

Hello everyone! I would like to wish all pupils and families the following—Happy Diwali! Happy Deepavali! Happy Bandi Chor Divas! Continuing in this spirit LFPA’s dedicated teacher, Ms Isaac will be organising our annual ‘One World Week’ celebration which culminates on Friday 11th November with everyone dressed to represent their family’s cultural background or the country they had been focusing on during the week and a curriculum showcase outside the classrooms at the end of the school day.

I would like to say a big well done to our Year 4 pupils—Parth, Diya and Zainab for their commitment and preparation to represent LFPA at the Federation’s Spelling Bee competition on 2nd November. I would also like to say thank you to Michelle as she also took part in the preparations. Parth beat off 21 other finalists to secure a third place—huge congratulations to him for the achievement—we are all so proud of him!

Please remember to sign up for Parents Evening on Google Classroom to meet your child’s teacher on Tuesday 8th November or Wednesday 9th November. It would be a good opportunity to meet your child’s new teacher, see the progress your child has made so far and obtain a copy of your child’s targets for this year in English and Maths. I look forward to seeing you at the Parents Evening.

Teachers at Lake Farm are very dedicated and committed to ensuring all children make progress in their learning. They organise interventions and boosters before and after school. Please ensure your child attends these sessions weekly as it helps them make progress. Also it is not fair on the teachers and other children who could have been given the allocated spaces. As the saying goes—*Appreciation is a wonderful thing. It makes what is excellent in others belong to us as well. (Voltaire)*

Finally our Maths Lead, Mr McElwee would like to encourage all Lake Farm pupils from Years 2 to 6 to take part in Time Tables Rocks TTRS competition! This competition runs from Monday 14th to Wednesday to 16th November. During the last 3 years, we have attained top 10 positions out of 300 London schools. Let us get an even better result this year! Onwards and upwards LFPA! (Details of the competition are on the next page)

WARM REGARDS MSH BUTTAR

Events—Curriculum and Special Days

8th & 9th November 2022—Parents evening

10th November 2022—Boccia tournament at WEPA (selected children from after school club representing LFPA)

11th November 2022—One World Day and showcase end of school day & African drumming workshops for Y2 & Y5

11th November 2022—Y6 Norman Foster class assembly at 2.45 pm

15th November—Individual photo / Sibling photo

18th November 2022—Year 6—Renzo Piano class assembly 2:45pm

21st to 25th November 2022- Anti Bullying week

25th November 2022—Odd Socks day

25th November 2022- Y6 Zaha Hadid assembly at 2.45 pm

Coffee Morning with the Principal

Tea/ Coffee and Pastries will be served!

2nd December 2022 —Helping my child with Writing

13th January 2023 — Focus will be Reading

10th February 2023 —Focus TBA

17th March 2023—Habits of Discussion

TTRS Competition: Monday 14th November - Wednesday 16th November



The free-to-enter competition England Rocks is back again for 2022! Have your children take part in the friendly times tables (and division) competition for schools across England.

From Monday 14th November to Wednesday 16th November, students will try to answer as many multiplication and division questions correctly as they can. The classes with the highest average scores will win Amazon gift cards.

Key Info

- It's free to take part.
- Every correct answer that a pupil gives, in any game type, between the hours of 07:30 GMT to 19:30 GMT each day will contribute to their class and school score.
- There is a 60-minute time limit per player, per day.
- There is a minimum player count of 10 for each class. If fewer than 10 children in the class play in the competition, their total will be divided by 10 regardless.



CONGRATULATIONS
WELL DONE!



Let's look after each other this winter



North West London

When we are unwell it's important we go to the right place so that we can get help as quickly as possible. A&E can get really busy, so if it's not an emergency we need to know where else we should go.



Poster Competition

Using what you've learnt from this worksheet, can you design a poster so people know when they need to go to A&E - when something is really wrong and they need help right away?



Aggie noticed a rash yesterday and it's still feeling itchy. Can you complete the maze and get her to the pharmacy?

The NHS takes care of lots of people, especially in the cold winter months when people are more likely to get poorly. Here are the different places people can go for help depending how serious it is:

Pharmacy	A pharmacy is a shop which can provide medicine and help you when you feel a little bit poorly, like when you have a cough or a cold. If they think you need more help they can help you see a doctor or nurse.
GP	Your GP is a doctor who can treat lots of common illnesses, and you have to make an appointment to see them. Sometimes they need to examine you to work out what the problem is so they can help.
NHS 111	You should search 'NHS 111' online or call 111 if you need urgent medical help but don't know what to do. There are experts there to help you all day, every day.
A&E	You should go to A&E (also known as emergency department) or call 999 if you suddenly have something really wrong with you. This could be a broken bone, breathing difficulties or bleeding lots.

There are lots of reasons Aggie might need help this winter. Can you match what's wrong with Aggie with where she should go?

	hay fever	fever	vomiting
broken leg			
Pharmacy	GP	111	A&E

Dear parents, carers and guardians,

'Aggie the Alien' is back! Aggie is an animated character created by NHS North West London to help children better understand and look after their health.

This autumn, she is here to let people know about the NHS services that are available, and when it's the right time to use them. The worksheet you'll receive with this letter includes three exercises to help children learn about all the different ways the NHS can help when people are unwell or hurt. This includes an exciting poster competition where pupils can share their design with their teacher for the chance for it to be displayed in north west London hospitals!

The NHS can get particularly busy in winter so it's important to know about some of the different ways you can use the NHS to look after your child's health this winter:

Your local pharmacy:

Visiting the pharmacy is a quick and convenient way to get clinical advice on minor health concerns such as hay fever and colds. Pharmacists are qualified healthcare professionals who can help you manage minor illnesses and offer confidential discussions - no appointment needed.

Your GP:

Your GP can help you over the phone, online or in-person. The practice you register at can access your medical records and provide help with most common illnesses such as a fever or barking/wheezing cough. If you need prescription medication, your GP can arrange for it to be collected at your nearest pharmacy. Anyone in England can register with a GP surgery. It is free and you do not need proof of address, immigration status, ID or an NHS number to register.

Mental health services

The NHS provides talking therapies for people who feel anxious and worried or down and depressed. If you need help you can contact your GP or refer yourself. If you need help for a mental health emergency, you can get immediate help on our free phone lines from our trained mental health advisers and clinicians 24/7.

When you think you need A&E, think NHS 111 first

NHS 111 can advise what to do with your urgent medical problem such as vomiting that lasts more than 24 hours or rapid breathing. This service is available all day, every day online or over the phone. Fully trained health professionals will ensure you receive the right care. They can:

- Find out what local service can help you or give self-care advice
- Connect you to a nurse, emergency dentist, pharmacist or GP
- Get you a face-to-face appointment if you need one
- Give you an arrival time if you need to go to A&E
- Tell you how to get any medicine you may need

You can contact NHS 111 at 111.nhs.uk or by calling 111.

Going to A&E:

You should call 999 or attend an A&E if you or someone you know is experiencing a life-threatening medical emergency.

For more information, scan the QR code or visit:
www.nwlondonics.nhs.uk/winter



Tell us what you think: bit.ly/Winter-Worksheet-Feedback



Winter is often a time of particular pressure in the NHS and there are more coughs and sniffles around in the colder months. NHS North West London are running a campaign to raise awareness of the different NHS services that are available, and when it's the right time to use them. This will help people get the right care when they need it and alleviate pressure on A&E.

The worksheet is part of the 'Aggie the Alien' series. She is an animated character who has been created to engage young children in public health messages in a simple and fun way.

Aggie the Alien has been designed to feature in seasonal campaigns, sharing relevant public health messages throughout the year. If you have any feedback, please complete this survey by visiting: bit.ly/Winter-Worksheet-Feedback or email us: nhsnwl.communications.nwl@nhs.net

• **Design a poster:** part of a NW London-wide competition to design a poster, with the best to be showcased in clinical settings - including hospital A&Es. Submissions should be scanned and sent electronically to nhsnwl.communications.nwl@nhs.net - please include the pupils name, age, year group and school in the submission email.

WHOLE SCHOOL ATTENDANCE



Top Attendance for the Week commencing 17/10/2022

	Week Commencing 17th of October	
1	Year 2: Otter	99.2%
2	Year 4: Charles Darwin	97.8%
3	Year 6: Renzo Piano	97.2%
4	Year 4: Nikola Telsa	97.1%
5	Year 3: Cressida Cowell	96.4%
6	Year 1: Rabbit Class	96.3%
7	Year 6: Zaha Hadid	96.0%
8	Year 1: Squirrel Class	94.9%
9	Year 3: Maya Angelou	93.5%
10	Year 5: Katherine Johnson	93.3%
10	Year 2: Fox	93.3%
10	Reception: Grasshopper Class	93.3%
10	Year 6: Norman Foster	93.3%
10	Year 5: Maryam Mirzakhani	93.3%
11	Year 5: Archimedes	91.2%
12	Reception: Butterfly Class	90.3%
13	Year 3: Charles Dickens	89.4%
14	Reception: Ladybird Class	89.2%
15	Year 2: Badger	88.8%
16	Year 4: Marie Curie	87.1%
17	Year 1: Mole Class	84.9%

Top Attendance for the Week commencing 31/10/2022

	Week Commencing 31st October 2022	
1	Year 5: Archimedes	99.0%
2	Year 4: Nikola Telsa	98.7%
3	Year 1: Squirrel Class	98.1%
4	Year 3: Cressida Cowell	97.9%
5	Year 6: Renzo Piano	97.1%
6	Year 6: Zaha Hadid	95.0%
6	Year 5: Maryam Mirzakhani	95.0%
6	Year 3: Charles Dickens	95.0%
7	Year 2: Badger	93.9%
8	Year 5: Katherine Johnson	93.3%
8	Year 2: Fox	93.3%
9	Reception: Grasshopper Class	93.0%
10	Year 4: Charles Darwin	92.8%
11	Year 2: Otter	92.0%
12	Year 3: Maya Angelou	91.4%
13	Year 1: Rabbit Class	90.3%
14	Reception: Butterfly Class	87.7%
15	Year 6: Norman Foster	87.1%
16	Year 1: Mole Class	86.3%
17	Reception: Ladybird Class	85.7%
18	Year 4: Marie Curie	84.7%

Attendance Reminders

Lake Farm Park Academy has high expectations for every student from the moment they join our school. Children have the right to a high quality education and we provide this at Lake Farm Park Academy. High attendance is necessary to ensure that your child benefits fully from the learning opportunities on offer and to ensure they leave school having developed positive lifelong habits and as well rounded individuals.

Medical Appointments

Appointments, where possible, should be made outside of school hours or in the holiday period. This includes routine dental appointments. If this is unavoidable, your child should still attend school before or after the appointment where possible. Any session missed that was deemed reasonable to attend will be marked as unauthorised leave.

Absence Requests

Absence requests will only be considered for exceptional circumstances and these are dealt with on an individual basis.

What to do if your child cannot attend school:

Absence must be reported on a daily basis. You must contact the school (**before 9.00am**) on the first day of absence. This can be done by emailing

lfpaoffice@theparkfederation.org or by calling the school number 02085732622 option 1. Please leave the Child's name, class and the reason why they cannot attend school. If they are ill, please give a clear explanation of their condition. **For a prolonged absence due to illness, medical evidence will be requested.** This can be in the form of a prescription, medical paperwork or an appointment card/letter.



Lake Farm Park Academy

Learning, Achieving, Aspiring Together

PUNCTUALITY

How does this affect children?

If your child arrives late in school, he / she misses the teacher's instructions and the introduction to the lesson. They also disturb the learning of other students as the teacher has to acknowledge the lateness and go through the lesson with the child. Did you know how much learning children might miss out due to lateness?

Minutes late per day during school year	Equal days of teaching lost in a year
5 minutes	3.4 days
10 minutes	6.9 days
15 minutes	10.3 days
20 minutes	13.8 days
30 minutes	20.7 days

What can we do to help?

Ensure your child arrives on time. Children are able to come onto the school grounds at 8:30am or book them in the breakfast club through Get Active

Prepare for school the night before, including your book bag, lunch and uniform etc.

Punctuality is important for children to start the day well but also a good habit for life. If you need support or advice about punctuality please contact Miss. Dickerson or email

lfpaoffice@theparkfederation.org