

# The Leys Primary and Nursery School Newsletter

★ Accelerating progress

★ Enriching wellbeing

★ Promoting partnerships

26/02/21

## Star of the Week

	Pod	Remote
Zephaniah	Hailey R	Odin
Anderson	Erika	Oscar
Sendak	Betty	Todimu
Carle	Harrison	Freddie
Hargreaves	Octavian	Grace R
Ahlberg	Darcie	Joel
Dahl	Emily	Elliot
Freedman	Shikana	Becca
Strong	Patrick	Chloe
Pratchett	Lillie	Ronnie
Morpurgo	Jayson	Alys
Tolkien	Olivia	Zara
Lewis	Beatrice	Niamh
Rosen	Isabelle	Samuel
Shakespeare		
Dickens	Hayden	
Kipling		Alfie F

**WE ARE LOOKING FORWARD TO ALL PUPILS RETURNING TO SCHOOL ON 8th MARCH. Please see the letter sent out today!**

## NEW EQUIPMENT IN SCHOOL FOR EARLY YEARS!

On Monday morning, we had a wonderful surprise for our children who have been attending school in the Reception and Nursery key worker pods. We have new playground equipment that we have raised money for!!! Mrs Harvie and Mrs Balaban have told me that the children have loved the new equipment and building their confidence and developing upper body strength!!! Our Reception children joining on the 8th of March have a lot to look forward to!!!



Class of the week	4/5 KS2 Pod
Friendship Cup	
Headteacher Awards	YEAR
Luke W Oliver M Holly P Oliver S	THREE
Lily W Eliza W Lewis W William G Ester G	FIVE



This week I would like to say a **BIG SHOUT OUT** to our Learning Mentors Mrs Gajic in KS1, Mrs Betts in lower KS2 and Mrs Pathak in upper KS2. They are so committed to supporting our pupils and always go above and beyond to ensure our pupils make exceptional progress!!! Thank you so much for your dedication and hard work in school day in day out!!! Our pupils really benefit from your support!!!



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## Highlights of the Week! Catch Me Reading and 100 Challenge

### Reception



Charlie chose to do his 100 challenge over the week taking part in ten different exercises, two on each day to add up to 100 in total. Amazing work Charlie!

In reception the children had great fun finding and making places to read, Isabelle chose a seat on a motorbike while Oscar made a camp in the bath. Harry and Dylan created their own den, Amazing work to all the Reception children that took part in the challenge.



### Year 1

We have been focussing on the story 'Owl Babies' this week in class. We thought about the different places we could read this story around our classroom and outside. We have really enjoyed this story this week. Take a look at our pictures!



Year 1 children spent time during the half term break reading. Joshua was caught reading whilst riding a bike and Fletcher enjoyed reading about Star Wars upside-down. Great multi-tasking boys!



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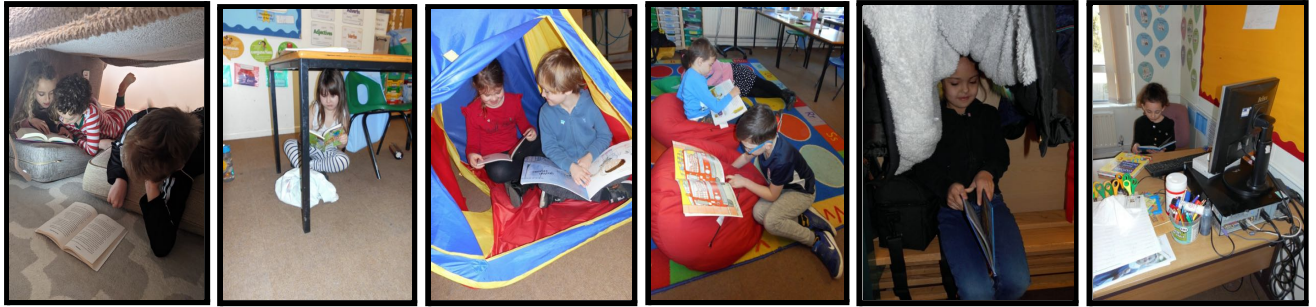
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## Year 2



We got caught reading all over the place in year 2. Under desks, in tents and dens, hiding in the coat area and getting comfy on the beanbags. Grace was even combining reading with stretching her leg over her head and Liam found peace and quiet in the bath!



## Year 3



Year 3 have been caught reading in some very unusual places!!!!

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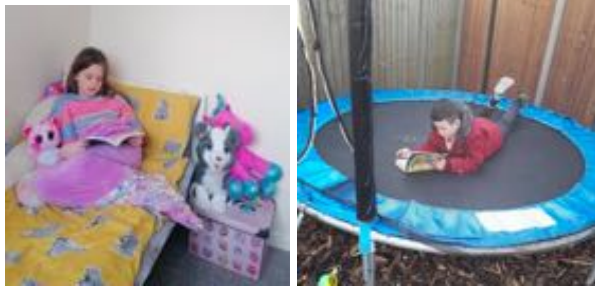
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## Year 4



During the half term, year 4 were asked to take a picture of them reading..we received some very interesting pictures including: Maya reading in her mermaid pajamas, Chloe reading on the stairs and Ethan reading on his trampoline!

## Year 5

Year 5 have really enjoyed taking part in the 100 challenge for Sir Captain Tom Moore. The children commented that doing 100 star jumps in a row was a challenge but lots of fun!

The children in Year 5 have loved finding interesting places to read! Look at Ethan reading on a motorbike! Amazing!



## Year 6

We have been challenging ourselves to learn different languages this week! The children in Year 6 have been practicing Norwegian, Spanish, Russian and even Malaysian - we look forward to continuing this when we are back in

school!



During the half term, Year 6 really took to the challenge to 'Get caught' reading! We had photos sat on balconies in the snow, in cupboards, and even of their pets reading!



Writer of the Week-  
Alfie S/fd

These mythical creatures can be found in the deep, dark and dense woods, they make their homes in high trees. Sprites are quite sociable and like to share their habitat with other small animals.

When you first ever see one of these creatures you can very easily mistake them for an exotic flower as their bright colour and transparent wings glimmer just like the petals of a tropical flower. These amazing animals use their flower-like bodies to hide from predators.

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## Kipling Class

These animals are also called fairies. Sprites can be shy in nature so they mostly go out with big groups at night to not be spotted. If approached these fairies give a very faint glow to get rid of the interest. These animals might be cute but if you get to close they can give you a nasty bite.

Sprites are also known to be quite resourceful, they use petals and blooms of healthy plants for clothing, they hollow out acorns for their cups and they even use the heads of a dandelion for a mattress. All things considered, these wonderful fairies are happy in their home-the woods.



WELLBEING



## Sleep and Mental Health

We completed a well-being survey with all our children from Year 1 to 6 before Christmas and worryingly only 50% of KS2 children and 40% of KS1 children felt that they got enough sleep. This week class teachers have started to share information with their children about the importance of sleep.

Good sleep is fundamental to good mental health, just as good mental health is vital to good sleep. A good night's sleep is about getting to sleep, staying asleep and getting enough good-quality, deep sleep. For children, having enough good-quality sleep is a key, and often underestimated protective factor – helping regenerate their brains and bodies, process information and memories, boost immunity, guarding against obesity, and helping concentration, learning and behaviour. [Primary school-aged children should generally sleep for 10 to 11 hours a night](#). Sleep problems in childhood are common at this age and can take many forms (e.g. nightmares or terrors, sleepwalking, broken sleep patterns, moving into parents'/carers' beds etc). These problems can often be transient if good habits are consistently encouraged, but children can also get 'stuck' in unhelpful habits and sleeping problems can be a symptom of poor mental health. It is important, if sleeping does become an issue or patterns become regularly disrupted, that help should be sought as soon as possible. School staff have information and advice about supporting children with sleep problems and parents/carers should contact the school nursing team for further advice, especially where sleeping difficulties are more entrenched and causing distress to the child and family.

[Strategies to help children get a good night's sleep include:](#)

Having a [regular time to go to sleep and wake up](#).

Making sure children are in [natural daylight for at least half an hour](#)– particularly in the morning.

Making sure children [get enough exercise](#) during the day.

[Avoiding caffeine](#) (including chocolate or caffeine-based soft drinks) particularly in the afternoon.

[Turning off computer screens or other devices at least an hour before bedtime](#). Blue light from TVs, tablets and mobiles excite the brain and interfere with the sleep hormone levels, preventing the brain from feeling sleepy.

Having low lighting and a [quiet, calm space in bedrooms](#).

Relaxing music, scented pillow sprays and comforting toys/blankets can help some children.

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## Spiritual, Moral, Social, Cultural and British Values

*NASA's Perseverance rover touched down safely in Jezero Crater on Mars on 18 February, kicking off a new era of exploration on the red planet in which rocks will be collected and returned to Earth for the first time.*

The children in Year 3 have been exploring the recent landing on Mars. They have discussed whether or not they would like to move there, they have watched lots of videos of the landing and completed some painting.

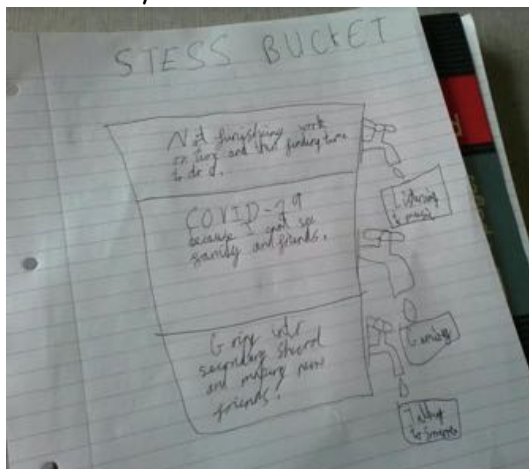


## Personal, Social, Health, and Relationships Education



PSHE does not stop! Year 6 has been talking about stress this week, an activity which encouraged us to think about our stressors, and more importantly, how we could de-stress! We made our own stress buckets to help with this.

Have a go doing this at home - how could you lessen the load in your bucket?



### Mindfulness and screen time

With so much time being spent at home at the moment, it's become more important than ever to find time in the day for mindfulness; to reset our mind, calm down and spend time away from the screen. Reducing screen time has been shown to help with sleep, emotions and mental health.

Each year group has been setting time in the week for our children to get away from the screen and get creative, something we will be prioritising back at school!

Here's some activities you could do that don't involve a screen - give some a go this weekend!

- Go outside for a walk/run
- Build a house using strange objects
- Create your own movie character
- Bake a delicious treat

If you need any help finding mindfulness activities, please visit the link below:

<https://www.leys.herts.sch.uk/ki-curriculum-pshe.html>

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Term dates		
<p>Start of term: 3 September 2020  <b>Inset day: 2 September</b>  <b>Term: 3 September -23 October</b>  <u>Half term holiday: 26 October 2020 - 30 October 2020</u>  <b>Inset day: 2 November</b>  <b>Term: 3 November -18 December</b>  <b>Occasional Day: 7 December</b>  <u>Christmas holiday: 21 December 2020 - 3 January 2021</u></p>	<p><b>Inset day: 4 January</b>  <b>Term: 5 January - 12 February</b>  <u>Half term holiday: 15 February 2021 - 19 February 2021</u>  <b>Term : 22 February-26 March 2021</b>  <u>Easter holiday: 29 March 2021 - 9 April 2021</u></p>	<p><b>Term: 12 April - 28 May</b>  <u>Half term holiday: 31 May 2021 - 4 June 2021</u>  <b>Inset Day: 7 June</b>  <b>Term: 8 June-21 July</b>  <b>Inset day 22 July</b>  <u>Summer holiday: 23 July 2021 - 31 August 2021</u></p>

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