

March 2024

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

Our mission: "To create an **inspired** community of learners who are equipped with the **skills**, **experience** and **confidence** they need for a happy and successful future".

Dear Parents/Carers

Thank you for all of your support this term; you have been wonderfully positive as ever. We had an overwhelmingly positive response to our Parent survey so thank you for taking the time to complete it. Over the coming weeks, I will share any actions that we have taken as a result of your responses. Despite a short term, we have been so busy with many wonderful learning opportunities taking place including a visit to the Theatre Royal Plymouth to watch the Ballet, a Year 4 trip to The Royal Albert Memorial Museum, a Year 1 Open Top tour of Plymouth, a Year 5 visit to the Plymouth Synagogue as well as celebrating British Science Week, World Book Day and Comic Relief. There have been numerous virtual author visits and inter-schools' sports competitions which have been just brilliant. We were very pleased to have been recognised for our fantastic Arts offer in school by being awarded the Silver Artsmark Award. Artsmark recognises schools who develop and celebrate arts and cultural education, putting creativity and wellbeing at the heart of the curriculum. Our incredible PTA have continued to support us with organising Easter Discos for the children as well as 'Wonka Week', Treat Fridays and the Easter Raffle. As you are aware, the money raised from their events makes a big difference to our children who get such enjoyment from their generosity. The Book Vending Machine and the outdoor gym equipment are particular favourites but the PTA also contribute each month to the cost of the bagels that we offer to every child. Thank you to everyone who supports all of their events because without you, none of it would be possible. Finally, I would like to wish you a wonderful Easter break and look forward to welcoming you all back on Monday 15th April.

Yours sincerely

Mrs Jones

Class Updates…

Reception enjoyed another super term, full of fantastic learning opportunities centred around their 'Dinosaur Detectives!' topic! The children have been excellent Paleontologists, as they hunted for dinosaurs, bones and fossils around the classroom. They developed their knowledge about herbivores, carnivores and omnivores and learnt all about how dinosaurs lived. Across the term they have produced some wonderful artwork, created clay fossils and hatched their very own dinosaur eggs. During Maths lessons, the children have extended their knowledge of 2D and 3D shapes. In Phonics, children have displayed such a great attitude and determination to read longer words. They are continuing to use their Phonics excellently to write words and sentences. We cannot forget that Reception put on a fabulous Mother's Day assembly, and we were very proud of each and every one of them! What a wonderful term it has been – Well done Reception!

This month the children have enjoyed writing information pages about pirates. They were amazing at describing pirates within an introduction, recalling facts about ships, clothes and accessories. The children even included rhetorical questions! In Maths the children are becoming fantastic at recognising halves, thirds, quarters and wholes. During DT we have been able to recognise root vegetables and even created our own potato salad. The children loved creating and eating it after! In our PE unit this month we have been exploring dance routines by linking movements together. To do this the children have practised different dynamics to explore levels and speed. The children loved showing characterisation by performing as gardeners and acrobats! Performing in front of their peers was super challenging but the children showed great expressions within their movements and routines. Every Thursday the children have had a great opportunity to gain more knowledge about keeping safe when walking safely around and across roads. The WalkWise team have been working closely with the children to ensure they know how to travel safely with an adult around their local area.

3RM have enjoyed another busy month of learning in March. We have been learning about mass, capacity and volume in our Maths lessons and we have enjoyed writing an explanation text in English. In DT this term, we have been learning about mechanical systems involving levers and linkages. The children have shown such determination in this 6-week project and their final moving posters were fantastic! Another favourite this month has been dancing in our PE lessons. We have loved working as part of a group to move both in unison and with opposite motions. In our RE lessons, we have been learning about the Jewish festivals 'Rosh Hashanah' and 'Yom Kippur' - we particularly enjoyed learning about the seder plate! we are really proud of them all!



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Another incredible month of learning for Year 1. The children have made fantastic links between their Science and English lessons - innovating stories to take place in the Arctic, using the new knowledge they'd learnt. In Phonics, we have been learning alternative sounds using the same graphemes. This has strengthened our understanding of the Grow the Code. In Maths, the children have been using their ability to skip count in 2s, 5s and 10s to help them counting larger numbers. We have even begun looking at arrays and writing repeated addition sentences to match them. In Geography, we have been conducting field work to think of ways to improve our local area, or creating tally charts to show the different types of homes children live in. In PSHE, we discussed the importance of healthy lifestyles, what our body requires to stay alive and household objects that are safe and dangerous, thinking of how and where these should be stored. In PE, the children have produced some wonderful performances that show a range of movements, linked together in eight beats. We hope the children have a wonderful Easter break!

In English, Year 6 have enjoyed reading a version of Beowulf by Kevin Crossley-Holland. The children loved the imagery created through personification, similes and metaphors and the way in which the author describes the settings and characters. We have just finished writing our own stories involving a beast and a hero and are very proud of our efforts.

In dance, we have been learning Bhangra motifs and have used these to create our own dance. This style of dance is very energetic and involves moving to the beat of the dhol drum; it's been exhausting but great fun!

Our DT unit this term was Global Food. We looked at where different foods come from and where they fit on the 'Eat Well' plate. We each designed a vegetarian dish, made and cooked our own tortilla dough and then enjoyed tasting our own delicious food.

Class 3JR have enjoyed March very much and would like to thank everyone who was able to attend our class assembly. This term, we've particularly enjoyed PE, Music and Geography. In PE, we learnt several group dances and took the roles as lead dance and coach. We learnt two main dances: a jagged powerful dance based on how machines move and a beach dance that was full of motion and movement. Meanwhile in Music, we learnt to play as a band with 3RM. We learnt a classic blues song popular in New Orleans 'When the Saint Come Marching in' and an Irish rock version of 'My Bonnie Lies over the Ocean'. Our favourite part was the call and response as we sang the chorus. In Geography, we learnt about how Mountains are formed as well as how, where and why earthquakes occur. In the classroom, we received a fine selection of books from the Plymouth Library Service which has really inspired our class to read whenever they can.

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5CL have had an excellent half term and they have thoroughly enjoyed all of the different investigations and practical activities we have been doing. In Science this half term, 5CL have been learning about forces and they have planned and carried out numerous investigations to learn about gravity, air resistance and friction. This week, we are moving on to look at simple machines, whereby we will have the chance to make a pulley. English has been a favourite this half term as we have been reading 'Incredible Edibles' and have carried out lots of investigations to provide us with a stimulus for writing. We have been really impressed with 5CL's clear and concise instructional writing, shifting from an informal chatty tone in the introduction to a formal set of instructions! In D.T., we have been building on our previous programming learning by designing, building and testing out an adventure map for our Bee-Bots to follow. We were very impressed by 5CL's creativity when designing their maps and how closely they matched their map to a clear theme. Lastly, we can't not mention the wonderful dancing we have been doing this half term! We have been learning how to hand jive and have added in various extra challenges along the way, including different spins and step kicks. We have been so pleased with 5CL's improved confidence and determination with learning this rock 'n' roll

5LG have had an excellent half term and been working hard on all of our learning! In maths we have been exploring percentages for the first time and finding equivalent fractions and decimals. We have been calculating the area and perimeter of different polygons, and applying our learning in new contexts. In RE we have really enjoyed learning about the importance of the Torah in Judaism, including kosher laws and keeping the sabbath, and we learned a huge amount from our visit to the Plymouth Synagogue - did you know that we have the oldest Ashkenazi synagogue in the English-speaking world?! In PSHE we have been learning all about the choices that we can make to build a healthy lifestyle as we grow up, including learning about the dangers of smoking and alcohol abuse, as well as the importance of having a healthy relationship with food. During Geography, we have been learning all about the biomes we have across the world, and the steps that we can take to protect them in the future. In Music we have been learning and performing a variety of songs with both our voices and glockenspiels, and are very excited to perform to our families as part of our class assembly next term!

The children in 4PN had a fantastic school trip to Exeter Museum recently - there were so many interesting displays and activities to try. Our children were incredibly well behaved and a real credit to Laira Green Primary School. We have been learning about how Christians celebrate Holy Week in our RE sessions and why Easter is an important part of the Christian calendar. We thought about how Mary and the Disciples would have felt during the events long ago. In Geography, we have been learning about the earth's natural resources. We looked at the timber, fish and vegetables that Chile exports and how it helps that country. We then looked at natural resources that were found in the South West through history e.g. tin and copper. We have almost finished reading 'Danny the Champion of the World' by Roald Dahl and have been completely hooked on the story. We think Danny is a true champion and we loved the plot and the exciting ending - some parts were so funny! We have worked incredibly hard this term and are looking forward to the summer term after the Easter break.

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The highlight of this term for the children in 4JL was the trip to The Exeter Royal Albert Memorial Museum. The children were in awe of all of the incredible artefacts and they had a great time exploring and fact finding throughout the day. It was a great opportunity to remind ourselves of our past learning about The Roman Empire and see some fascinating sources from this time period. I have been very impressed with our writing in English over the past couple of weeks. We have been reading a book called 'The Greatest Place on Earth - Everest' which has captivated the children's imagination and it has really benefited their creative writing skills. Our Science experiments have been messy and fun! Learning about the digestive system has had its comical moments as you can imagine! The children have had a really productive term and I would like to thank them for all of their hard work. Well done 4JL, I hope you all have a fabulous Easter break.



10 Top Tips for Parents and Educators

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that **44%** of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.

#WakeUpWednesday®

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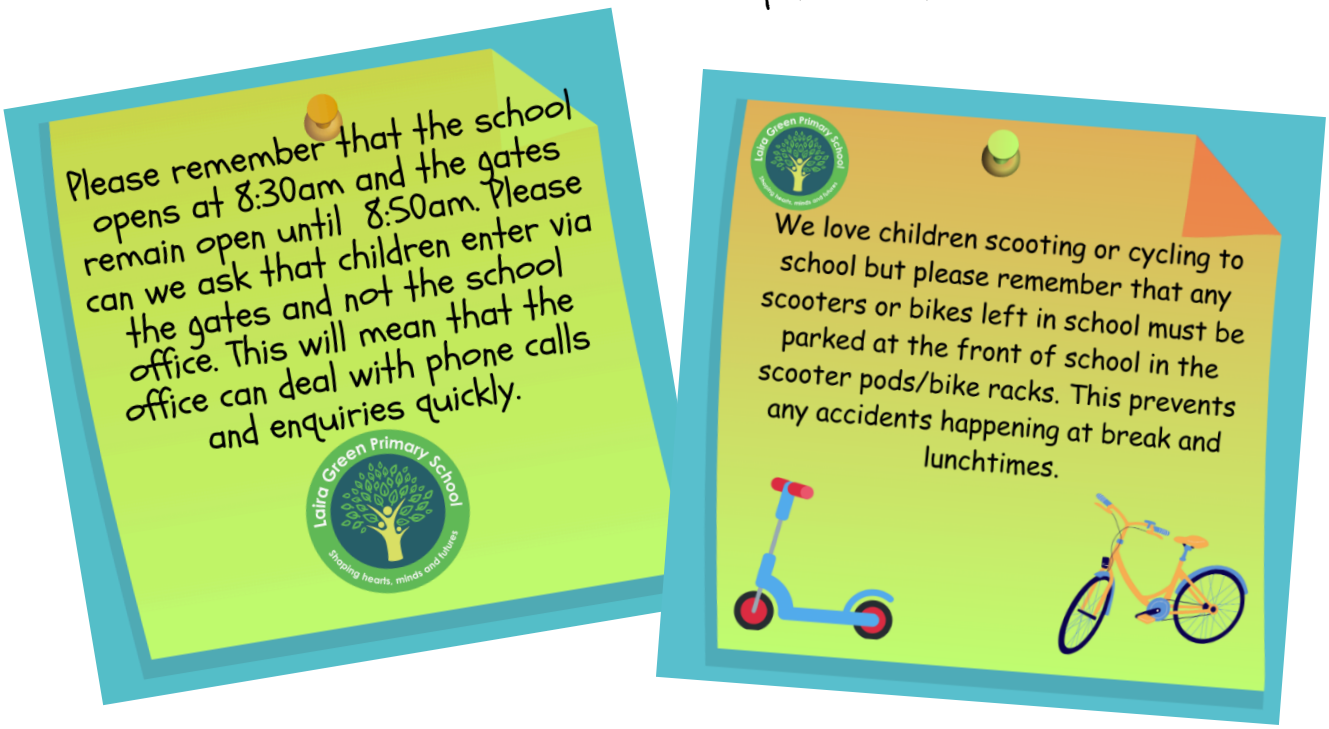
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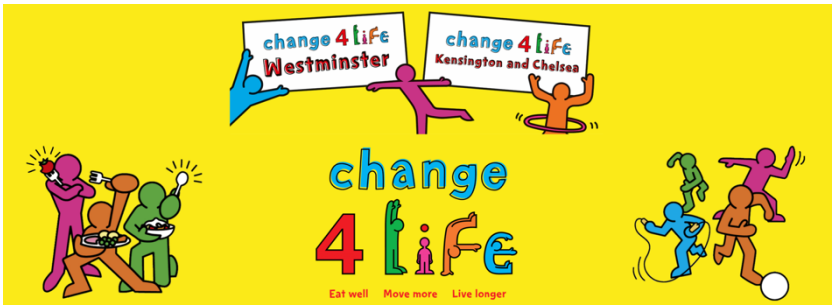
School Council Update

This month, our School Councillors have been very busy being ambassadors for our school. On World Book Day, we were proud to be asked by Mrs Garland to judge the best staff costume. This was a hard job as all the costumes looked amazing! Well done to Mr Gotham for winning first prize and Mrs Nightingale for coming in second!

Comic Relief was next on our agenda, so we brainstormed ideas for Comic Relief fundraising and voted on the best idea. We asked Mrs Jones if we could organise a whole school mufti and sponsored danceathon. We were so excited and happy to hear how much money our community raised! The total amount came to £1454.13. Thank you to everyone for supporting Comic Relief.

In recent meetings, we have been discussing the safety of the roads around our school and have started to come up with ideas to make the roads safer for us all. We look forward to highlighting this issue and putting some suggestions forward to the Council after Easter.







Change for life offer suggestions for children to keep fit and healthy indoors- why not give it a go over the holiday period.

The brilliant thing about dancing is you don't need any special kit or even much space. There are loads of ways you can shake it to a beat:

- find a live performance or music video of your favourite song and try to copy the dance routine – if it doesn't have a routine, create your own!
- have a competition to see who can come up with the best new dance moves – can you make up a signature move for yourself?
- if you have the space and enough people, a game of musical chairs is always a winner
  Or get moving with your favourite Disney characters with one of our dancing Shake Up games:

- Anna's Frozen Game
- Maui's Shapeshifting Statues
- Jungle Jig with Nala and Simba
- Kingdom Dance

Did you know that strengthening exercises are just as important as something that gets your heart beating faster? It helps with stronger bones and muscles, as well as flexibility, balance and coordination. So, if it's something a little calmer you're after, these Disney and Pixar games have that covered too:

- Train Tough Like Luisa
- Yoga Yak
- Ready, Set, Bo!
- Timon and Pumbaa's Power Moves
- Gazelle's Try Everything
- Pua and the Coconut Harvest
- Cinderella's Pumpkin Race



Read With Us!

Come and join us in our classrooms and share some of our favourite books!

Term 5

8:30-9:00 am, 20th-24th May 2024

Wednesday: 4PN and 4JL

Tuesday: 3RM and 3JR

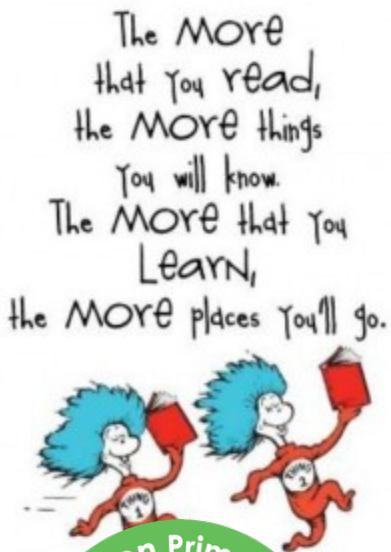
Thursday: 5LG and 5CL

Monday: 1MM and 2MT

Friday: 6LS and RSC



Thank you to everyone who has managed to attend one of our Read with Me sessions. We will be continuing with them each term as we know how much the children enjoy sharing their learning with you. Here are the dates for the rest of the academic year so that you can make any arrangements to come if you are able to.



Laira Green Primary School
Shaping hearts, minds and futures

Read With Us!

Come and join us in our classrooms and share some of our favourite books!

Term 6

8:30-9:00 am, 15th-19th July 2024

Wednesday: 4PN and 4JL

Tuesday: 3RM and 3JR

Thursday: 5LG and 5CL

Monday: 1MM and 2MT

Friday: 6LS and RSC







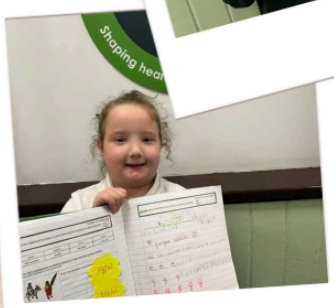

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15 March




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