

April 2024

Ofsted Good Provider

BE KIND, *BE* DETERMINED, *BE* PROUD

Dear Parent/Carers,

Welcome to April's newsletter. Even though we have only been back to school for a couple of weeks, the children have made us extremely proud with how they have settled so beautifully back into their learning. Children in Year 6 have made us especially proud as they have continued to prepare themselves for their Statutory Assessment Tests which will be held during the week beginning 13th May. The children have worked incredibly hard and we know that they will do their best and get the results that they deserve.

It was fabulous to have a group of children take part in the Schools' Challenge on Plymouth Hoe last weekend. Thank you very much to anyone who came to support them and to Mr Gotham for training them over the last 12 weeks in school.

Reception's visit to Paignton Zoo, was enjoyed by all and it was wonderful to hear so many compliments from members of the public and Zoo staff about their brilliant behaviour. Year 5 and 6's visit to the Theatre Royal Plymouth to see the Welsh National Opera's School Concert was an incredible experience for our children. In Year 2, the children completed their road safety course and have now begun a course of creative dance sessions with Plymouth Dance. Being able to offer them opportunities beyond the National Curriculum is something very important to me as the benefits to their personal development are immeasurable.

We are also really pleased with the results of our school makeover that happened during the Easter break. The corridors upstairs and down, are looking clean and fresh. The children have commented on the improved look and have been careful to take care of our environment which is one of our five school rules.

On the following page, you will see dates of the events coming up in May. Please check this carefully as it includes class assemblies for Years three and five.

Best wishes

Mrs Claire Jones









Dates for your Diary

Wednesday 1st May- Banardo's delivering Peep Training for families with children starting school

Thursday 2nd May- Polling Day. Wraparound Care will be in the main school

Thursday 2nd May- Year 2 to take part in 'The Big Sing'

Monday 6th May- Bank Holiday- School Closed

Tuesday 7th May-Friday 10th May- Year 1 Balanceability sessions

Tuesday 7th May- Friday 10th May- Year 5 Bikeability sessions

Wednesday 8th May- Banardo's delivering Peep Training for families with children starting school

Thursday 9th May - On Course South West)to run Online Safety Course for parents

Friday 10th May- 5CL Class Assembly 9:15-9:45 am

Friday 10th May- Year 4 to take part in a Vikings workshop

Friday 10th May- Year 3 to take part in an Ancient Greece workshop

Monday 13th May- Thursday 23rd May SATs week for Year 6

Friday 17th May- 5LG Class Assembly 9:15-9:45 am

Friday 17th May- Year 6 post SATs trip to Jump

Tuesday 21st May- Coffee & Chat- all things sleep- 2:15-2:45pm

Wednesday 22nd May- Banardo's delivering Peep Training for families with children starting school

Thursday 23rd May - On Course South West)to run Online Safety Course for parents

Friday 24th May- 3RM Class Assembly 9:15-9:45 am

Friday 24th May- Last day of Term 5

CLASS UPDATES

The Reception children have had a great start to Term 5! They have been thoroughly enjoying their 'African Adventure' topic, where they have been learning about Africa and the people and animals that live there! They have also developed their knowledge of Kenya, what it is like to live there, and created some incredible Kenyan flags! The children had a wonderful school trip to Paighton Zoo, where they were able to broaden their knowledge of animals. The children were fantastic role models for our school, and we were extremely proud of each and every one of them. In Phonics, children are learning to read words containing adjacent consonants (words with two or more consonants next to each other). They have also been applying their Phonics well with their writing. During Maths, Reception have been developing an understanding of pattern, where they have been continuing and copying a simple pattern, creating simple patterns and spotting an error in a pattern. We have focused on Gymnastics this term during our PE session, which has been fantastic! The children have been developing in confidence and displaying an excellent attitude in their learning. Well done, Reception!

5LG have had a great start to our Summer term! We have been really enjoying our English writing unit based around the novel 'Kensuke's Kingdom', and have been amazed by the adventures that happened to Michael when he was only 11 years old! We are looking forward to describing our own fictional adventures as we practise and improve our writing! In Science, we have been learning all about how human bodies grow and develop, and have asked scientific questions about embryos and gestation, as well as comparing the life cycles of different mammals. We have been excited to learn about different American artists during our Art lessons, and have shown determination and focus in trying to replicate the skills of different artists in both portraits and landscapes so far! We have welcomed some more new classmates which is a real joy, and we have enjoyed getting to know more about each other and ourselves during PSHE, including understanding our own self-image and comparing it to how others see us, and exploring ways that we can improve our self-esteem.

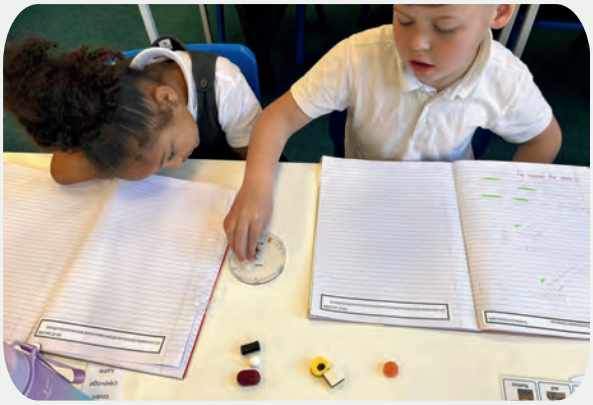




In 4JL we have been really embracing the sunny weather with our Outdoor and Adventurous Activities for PE. It has been so refreshing to get the children outside and exploring, using map skills and enjoying some tactical strategy games. The children have been working so well as a team in PE and it has been great to embed this within the classroom. One of our favourite words from our PE vocabulary this term has been 'integrity' which we have used throughout our day. Art has been really interesting and the children have had lots of fun exploring different techniques with the oil pastels. The work of Carl Warner has been a great topic of discussion and the children relished looking at some of his photography 'foodscapes'. We are continuing to put lots of effort into learning our times tables and we would love it if children could continue to put in a big push at home on Times Tables Rockstars. Well done 4JL, let's keep working as a team!

CLASS UPDATES

5CL have returned from the Easter holidays really positively and have enjoyed finding out about all of the new topics. In particular, we have started a new local history study and we thoroughly enjoyed learning about our locality. So far, we have discovered more about the origins of Plymouth and how it was once 3 small towns. The amount of questions we had during this lesson was testament to how excited they are by this new History topic! During P.E. lessons this half term, we have started learning how to play golf and we have already learnt two different types of short distance shots - the putt and the chip. We particularly enjoyed chipping as we were aiming to lift the (plastic) golf ball up into the air so our partner could catch it. As always in 5CL, Computing is always a favourite lesson! We have started this half term by looking at using selection in computer programming and using Scratch to further our programming skills. We have learnt how to write and use conditional statements to make our Sprite move when a condition has been met. And finally, we have recently started a new unit in Maths which is all about statistics and although we found line graphs tricky to draw, we tried our best and have made excellent progress. As the week has gone on, 5CL have felt more confident within this area of Maths and have enjoyed challenging themselves to work independently.



Class 3RM have enjoyed the start of a busy Term 5. We have jumped straight into our rocks and fossils topic in Science and we are already becoming confident rock detectives! The children are putting lots of effort into using the correct scientific vocabulary when they describe the properties of different rocks. In our English lessons, we have been immersed in the world of fairy tales. We are mainly focussing on 'Tom Thumb' and are looking forward to writing our own story endings. In Maths, we have been continuing our learning on fractions and have learned to find fractions of amounts and objects. Our Art lessons this term are all about insects. The children have created some stunning observational sketches - they impressed themselves with what they were capable of! We are really looking forward to sharing our wonderful learning in our class assembly at the end of May.





Year 1 have had an amazing start to Term 5! The children have worked incredibly hard in Phonics, learning alternative sounds, reading longer words and using expression to make the text more exciting. In Maths, they have been learning about fractions, finding a half and a quarter of shapes and amounts. In computing, we are learning to log on to the chrome books and enter text into a document. In History, the children have learnt about the ancient Olympics and the significant sports star - Jesse Owens. In PE, they are focussed on ball skills; controlling, dribbling and moving with the ball. We are very proud of the hard work and determination of the children. Keep it up Year 1!



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CLASS UPDATES

Class 2MT have returned to school following the Easter break with a fantastic attitude to learning. In English, we have been learning how to write a new story based on the pattern of a text inspired by the book 'The Dragon Machine' by Helen Ward and Wayne Anderson. In Maths, we have been learning about fractions and in Science, we have been learning about plants and what they need to grow and thrive. Our PE lessons this term are focussed on target games and we are already developing our throwing skills using underarm and overarm for a precise aim. We are extremely excited to be having extra PE lessons every Friday with Plymouth Dance, the children are really enjoying this and have fully participated in the sessions with determination and pride. In History, we are learning about WW11 and were excited to hear an air raid siren go off in our classroom- we imagined what it would have felt like for children during the war to have heard this every day. This month we also completed our Road Safety course and are now able to recite the rules for crossing the road along with an understanding of how to be a safe pedestrian. Well done Year 2 on a fabulous start to Term 5.

Class 3JR have returned from their Easter holidays with a super attitude to learning and have immersed themselves straight away into our new units of work. In English, the children have enjoyed reading a collection of Grimms' Fairy Tales. They particularly loved the imagery, created adverbials and verb choices. We are preparing to tell stories to some of our younger children once we have finished writing. In PE, we are preparing for the Summer by learning tennis. We have started to enjoy taking part in rallies and to strike the ball with control. History has been really interesting learning about how Ancient Greek democracy was very different to our own. Our computing lessons have been fantastic. We made flip book animation and used imotion, a free app, to create our own short animations. We will be planning a long version for next month.



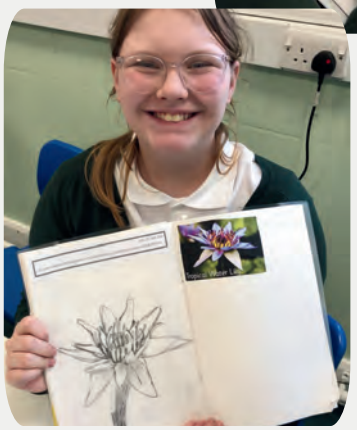


4PN have had a wonderful start to the summer term - they came back after Easter full of energy and ready to learn. We have begun to study the Vikings in History and have really enjoyed reading our non-fiction books from the library and asking our own questions about what life was like so long ago. We have started a PE unit on outdoor and adventurous activities. We played fox and rabbits and talked about the strategies the foxes needed to catch all the rabbits - including working as a team. We also had to follow some maps using coloured domes and instructions - we had to really concentrate! Our artwork is all based around fruits and vegetables. The most popular lesson so far involved using an app called Procreate on the ipads which enables the children to select pens and effects and draw on the screen - our red peppers were truly amazing and all so different. The children in 4PN are super readers and have been choosing their books from the library, quizzing and reading at home - so many raffle tickets are already in the box!

CLASS UPDATES

The children in Year Six are certainly doing us proud! They continue to work so hard towards their SATs and are showing a huge growth in understanding and confidence. We are very proud of each and every one of them. We were lucky enough to attend Plymouth Theatre Royal to watch the Welsh National Opera Schools Concert and what a wonderful experience it was! The music made us feel a range of emotions and filled the auditorium. Our children were very well behaved and it was a super trip to be a part of. Within Geography, we have used our field skills to take a survey and will be using this in the coming weeks to create graphs and analyse the data. PSHE sees us learning more about relationships. So far, we have thought about what makes a good friend and knowing what mental health is and what to do when our mental health is declining. In PE, we are learning the skills and rules of tag rugby. We have learnt the offside rule and have been practising passing the ball backwards whilst running.





School Council News

Following the Easter break, our School Councillors have been busy working on our campaign to improve road safety for children, parents and residents in our whole community. In our meetings we have been brainstorming ideas and have thought of possible proposals for Plymouth City Council. We have been monitoring the amount of traffic that is generated at peak times and will share this information with the Council and our local MP, Luke Pollard. Over the coming weeks we will devise and send out a questionnaire to gain the views of the whole community. We are very excited about this campaign and hope our voice is heard!

Please remember that if your child is absent from school, you must call the office to report their absence. It is a legal requirement that we record a reason for all absences.

Please remember that if your child no longer wants to attend their extra-curricular club (or wants to join one), you must speak to the office so that the waiting list and register can be updated.

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Goodbye to Mrs Stevenson



For the past 32 years, Mrs Stevenson has been a very valued member of Laira Green Primary School. She first began her career as a Mealtime Assistant before taking on the role of Teaching Assistant. It would be impossible to calculate the exact number of children that she has supported in her time but needless to say, it would be hundreds. Mrs Stevenson has decided that the time has come for her to retire and whilst we will miss her very much, we wish her a very happy and well deserved retirement. Mrs Stevenson will be with us until May half term- this means her last working day will be Wednesday 22nd May.

Best Books this Month



Lola can't believe her luck – the rabbit she's rescued is actually a fairy in disguise. Now she has her very own fairy! There's just one problem. Larch, the rebellious fairy she's rescued, is convinced that Lola is her human…
But while Larch and Lola discuss the merits of snail slime for breakfast and try to decide who should be in charge, there's a bad fairy on the loose. Evil Euphorbia Spurge wants magic, and Larch is full of it. Soon it's a battle of wits, wands and fairy wings as the new friends take on the wildest fairy in the woods…
Beautifully illustrated throughout, Lola and Larch is a heart-warming, funny celebration of friendship. It's the perfect series for 7+ readers who like fairies, magic, and very naughty rabbits!

Benjamin Creek is an eleven-year-old boy who lives in Wyvern-on-the-Water and can often be found sitting in the 'Once Upon a Time' bookshop reading (non-fiction only). He doesn't believe in magic and doesn't like fantasy stories, unlike his dad. He receives a mysterious parcel in the post one day which contains a strange doll. His grandma tells him it's a poppet, a type of doll used for witchcraft, but of course, Benjamin isn't remotely interested in that, he prefers a scientific explanation for everything.
Meanwhile, in Wreathenwold, twins Edwid and Elizabella are surrounded by magic. Edwid hears whispering coming from a crack in the wall and doesn't know whether to listen to the voice or not. Benjamin and Elizabella's lives collide when Benjamin accidentally finds his way into Wreathenwold and can't find his way out again.



boom reader

Please remember to log all reading on Boom Reader. This helps us to know what your child is reading and when they are ready to quiz or change books.

Starting the week beginning 6th May Mrs Frost will be on hand for advice and support.

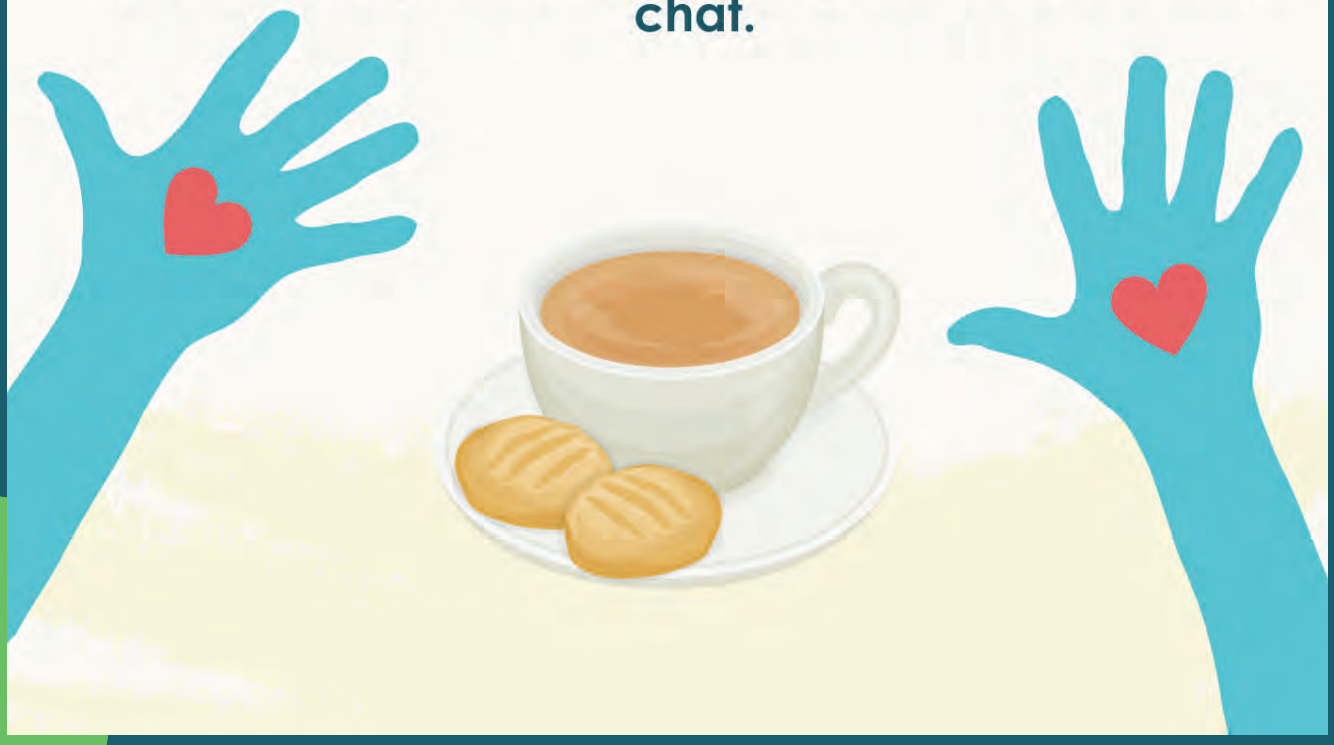
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Parent SUPPORT Drop in

Laira Green Primary School
Shaping hearts, minds and futures

Every Monday and Thursday	9-10am	The Dell Centre

Mrs Frost, our Parent Support Advisor is on hand to offer friendly support, information and advice. You are very welcome to drop in for an informal chat.



PARENTS AND CARERS COFFEE & CHAT



DISCUSS ALL THINGS SLEEP!



Tuesday 21st May
2:15pm-3:00pm
The Dell Centre

Mrs Trembath, our Inclusion Leader, Mrs Frost, our Parent Support Advisor and Mrs Spencer, our Learning Mentor will be hosting a session all about supporting children with sleep

Jeremiah's Joy

in collaboration with La La Choirs



A free choir for those who have been bereaved as a child or young person including adults who were bereaved as children.

Jeremiah's Journey are offering this free to join choir as a way to bring people together, who have suffered a bereavement as a child or young person, and spread a little joy.
You do not have to have used the charity's services in order to join and it is open to all age groups, including any adults who were bereaved as children (regardless of your age now).

Under 12's will need to be accompanied by an adult (who is welcome to be included in the choir too).

Where: Mutley Baptist Church
When: Mondays 5.45-7pm (term time only)

To sign up or for more information email us at hello@jeremiahsjourney.org.uk

Jeremiah's Journey

01752 424348
jeremiahsjourney.org.uk

Save money on your childcare bills with Tax-Free Childcare

If you're a working parent or carer, you can get up to £500 every three months (up to £2,000 a year per child) to help with the costs of childcare. If your child has a disability, you can get up to £1,000 every three months (up to £4,000 a year per child).

You can use it to pay for childcare including:

- childminders, nurseries and nannies
- playschemes, before and after school clubs, and holiday clubs

Check with your provider to see if they're signed up.

If you use our Wraparound care, you could be eligible for support with the cost.

How it works

You set up an online childcare account for your child. For every £8 you pay into this account, the government will pay in £2, up to a maximum of £2,000 a year or £4,000 if your child has a disability. You can then use the money to pay your childcare provider.

You need to reconfirm your eligibility for Tax-Free Childcare every three months. You'll get a text reminder and it's easy to do through your online childcare account.

Am I eligible?

To get Tax-Free Childcare, you, and your partner (if you have one) need to be working at least 16 hours a week and expect to earn at least the National Minimum Wage or National Living Wage over the next 3 months. This includes being:

- self-employed
- on shared parental, maternity, paternity, or adoption leave
- on sick leave or annual leave.

Your child is eligible until 1 September after their 11th birthday, or until 1 September after their 16th birthday if they have a disability.

Each parent or carer can earn up to £100,000 per year and still be eligible for Tax-Free Childcare. Your eligibility doesn't depend on how much tax you pay, so it won't affect your income tax liability or VAT.

You can't claim Tax-Free Childcare at the same time as Working Tax Credit, Child Tax Credit or Universal Credit or childcare vouchers. Further information on eligibility is available on **www.gov.uk/tax-free-childcare**.

If you need any help in understanding your options, call into the office and we will be happy to help.

If you live in Northern Ireland

If you live and pay tax in Northern Ireland but use a childcare provider in the Republic of Ireland, please call 0300 123 4097 to check your eligibility.

If you live in Northern Ireland but work in the Republic of Ireland, you're eligible for Tax-Free Childcare if you or your partner pay UK tax and complete an annual Self-Assessment tax return and foreign income form.

Find out more

To find out how much you could get towards your childcare costs and check whether you're eligible, visit **www.childcarechoices.gov.uk or www.gov.uk/tax-free-childcare**

HM Government

Childcare Choices

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about

ENERGY DRINKS

Energy drinks are highly caffeinated beverages often consumed for a quick energy boost. However, excessive intake can lead to health risks like increased heart rate and sleep disturbances. Statistics underline these products' popularity among young people – many of whom consume them regularly. Here's our expert's advice on addressing the concerns surrounding energy drink consumption in adolescents.

WHAT ARE THE RISKS?

HIGH CAFFEINE CONTENT

Most energy drinks contain high levels of caffeine: often much more than a typical cup of coffee or fizzy drink. Excessive caffeine consumption can lead to increased heart rate, high blood pressure, anxiety, insomnia, digestive issues and – in extreme cases – even more severe conditions. For children and adolescents, whose bodies are still developing, excessive caffeine intake can be particularly harmful.

INCREASED RISK OF HEART PROBLEMS

The combination of high caffeine levels and the other stimulants found in energy drinks can put extra strain on the cardiovascular system. Potentially, this could lead to irregular heart rhythms, palpitations and increased future risk of heart attack – especially in individuals who have an underlying heart condition.

IMPACT ON MENTAL HEALTH

The significant levels of caffeine and sugar in energy drinks can exacerbate anxiety, nervousness and even – in susceptible individuals – contribute to panic attacks. Additionally, the crash that often follows the initial energy boost can actually make mood swings worse and possibly lead to feelings of depression and irritability.

DISRUPTED SLEEP PATTERNS

Consuming energy drinks, especially during the afternoon or evening, can disrupt normal sleep patterns. The stimulating effects of caffeine can make it difficult for children and young adults to fall asleep – leading to insufficient rest and its associated health risks, including impaired cognitive function, mood disturbances and decreased academic performance.

LINKS TO SUBSTANCE ABUSE

Some research has suggested a correlation between energy drink consumption and higher rates of alcohol and drug use among young adults. Young people may mix energy drinks with alcohol, mistakenly believing that the energy drinks' stimulant effects will counteract the sedative nature of alcohol. This combination, however, can be dangerous and increase the risk of accidents, injuries and alcohol poisoning.

POTENTIAL FOR DEPENDENCY

Frequent consumption of energy drinks can lead to tolerance – meaning that individuals may need to consume increasing amounts to continue achieving the desired effects. This can potentially lead to dependency and addiction, especially in younger individuals who may be more vulnerable to addictive behaviours.

Advice for Parents & Educators

LIMIT CONSUMPTION

It's wise to educate young people about the potential risks related to energy drinks, emphasising the consequences of excessive caffeine consumption. Encourage healthier alternatives like water, herbal teas or natural fruit juices. You can model healthy behaviours by restricting your own consumption of energy drinks and creating a supportive environment for informed choices.

ADVOCATE FOR REGULATION

If this is something you're particularly passionate about, you could work with local health organisations and policymakers to advocate for regulations on energy drink sales to children and young people. Raise awareness among parents, educators and community members about the potential health risks associated with energy drinks and support initiatives promoting healthier options in schools and communities.

PROMOTE HEALTHIER HABITS

Schools can help with this issue by including discussions about the possible dangers of energy drink consumption into their health education curriculum. Encourage children and young adults to critically evaluate the marketing messages they see and make informed choices about their health. Teachers could also provide resources and support for children to identify healthier alternatives.

SET A POSITIVE EXAMPLE

Adults can model healthy behaviours by visibly choosing alternative beverages instead of energy drinks. Maintain open communication with children and young adults about the reasons for limiting energy drink consumption – underlining the importance of balanced nutrition, adequate hydration and sufficient sleep for overall wellbeing and academic success.

Meet Our Expert

Dr Jason O'Rourke, Headteacher of Washingborough Academy, champions food education and sustainability – and his school holds the Soil Association's prestigious Gold Catering Mark. Jason has spoken about food education at Westminster briefings and overseas. A member of the All-Party Parliamentary Group on School Food, he co-founded TastEd, a sensory food education charity.



#WakeUpWednesday®

The National College®

Source: See full reference list on guide page at: nationalcollege.com/guides/energy-drinks

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Shaping hearts, minds and futures












Laira Green
Primary School




Laira Green Primary School










Ready Reader
Award

