



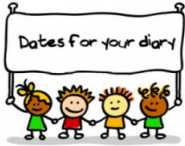
Leagrave Primary School

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NEWSLETTER 19th January 2023



**Year 3 Verulamium
Museum Trip
Monday 22nd
January**

**Year 5 National
Space Centre Trip
Wednesday 24th
January**

**Year 4 Whipsnade
Zoo Trip
Tuesday 13th
February**



**Marah A Ladybird
Muhammad Y Ladybird
Imani D Ladybird
Isaq N Ladybird
Matylda S Ladybird
Ayooluwatomiwa O
Ladybird
Soan P Butterfly
Tahiya G Butterfly
Aaron N Honeybee
Emily O 1W
Oluwaseyitan A 1W
Kevin L 1W
Ayah A 1W
Arham A 1ST
Ibrahim H 2A
Raqeab Muhammad A 3A
Willen H 3A
Alfie W 3B
Fareeha A 3B
Maya D 4D
Amy B 4D
Brielle M 4D
Henry K 4KB
Aarib C 4KB
Hammad M 4MB
Aysel R 4MB
Mohsin G 5W
Maani F 5W
Iman Q 5C
Saniya H 6B
Zainab Y 6B**

Headteacher's Corner

Dear Parents/Carers,

I hope that you all had an enjoyable school holiday and Christmas. Our return to school has gone very smoothly - it is always lovely to bring the school back to life, full of children!

This half term we have various things to look forward to, such as our Sponsored Times Tables Challenge, Year 3 visiting Verulamium Museum as part of their history topic, Year 5 visiting the National Space Centre as part of their Science learning and our Year R - Year 6 Curriculum Morning. These are just a few of the exciting things we have to look forward to, in addition to the usual activities in school.

A quick reminder to parents, when dropping or collecting your child from school, please can you ensure that you do not stop in front of the zebra crossing or park on the zig zag lines to let your child out of the car.

Kind regards,
Mrs E Gillespie (Headteacher)

MTC Cup Years 3-6



Times table recall is recognised as an essential skill that children need for life. To encourage the children to practise their times tables, we have signed up once again to the times table competition called the "MTC Cup". We are playing against a number of local schools and hope that your child can help us win and possibly enter the national finals! Last time we took the 12th position, which is a phenomenal achievement.

The competition is running from 9am on the 23rd until 3pm on the 25th January. Watch this space!



Nursery Admissions For September 2024

If your child was born between 1st September 2020 and 31st August 2021, now is the time to apply for a Leagrave Nursery place for September 2024. Please visit our school website for details on how to apply.



Sponsored Times Tables Challenge



On Friday 2nd February 2023, we are holding a Sponsored Times Tables Challenge to raise money for the NSPCC children's charity. You will have already received a letter last week, with full details.

In addition to the sponsored times tables, the 2nd February will also be a non-uniform day and we kindly ask for a contribution of £1 per child, which will also be donated to the NSPCC.

We hope that you will join us in supporting this incredible charity.



Leagrave
Primary School



ATTENDANCE WINNERS



A big congratulations to the following classes:

2A and 4D
Attendance Winners for week commencing 8th January.

Who will be the next class to come out on top? The competition is on!



Term Time Leave

School days are precious; children only attend school 190 out of 365 days. There are 175 other days (weekends and holidays) available for activities or holidays of your choice which would not have a negative effect on your child's education.

We greatly appreciate parental support to reduce the total amount of days lost due to holidays. We are committed to working in partnership with you to enable your child to reach their academic targets and to support their social development and for this to happen we need to keep individual attendance as high as possible and we all need to play our part.

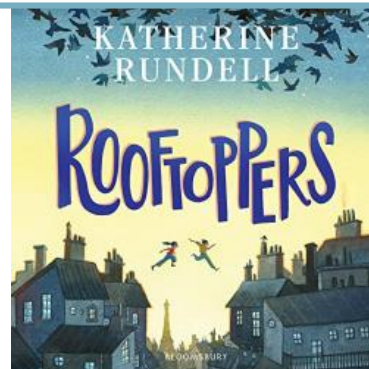
Bookworm Corner

Rooftoppers by Katherine Rundell (recommended for Years 4, 5 and 6)

Rooftoppers tells the story of an adventurous girl named Sophie and her guardian, Charles. The reader follows the pair as they flee from London to Paris and chase a wild dream of finding Sophie's mother, all from a clue hidden in her cello box. What unfolds is a story of a secret world on the rooftops of Paris, where 'rooftopper' children run free.

This charming book deals with themes of friendship, family and music. I really enjoyed reading about Sophie and Charles' friendship and wished I could go racing around rooftops at midnight too!

(Miss Bush)



A Big Thank You

The Eco-Committee would like to say a big thank you to all classes for saving their empty pens from the bin and ending up in landfill!

Over the holidays, 301 used pens were taken to a terracycle drop off point where the old plastic will be recycled and turned into new products. Keep up the recycling!



ATTEND TODAY
ACHIEVE TOMORROW



Attendance: 3rd January 2023 - 12th January 2023

| | Attendance | Class | Attendance |
|-----------|------------|--------------|------------|
| Honeybee | 90% | 4KB | 98% |
| Butterfly | 94% | 4MB | 95% |
| 1ST | 95% | 5C | 99% |
| 1W | 93% | 5R | 93% |
| 2A | 99% | 5W | 97% |
| 2K | 97% | 6B | 94% |
| 3A | 95% | 6E | 89% |
| 3B | 97% | 6M | 95% |
| 4D | 98% | Whole School | 95% |

Our whole school attendance target is 97%.

Well-Being Corner

Key dates:
Time to Talk Day - 4th February 2024
Safer Internet Day - 8th February

January Blues

January can often be a difficult month for many people—Christmas is over, the weather is cold with winter stretching ahead of us still and the nights are longer. Many of the things that we do to cheer ourselves up (walks in the park, outdoor exercise, playing outdoors, enjoying the sunshine ...) are all harder to achieve. However, there are some ways that we can help ourselves beat those 'January Blues'. See the tips below for some ideas to try out and enjoy completing the sheet attached as a family.

Parents Toolkit: Wellbeing

Check out BBC Bitesize for their wellbeing tips designed for parents to help you support a healthy, happy childhood - with advice on food, sleep, mindfulness, as well as ways to look after you and your child's mental health.
<https://www.bbc.co.uk/bitesize/articles/z63htrd?>



How to Beat the January Blues!

- You are more likely to stay eating healthier if you have a treat during the week. Remember to also include Vitamin D into your diet to boost your mood.
- Reading has many health benefits. So why not making reading a necessity not just a luxury!
- Do something new, perhaps get creative? Paint, draw, write or begin a new hobby.
- One great way to improve wellbeing and mood is exercise. Exercise doesn't have to mean going to the gym, it could be a nice bike ride, or taking part in some yoga or pilates.
- Why not take a walk and take notice of your surroundings? This not only has great physical health benefits but mental health benefits too!
- Take time out for you! Even if it's 10 minutes, just take the time to have a rest and enjoy your cuppa.

mind for better mental health

Self-Kindness

Make 2024 the year that you are kinder to yourself. Being kind to others often comes naturally but being kind to ourselves may not. So with that in mind, here are 10 ways to show yourself some kindness - this week and beyond.

- 1) Talk kindly to yourself.
- 2) Practice gratitude.
- 3) Perform acts of kindness to others.
- 4) Reflect daily.
- 5) Self-care.
- 6) Be responsible for yourself.
- 7) Invest in your interests.
- 8) Practice mindfulness.
- 9) Spend time in or around nature.
- 10) Think of the opportunities in life.

Happier January 2024

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|---|---|--|---|
| | 1 Find three things to look forward to this year | 2 Make time today to do something kind for yourself | 3 Do a kind act for someone else to help brighten their day | 4 Write a list of things you feel grateful for and why | 5 Look for the good in others and notice their strengths | 6 Take five minutes to sit still and just breathe |
| 7 Learn something new and share it with others | 8 Say positive things to the people you meet today | 9 Get moving. Do something active (ideally outdoors) | 10 Thank someone you're grateful to and tell them why | 11 Switch off all your tech at least an hour before bedtime | 12 Connect with someone near you - share a smile or chat | 13 Take a different route today and see what you notice |
| 14 Eat healthy food which really nourishes you today | 15 Get outside and notice five things that are beautiful | 16 Contribute positively to your local community | 17 Be gentle with yourself when you make mistakes | 18 Get back in contact with an old friend | 19 Focus on what's good, even if today feels tough | 20 Go to bed in good time and allow yourself to recharge |
| 21 Try out something new to get out of your comfort zone | 22 Plan something fun and invite others to join you | 23 Put away digital devices and focus on being in the moment | 24 Take a small step towards an important goal | 25 Decide to lift people up rather than put them down | 26 Choose one of your strengths and find a way to use it today | 27 Challenge your negative thoughts and look for the upside |
| 28 Ask other people about things they've enjoyed recently | 29 Say hello to a neighbour and get to know them better | 30 See how many people you can smile at today | 31 Write down your hopes or plans for the future | | | |

ACTION FOR HAPPINESS Happier · Kinder · Together

It is Happier January. Look at the calendar to the left and see how many things you can achieve to develop a positive attitude. Try this at home and let your teachers know how it went.



ILLUMINATION PRESENTS

MIGRATION

[Click Here: Official Trailer](#)

EPIC Luton Parent Carer Forum (PCF) is offering FREE cinema tickets, to its registered members for the Autism Friendly Screening of the Migration Movie.

1. You **MUST** live in Luton.
2. You **MUST** be a registered member of EPIC Luton PCF.

This event is **ONLY** for families with a child or young person with additional needs/ SEND aged 0-25 years. (This includes children or young people with no formal diagnosis/ awaiting a diagnosis.)

Date: Monday 19th February 2024 (during half-term)

Time: 11:00am – 12:45pm (must arrive by 10:30am)

Location: Luton Cineworld, The Galaxy

The White House, Bridge Street, Luton, LU1 2NB

Tickets are limited so will be issued on a first come first served basis.
To request your tickets, please complete our booking form.

[Click Here: Booking form](#)

*Closing date Friday 26th January 2024 at 12:00pm
[Once tickets are fully allocated, the booking form will be suspended]

If you are currently not a member, but meet the criteria please register with EPIC Luton PCF. [Click Here: Membership form](#)

***Please note: Families on free school meals don't automatically qualify.**

If you have any questions, then please do not hesitate to get in touch on
contactus@epiclutonpcf.org

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