HOME

You may have to stay at home to look after an isolating child. Add standing and moving to your work routine too.

Standing conference calls can be much more dynamic!



PROTECT THE NHS

During your isolation period you should not leave your home.

If vulnerable and needing immediate support call **01753 944198**



HANDS



SPACE



FACE

GOOD FOOD HABITS

Now is a great time to develop good food habits.

Follow them as a family or group, then you can all remind and encourage each other to eat properly - and not too much!



ACTIVE SWAPS

Make simple changes by setting yourself some Active Swap days :

- ✓ Swap sugary drinks for water
- ✓ Swap chocolate for fruit
- ✓ Swap white bread for brown
- ✓ Swap a snack for a walk or exercise
- ✓ Swap cereal for boiled eggs
- ✓ Create a fresh food day

And remember standing up or a walk after a big meal is good for your digestion.



MORE TOP TIPS

- ✓ Stand up to brush your teeth twice a day with a fluoride toothpaste
- ✓ Sleep is important:
Primary age 10-11hrs
Secondary age 9-10hrs
Adults 7-9hrs



ADDITIONAL SUPPORT

There is lots of information and ideas of how to look after your mental and physical health on the "Health at Home" website.

For more information, visit:

www.publichealthslough.co.uk/campaigns/health-at-home

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EMOTIONAL WELLBEING

If you require further emotional support check out the following support resources:

- 1) Kooth - For secondary age children
- 2) Every Mind Matters - For all ages
- 3) Public Health Slough - For all ages



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EYFS Head-teacher Awards given to one child for achievement

RP	Teddy Ward	for	His enthusiastic approach to learning and his lovely manners.
RK	Sh'Vonzi Thomas		His brilliant attitude and hard work during phonic lessons
RD	Sarah Chanakira		using a louder voice during carpet times.
RB	Ayla Mae Fletcher		Always being a caring friend and for excellent effort in her spellings.

EYFS Praise Awards given to two children for achievement

RP	Corey Knight	for	Working hard in phonics.
	Prahanya Gabilan		Excellent progress in phonics writing
RK	Kevin Rzepecki		Being a caring friend.
	Arpitdeep Singh		His great effort learning about shapes
RD	Yusuf Kureshi		For great number recognition.
	Adam Uddin		For working so hard on his blending.
RB	Eulana Stevenson		Excellent progress in her phonics.
	Daniyaal Musa		Super effort in his letter formation.

KS1 Head-Teacher Awards given to one child for achievement

1N	Avyanna Chauhan
1K	Navraj Singh
1L	Summer Page
1W	Macie Allbrighton
2G	Ariana Cruz de Pro
2H	Zahra Hanifi
2M	Harry Olusegun
2R	Jessica Baldwin

Congratulations to 4H for 99.3% attendance this week.

WELL DONE!

KS1 Praise Awards given to two children for achievement

1N	Hareem Ahmed	for	For super phonics work this week.
	Karam Lotay		For super phonics work this week.
1K	Daniel Kilby		For fantastic writing in phonics.
	Skye Cooper		For fantastic writing in phonics.
1L	Amelia Gozdik		For coming into school happy and ready to learn.
	Logan Alfred		For always being on task and doing his best in all his work.
1W	Siddhan Sunkari		For excellent maths this week.
	Melina Amofah		For excellent effort in phonics and maths this week.
2G	Yacob Elmi		Settling well into our class.
	Ayesha Lodhi		For working hard on her writing this week by using lots of adjectives.
2H	Jibraan Khan		For excellent effort in English this week.
	Krishav Jammu		For great story writing in English this week.
2M	India Jeffery-Carriere		Making a huge improvement to her attitude towards learning and trying her very best in class.
	Lily Munday		Always willing to share her ideas with the class and contributing keenly to class discussions.
2R	Alonzo Jatta		Working hard and striving to achieve his best. Keep up the great effort.
	George Williment		For playing nicely on the playground with his friends and willingness to do his best in Maths.

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KS2 Praise Awards given to two children for achievement

3R	Harry Williams	for	For working really hard in Maths this work to complete his set task
	Zayan Fahad		For having an amazing Science lesson this week
3P	Adam Khalon		For his fantastic work in Science when learning about forces
	Amelia Sutherland		For her brilliant report about giraffes
3A	Shaylen Langley-Budhu		For using his own initiative to be so helpful in class.
	Haroon Muhammad		For using his own initiative to be so helpful in class.
3B	Syed Ali Ahmer		Working extremely hard in Maths and staying focussed on the task
	Faiha Hyyan		Always being polite and well-mannered
4H	Troy Sears		His efforts in completing some of his tasks this week.
	Akaal Randhawa		Always completing his homework and spelling words to a high standard.
40	Luke Bargery		For always being polite with adults. He has a lovely personality which he shares with the class.
	Alfie Faulkner		For having a positive attitude towards learning this week. Alfie has been contributing to lessons, taking care when doing his work and using feedback he has been given to improve his learning. Well done!
4D	Masad Saleh		For always having a positive attitude to her learning.
	Dylan Mahadew		Always showing a mature attitude to his learning.
4P	Mohammad Zohaib		For showing great enthusiasm and sharing his ideas in lessons.
	G Grainger		For using descriptive vocabulary learnt in class in her writing.
5A	Filip Singh		For being resilient and completing task to match his potential. Well done & keep it up!
	Nat Okyere		For excellent setting description of Diagon Alley independently. I am so proud of you!
5S	Tianna McConnel		For positivity when coming into school
	Abdul Syed		Great effort in maths
5P	Bailey Pearson		Showing love of learning in every lesson.
	Isabella Loucas		Showing growing independence and confidence in all the areas of learning.
5T	Liya-Jean Albrect		Working extremely hard in her maths work, well done!
	Nataniel Antoszczyszyn		Growing in confidence and beginning to participate in class discussions.

KS2 Head-Teacher Awards given to one pupil for achievement

3R	Elbie-Rae Harrison	for	For continually making good choices in class when doing his tasks
3P	Aaron Makoni		For working really hard in Maths and English
3A	Jacob Twumasi		For his ability to absorb and demonstrate great understanding of Forces in Science.
3B	Harjas Dugal		Showing resilience in Maths
4H	Sarah Khan		Always being respectful and completing all her tasks to the best of her abilities. You are a superstar Sarah!
4D	Ava Woods		For a fantastic character description of Violet Beauregard
4O	Joel Adjekum		In the lasts couple of weeks, Joel has been working hard on learning his 7, 8, 9 times tables and making a quick recall of these facts. Keep it up Joel!
4P	Ajeet Randhawa		For working very hard and trying his best in all lessons.
5A	Anusha Subash		For being a superb role model to her peers. Keep it up! Superstar Anusha!
5S	Siddarth Joysula		For learning his arts festival poem by heart
5P	Kyren Sheridan		Showing enthusiasm and participation in all lessons.
5T	Zara Rai		An excellent piece of English writing, you have worked so hard over the past few weeks you should be really proud!

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