



Lapal

Primary School

Newsletter

January 2024

Dear Lapal Primary School Community,

I hope this newsletter finds you well and that the new year has begun on a positive note for you and your families. It's hard to believe that we are already at the end of January, with just one week left of the first half term. Time truly flies, especially with all the exciting events and activities taking place at Lapal Primary School.

Children's Mental Health Week: 'My Voice Matters'

This year, we are actively participating in Children's Mental Health Week, focusing on the theme 'My Voice Matters.' Empowering our children to express themselves positively impacts their wellbeing. Children who feel that their voices are heard and can make a difference have a greater sense of community and self-esteem. Our children have been introduced to the theme through an assembly and will engage in various activities throughout the week to enhance their understanding.

Outdoor Equipment

Our youngest learners have been enjoying our new outdoor equipment, learning to play safely while supporting their physical development. Please take a moment to appreciate the joy captured in the photo featuring children actively using the equipment.

Educational Trips and In-school visits

This month, our students have ventured beyond the classroom to enhance their learning experiences. From Year 1's adventurous trip to Bodenham Arboretum to Reception's visit to local shops, our children have explored and learned in diverse environments.

In addition to offsite excursions, we have welcomed various visitors into our school. Years 3 and 4 enjoyed a fascinating Stone Age workshop, and year 4 learned crucial safety skills from local fire officers.

For upcoming trips, please complete the expression of interest form to help us assess the feasibility of obtaining sufficient funds in order for these valuable learning experiences to go ahead.

Friends of Lapal

Next week, we look forward to our Valentine's Disco, supported by the Friends of Lapal. Various themed goodies will be available for purchase. Your participation and support are highly appreciated.

Important reminders

- Don't forget the upcoming Inset day next Friday; school will be closed to pupils.
- Please book your parents' evening appointment via ParentMail, which will be held after half term.

Thank you for your ongoing support in making Lapal Primary School a vibrant and enriching learning environment.

Kind regards

Mrs Turner (Executive Headteacher)

Diary Dates

Autumn 2023 Term starts

6th Sept

Half term

30th Oct - 3rd Nov

Term ends

22nd Dec

Spring 2024 Term starts

8th Jan

Half term

12th Feb - 16th Feb

Term ends

22nd March

Summer 2024 Term starts

8th April

Half term

27th May - 31st May

Term ends

19th July

INSET DAYS

Friday 9th February

Monday 22nd July

Please see our online calendar on our website for all event information

House Points

Totals for January

Diamond 705

Sapphire 430

Ruby 545

Emerald 648

Measles outbreak in the West Midlands and MMR catch-up clinics

It is crucial to be aware that there is currently a measles outbreak in the West Midlands. Measles can have serious consequences, but the MMR vaccine is a safe and effective preventive measure. If your child has not received their MMR vaccine, catch-up clinics will be held throughout the half term.

Saturday 10th February—Mary Stevens Park

10am—3pm

Tuesday 13th February—War Memorial, Lye

9am—2pm

Friday 16th February—Dudley Market Place

9am—2pm

Saturday 17th February—Somers Square, Halesowen Town Centre

10am– 3pm

January Attendance

RHall	95%	3/4JD	98%
RHopkins	96%	3/4G	97%
1M	99%	3/4SD	97%
1RW	98%	5M	97%
2C	98%	5SB	96%
2CG	98%	6R	95%
		6W	95%

NSPCC Helpline number

The helpline will support children and young people, and offer guidance to adults and staff working with pupils,

The helpline can be contacted on **0800 136 663**, or by emailing help@nspcc.org.uk

Safeguarding

If you are concerned about a child then please contact our Designated Safeguarding Lead who is Mrs Atkinson, or our Deputy Safeguarding Leads Mrs Turner, Mr Maynes, Miss Gillon or Mr Rizzo.

Safeguarding is the responsibility of us all. If we are concerned about a child we have a duty to contact Children's Service, if you are concerned about a child, outside school, then you can call 0300 555 0050 with your concerns and seek advice.

Our safeguarding policy can be found on our school website.

Reception

EYFS have been learning how to stay safe when out and about in our local community. We set up a road system in our area to practise using a zebra crossing, taking turns as a crossing attend and understanding what areas of the road pedestrians and vehicles should use. We were really excited to use this knowledge on our next trip to the Lapal shops. Remember to 'Stop, Look, Listen, Think!'



The children in EYFS have also enjoyed playing on the new outdoor equipment.

Year 1

Year One had a fantastic trip to Bodenham Arboretum in January. We went for a woodland experience and took part in many activities such as:



- Woodland walks.
- Building mini dens for woodland creatures.
- Collecting items of nature.
- A snack-time toast.
- A minibeast hunt.



Year One shown some super sentence stacking in their English lessons, recounting our woodland adventure.

Year 2

The children in year two have really enjoyed reading their brand new chapter book as part of their guided reading sessions this week. Everyone has been keen to read on to find out what happens next. We have learnt some fantastic new vocabulary such as: companion, solitary, ominous and inaudible. The children have also made some fantastic predictions and have been practising reading with expression.



We also had a visit from our school nurse team and learnt all about personal hygiene. We put some special lotion on our hands, washed our hands and then put our hands into a machine that looked like a smiley face to see how well we had washed our hands. The adults in the room were really impressed by how well we washed our hands and how much we knew about personal hygiene.

Year 3/4



Our Year 3 & 4 pupils were lucky enough to have a Stone Age visitor come and speak to them about the Stone Age, particularly the Mesolithic period. During the workshop they learnt about the way of life for people living during this period. The Stone Age people would make clothes out of the skins of the animals that they had hunted and they would have to chew on or twist this leather to soften it. This was a brilliant day full of historical enquiry, knowledge and enthusiasm. Well done to all our Year 3 and 4 pupils for demonstrating their super knowledge and historical skills as well as their enthusiasm and excellent behaviour.

Pupils from Year 4 participated in an informative and extremely valuable Fire Safety Workshop delivered by officers based at Haden Cross Fire Station.

The pupils were taught about fire and its dangers:

- Actions to take in the event of a fire;
- Thinking about a route out of the house in the event of a fire;
- Importance of smoke alarms;
- Calling 999 for help and hoax calls;
- Potential fire hazards in the home;
-

The 'Stop, Drop and Roll' method;

A big shout out to all of Year 4 for their great questions, excellent behaviour and participation. Thank you to all our pupils who were involved and the Fire Safety Officers from Haden Cross Fire Station.



Year 5

Year 5 have started 2024 with great enthusiasm, they have had the opportunity to swim at the incredible facilities used by the Commonwealth Games athletes. They have even been lucky enough to experience the thrill of the diving boards and platforms.

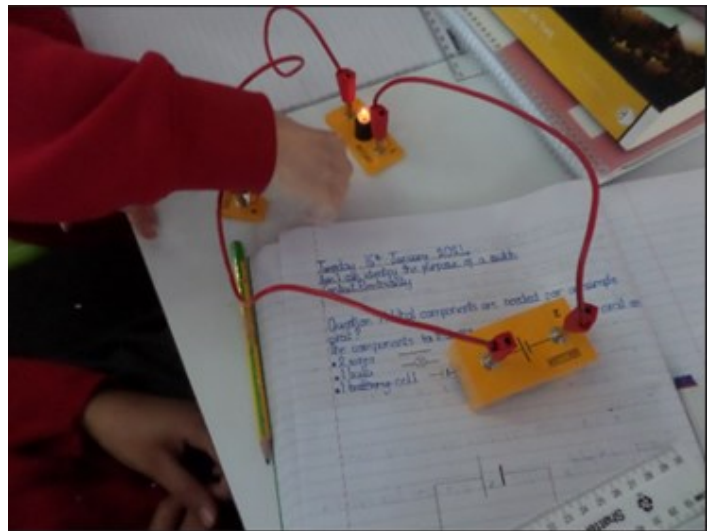


As part of our science topic, States of Matter, the children were able to participate in baking cookies to observe irreversible change in the form of mixing and heating. I'm sure they will agree, that they very much enjoyed conducting this experiment and sampling the results of their hard work afterwards.



Year 6

Year 6 have been investigating the purpose of a switch in a circuit, during this lesson, we worked as a team, listening and speaking to each other to create a basic circuit. When we had researched what a switch does, we worked in teams to build a circuit with a switch, showing how the electron would stop travelling at the switch if it was open



As part of our DT unit, year 6 have worked collaboratively in teams to make bread. The children used many cross curricular links to carry out this project: maths for weighing the ingredients and English - reading and understand what the recipe was asking of them. The children were also able to demonstrate all of our skills builder qualities through this session. We were able to see great teamwork where people were showing their leadership qualities with every member of the team being able to solve problems by speaking and listening to each other. This has resulted in fantastic bread that tasted and smelled amazing.

GREAT ways to wellbeing

At Lapal, we actively share and discuss what good mental health is.

We do this by exploring the '10 Key's to happier living' or what your child might refer to as GREATDREAM.

Giving
Relating
Exercise
Awareness
Try something new
Direction
Resilience
Emotions
Acceptance
Meaning

This month's newsletter focus is Exercise

Taking care of your body is good for your mind. Be physically active

Moving matters for your mind. Being physically active is a quick and easy way to boost your mood and supports the health and functioning of your brain. According to some scientists exercising improves how well the brain works and helps keep it in good condition!

Here are some activities that may wish to carry out during February:

- **Dance like nobody is watching.** Play a family favourite song and dance around like nobody is watching.
- **Mindful Safari.** Whilst out walking with your child, ask them to notice as many birds, insects, bugs and as many other animals as they can.
- **Yoga disco.** Attached are links that you can click on. These will take you to various yoga discos that your child may be interested in doing.
[Washing Machine Yoga Disco](#), [Hi My Name is Jo](#),

Please share any of the activities you carry out related to our wellbeing focus this month.

Mrs Walford.

Friendly February 2024

MONDAY



5 Make time to have a friendly chat with a neighbour

12 Focus on being kind rather than being right

19 Share something you find inspiring, helpful or amusing

26 Make uninterrupted time for your loved ones

TUESDAY



6 Get back in touch with an old friend you've not seen for a while

13 Smile at the people you see and brighten their day

20 Make a plan to connect with others and do something fun

27 Call a friend to catch up and really listen to them

WEDNESDAY



7 Show an active interest by asking questions when talking to others

14 Tell a loved one or friend why they are special to you

21 Really listen to what people say, without judging them

28 Give positive comments to as many people as possible today

THURSDAY

1 Send a message to let someone know you're thinking of them

8 Share what you're feeling with someone you really trust

15 Support a local business with a positive online review or friendly message

22 Give sincere compliments to people you talk to today

29 Acknowledge someone's problem or pain rather than trying to fix it

FRIDAY

2 Ask a friend how they have been feeling recently

9 Thank someone and tell them how they made a difference for you

16 Check in on someone who may be struggling and offer to help

23 Be gentle with someone who you feel inclined to criticise

SATURDAY

3 Do an act of kindness to make life easier for someone

10 Look for good in others, particularly when you feel frustrated with them

17 Appreciate the good qualities of someone in your life

24 Tell a loved one about the strengths that you see in them

SUNDAY

4 Invite a friend over for a 'tea break' (in person or virtual)

11 Send an encouraging note to someone who needs a boost

18 Respond kindly to everyone you talk to today, including yourself

25 Thank three people you feel grateful to and tell them why



ACTION FOR HAPPINESS

Happier · Kinder · Together