

PRINCIPAL'S MESSAGE

Hello everyone! Thank you for all your support and efforts with helping your child/ren dress up for World Book Day. The costumes were amazing and children have enjoyed talking about the character they dressed up as, sharing the storybook they brought and the older children have been reading with the younger children. As a nation we have been faced with the challenges of the Covid-19 flu virus. We have been uploading the DFE updates on this health issue on our Academy App so please refer to this for up to date information. The cleaners have been extra diligent with their cleaning to ensure the learning areas are as clean as possible with hand washing liquid soap being refilled regularly during the day. We are intending to install hand sanitiser unit in the dining hall so children can clean their hands thoroughly before their meal. In assemblies and lessons we will remind children that personal hygiene is the most important way we can use to ensure bacteria does not spread which is washing hands more; and the catch it, bin it, kill it strategy for those with coughs and sneezes. Please ensure you follow the same guidelines at home as together we can have greater impact on our children's understanding.

MS BUTTAR

CLASS ATTENDANCE OF THE WEEK

Which class had the best attendance for the week ending 14/02/2020?

Class of the week is : 3AD

1 st	3AD	99%
2 nd	3HA	98.5%
3 rd	Otter	97.7%
4 th	Rabbit	97.7%
5 th	4NP	96.6%
6 th	5SP	96.3%
7 th	5KP	95%
8 th	Mole	94.7%
9 th	4ML	94.5%
10 th	Fox	94.3%
11 th	Squirrel	94%
12 th	Grasshopper	93.4%
13 th	3CM	92%
14 th	5SM	91.3%
15 th	4AM	91%
16 th	Badger	90.7%
17 th	Ladybird	90.3%
18 th	Butterfly	90%

Which class had the best attendance for the week ending 28/02/2020?

Class of the week is : Otter

1 st	Otter	98.3%
2 nd	3HA	98.2%
3 rd	Butterfly	97%
4 th	3AD	96.6%
5 th	Rabbit	96.3%
6 th	4NP	96.2%
7 th	5KP	96%
8 th	3CM	95.6%
9 th	Mole	95.3%
10 th	Grasshopper	94.5%
11 th	Squirrel	93.7%
12 th	5SM	93%
13 th	5SP	92.7%
14 th	Badger	92.3%
15 th	Fox	92%
16 th	Ladybird	90%
17 th	4AM	89.7%
18 th	4ML	89.7%

Important dates :

8th Mar—International Women's Day
 9th Mar—Sports Relief (dress up as a sporting hero for a £1 donation to raise funds for the charity)
 9th—13th Mar Science Week
 10th Mar—Netball tournament at JEA
 10th Mar—Parents Evening (3.30-5.00 pm)
 11th Mar—Parents Evening (3.30-7.00 pm)
 18th Mar—PTA breakfast morning (9.00 am)

Class Assemblies :

13th March—Rabbit Class
 20th March—Squirrel Class

Nursery Children have enjoyed reading the story of Goldilocks and the Three Bears and acting it out using puppets and props. They have been exploring to use their voice to give each character an identity for example, a loud growly voice for Daddy bear; a soft tone voice for Mummy bear and a low squeaky voice for Baby bear. To link in with this story, the children have been talking about the differences between cooked and uncooked porridge. They also tasted porridge and talked about whether they like it or not.

Year 1 We continue to learn about fractions in maths. We learn how to work out quarter of shapes and quantities this time. The children learn about denominator and numerator, they are able to explain what these represent. We have started reading a new book 'The Way Back Home', we predicted what the story was going to be about using the front cover as a guide, we role played events in the story and described the setting and characters using adjectives and our senses. In topic we started learning about the United Kingdom identifying the four countries that forms it and where they are on the map. We have linked this to our science unit 'Seasons' where we will be discussing the different seasons in the United Kingdom and when it happens.

Year 3 : In English we have started "The firework maker's daughter". Pupils made a prediction about the book by analysing the book cover; they have learnt how to create a persuasive blurb, they created a character map and they wrote a character description for the main character of the novel. At the moment we are looking at diary entries and pupils learn about the features of a diary entry which will be later applied to their own writing of a diary entry, based upon the class text. In Grammar we have learned about the rules of plurals and we have practised collective nouns. In Maths we are looking at measurements of length, mass and capacity. Pupils estimated and measured the length of different small objects found in the classroom. We have also used a trundle wheel to measure the length and width of the netball pitch. In Geography we have named and located the countries of Asia using maps and atlases. In RE, pupils have learned about the pillars of Islam. In Science we have discussed about the parts of a plant and answered the questions related to what a plant needs to grow.

Year 5: The trip to Wembley was outstanding! We travelled there by coach and had a competition to see who could see the Wembley arch first. We had a tour around the stadium and learnt all about many great men and women who have represented England in sport. The seats were so comfy, we could have quite happily stayed there. The best bit was going in the England team's dressing room. Next year, more children from Lake Farm Park Academy will have the chance to visit the stadium too. By Adam 5SM, Jesse 3AD, Saada 5SM and Saksham 4ML

Reception have had the opportunity to have ducklings in school. We got to see the eggs hatch and look after the ducklings for 9 days. In Understanding of the World, we have been learning about the different stages of a life cycle and how animals and humans change over time. In Maths we have been learning all about addition and money. children have been learning to purchase items in their role play areas, which are set up as shops. In Literacy we have been focusing on writing sentences and remembering to use capital letters, finger spaces between each word and our full stops at the end of our sentences.

Year 2 We have enjoyed learning about the world of Beatrix Potter and many of her famous characters. We have learnt about her life and read her most famous book Tale of Peter Rabbit. They have produced their own versions of the stories using great detail. In Maths they have been visiting Mr McGregor's shop to buy vegetables and calculate the change.

Year 4 : This week we have made a great start to our new topic about the Vikings. We have started learning about where the Vikings came from and what they did. We have learnt about Lindisfarne and how the Vikings invaded it! As part of our topic, we have also done some cooking where we learnt how to make Viking oat loaves which followed a traditional Viking recipe. Our reading book this term is 'How to Train a Dragon' which is about Vikings trying to catch and train dragons. We have been able to use our topic knowledge to help us understand the text. In English, we have been writing our own set of instructions about how to train a dragon. Next week, we are going to be using our knowledge of writing instructions to write up the recipe for our Viking flatbread! In Maths, we have started our topic on shape where we have looked at 2D and 3D shapes and their properties. We have also been looking at graphs and learning how to read and plot coordinates as well as translating different shapes on the graph.

SRP The children in SRP have all started on the 'accelerated reading programme' which is being introduced across the school. Those children who are developing their phonics (letter sounds) have been practising and doing really well. In KS1, the letter of the week was 'f' and they had a wonderful time making fish and firework pictures using paint and sand. Thank you to Reception Class who welcomed us all to see their newly hatched ducklings. We even got to see some of the eggs as they were beginning to hatch! On Friday, the children had their first dance session with Miss Simpson, playing a range of instruments and moving to represent different animals. KS2 have also started learning to touch type using [Mat Dance Typing](#) on the BBC website. Our speech and language therapist, Shelina, is continuing her work to help the children with their communication skills through individual and group sessions. We are encouraging them to become more verbal by using a range of AAC (Alternative Augmented Communication) strategies such as low tech communication boards, symbols, books, Makaton signing and AAC apps on the iPad.

SAFEGUARDING NEWS

Dear Parents/Carers

Please find attached Action for Happiness 'Mindful March' poster. It would be great if you can discuss some of the strategies with your children. Also attached is a Happiness Booklet created by Dragonfly for parents.

Every school day counts

Every single day a child is absent from school equates to a day of lost learning.

100 % Attendance	0 Days missed	Excellent
96% Attendance	7.5 days of Absence	Satisfactory
92% Attendance	15 days of Absence	Poor
90% Attendance	19 days of Absence	Very Poor
85% Attendance	28.5 days of Absence	Unacceptable
80% Attendance	38 days of Absence	Unacceptable

For some parents, 90% may seem like an acceptable level of attendance, but the reality is that 90% attendance means that your child will miss half a school day each week or 19 days of school during the school year—that's nearly 4 school weeks.

Bug Club

At Lake Farm Park we aim to nurture the deep love for reading and for children to become independent readers. Bug Club is a programme where children can take home a reading book as well as accessing an eBook version via a personalised website. We would like to share the data which shows the classes on the leader board:

1. 3CM—Year 3
2. Butterfly- Reception
3. 5SM - Year 5



Can you be on top of this leader board?

MyMaths

Children are to log in regularly to complete the home work set by their Teacher. Certificates will be given out half termly. Our statistics show that the following classes are on the leaderboard :

1st : Otter —Year 2

2nd : 5SM —Year 5

3rd : Fox —Year 2



Times Table Rockstar

Children should access Play studio 10 times or more to be on the leader board. They will be then be awarded the rock status.

Certificates will be given out half termly, Our leading Rock Stars are :

1st : 5KP

2nd : 5SM

3rd : 4HA



LAKE FARM PARK ACADEMY

SCHOOL TERMS AND HOLIDAYS FOR THE SCHOOL YEAR 2020/2021

Autumn (1) Term from 3rd September to 23rd October	
*Staff Development Day	Wednesday 2 nd September 2020
*Staff Development Day	Thursday 3 rd September 2020
*Staff Development Day	Friday 4 th September 2020
Children back to school	Monday 7th September 2020
*Staff Development Day	Friday 23 rd October 2020
School closed for Half term	Monday 26 th October – Friday 30 th October 2020
Autumn (2) Term from 2nd November 2020 to 17th December 2020	
Term Ends (Children finish school)	Thursday 17th December 2020 – School finishes at 2:30pm
Spring Term 2021 from 4th January 2021 to 31st March 2021	
Children back to school	Monday 4th January 2021
School closed for Half Term	Monday 15 th February 2021 – Friday 19 th February 2021
Children back to school	Monday 22nd February 2021
Term Ends (Children finish school)	Wednesday 31st March 2021
Summer Term 2021 from 19th April 2021 to 22nd July 2021	
Children back to school	Monday 19th of April 2021
School closed for Half term	Monday 31 st May 2021 – Friday 04 th June 2021
Term Ends (Children finish school)	Thursday 22nd July 2021 – School finishes at 2:30pm
*Staff Development day	Friday 23 rd July 2021

N.B. Any Further amendments for 2020/2021 will be notified in due course

*Staff development – Please note the children will not be in school on Staff development day.



Help to be Happy

What is 'happiness'?

The 'World Happiness Report' is usually released in the springtime each year, and ranks 156 countries according to how happy people report themselves to be. The UK currently ranks 15th – so, could be better, but not too shabby! But what is happiness anyway? And where does it come from?

What we think of as 'happiness' actually isn't the same as long term 'happy'. When we think of happiness, we normally think of the temporary high we get from an external 'fix' – be it chocolate or a bit of extra time on the Xbox. True 'happy' is a lasting state of contentment.

Lasting contentment comes from having a sense of purpose: feeling that what you do matters and seeing that your efforts make a difference. Small children quite naturally have this sense of purpose: their mission is to explore, to learn and to create. As they grow however, this purpose seems to dilute into the many distractions and general busy-ness of life. After a while, it can begin to feel like a full-on mission to try and get them motivated by anything other than the PlayStation or latest YouTube videos. This booklet gives ideas about how we can help them keep this sense of purpose and hang on to their long term happy!

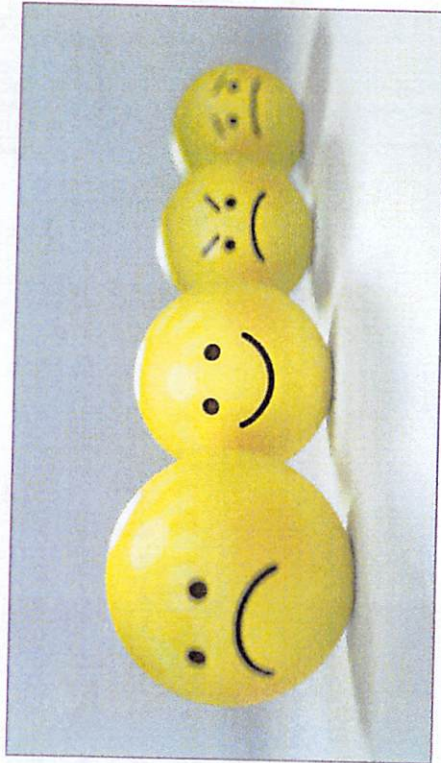
In this booklet:

- **What is happiness?**
- **How can we nurture 'happy' in our children?**
- **Why a sense of purpose matters.**
- **Top Tips**
- **Where to find out more.**



Where can they find it?

The truth is, they have to grow it. And in a world where increasing numbers of adults have 'lost their happy' and so look for it in external things – their status, their follow count, their possessions, their appearance – how can we help our young ones to spot the little seeds of their happiness and nurture them until they bloom?



Nurturing Happy

How we can help them:

Firstly, we can help them to notice the small things. You can do this by pointing out the small things that bring you joy: feeling the sun on the back of your neck, hearing birds in the morning again after the winter, or just being in your dressing gown. Don't let the dismissive shoulder shrugs put you off – they need to hear it, and it will stay with them. The small stuff really does matter, and connecting it to the physical senses fosters mindfulness, which according to the NHS is one of the 5 steps to wellbeing.

Secondly, feeling good at things feels...well, good. Having a sense of purpose and seeing your efforts pay off are both important to our happiness. But first we need to get them to make an effort! This is a bit of a chicken and egg situation because research suggests that we don't need motivation to make an effort, we need to make an effort to become motivated (which is why a bit of initial bribery could be a necessary evil!). More on this on the next page.



Sense of Purpose

Getting them to take the leap: they might need you to do something with them the first time, if possible, or to hear about when you did something similar.

Supporting their small successes: once you know what their end goal is, help them to plan smaller steps that they can achieve along the way. If they want to start getting up an hour earlier, can they do 15 minutes earlier for a while? Then 30 minutes earlier etc.

Did you know...

1. **A young person's own expectations of their achievement has the greatest influence on their achievement.**
2. **Young people tend to underestimate what they are able to achieve.**

We can actually take a lead from one of the many games that seem to have no problem keeping them motivated! In a game like Fortnite, for example:

- What they have to do to succeed is obvious – and success isn't just about reaching 'the end', it's also about lots of individual actions during the game.
- They are engaged in deliberate practice. They are not just aimlessly playing for fun, they use feedback to improve their performance and get better each time.
- There's constant challenge, but also constant feedback about both success and failure. Children don't lose motivation when they repeatedly die in these games, so they won't lose motivation when they're told they've got something wrong, as long as it's balanced so they can see their small successes and their progress along the way.

Top Tips for Nurturing 'Happy'

1. Don't demand 'happy' all the time! People naturally feel a range of emotions and they're all valid. Being allowed to feel how you feel and having that respected is important to that lasting contentment we're after.
2. Foster their sense of purpose by helping them to achieve their goals. This can be done by supporting them to take small steps towards their goal – whether it's maths homework, basketball or getting out of bed on time, the key is to provide stepping stones to help them move forward.
3. Help them to see that their efforts make a difference by pointing out their small successes along the way. Getting 5/10 this week when it was only 4/10 last week is progress – praise the progress (however small!). By seeing small successes, they begin to expect more success and their levels of confidence and contentment increase.
4. Help them to develop their mindfulness by pointing out the small things related to the physical senses (sight/sound/touch/taste/smell) that make you feel happy.
5. Teach gratitude. Focusing on the things you have to be grateful for has been shown to increase levels of happiness. You can do this by sharing one thing each from your day, journaling or drawing a picture of the things from the day that you're grateful for. Doing these things together has the added bonus of providing a sense of connection, which is also important for happiness.



Top Tips

More Resources

Where to find out more:

NHS

<https://www.nhs.uk/conditions/stress-anxiety-depression/feel-better-and-happy/>

Mental Health Foundation

<https://www.mentalhealth.org.uk/publications/how-to-mental-health>

Thrive 365

<https://www.dragonflyimpact.com/thrive365%231>

About Dragonfly: Impact Education

We wholly believe in the potential of young people and their ability to soar through life and make a success of whatever path they choose to go down. But we also recognise that whilst modern life is bursting with opportunity, it's also a bit scary and complicated.

We know first-hand that some children are dealing with some big issues. We've found that they often need an outlet, a listening ear, a chat, a different perspective. And the people that look after them – their families, their carers and their teachers – sometimes need a little help too. That's where we come in.

Through bespoke one-to-one sessions, workshops, presentations, training, talks and programmes - our ambition is simple: to create a world where our children are emotionally healthy, with the tools to successfully steer through modern life.



DRAGONFLY 
Impact Education
Empowering Young Lives





ACTION CALENDAR: MINDFUL MARCH 2020



SUNDAY

1 Set an intention to live with awareness and kindness

8 No plans day. Slow down and let spontaneity take over

15 Stop to just watch the sky or clouds for ten minutes today

22 Have a device-free day and enjoy the space it offers

29 Appreciate your hands and all the things they enable you to do

MONDAY

2 Get outside and notice five things that are beautiful

9 When someone is speaking, take a full breath before you reply

16 Do something creative that absorbs your attention

23 Take an unusual route and notice what looks different

30 Mentally scan down your body and notice what it is feeling

TUESDAY

3 Cultivate a feeling of loving-kindness towards others today

10 Stay fully present while drinking your cup of tea or coffee

17 Look around and spot 3 things you find unusual or pleasant

24 Notice when you're tired and take a break as soon as possible

31 Go nature spotting today. Even in a city, life is all around

WEDNESDAY

4 Start today by appreciating that you're alive and have a body

11 Notice how you speak to yourself. Try to use kind words

18 If you find yourself rushing, make an effort to slow down

25 Make a list of amazing things that you take for granted

THURSDAY

5 Every hour simply take three calm breaths in and out

12 Feel the cool of a breeze or warmth of the sun on your face

19 Listen deeply to someone and really hear what they are saying

26 Tune in to your feelings, without judging or trying to change

FRIDAY

6 Eat mindfully. Appreciate the taste, texture & smell of your food

13 Stop, breathe and just notice. Repeat regularly during the day

20 Happy International Day of Happiness! dayofhappiness.net

27 Stop work earlier and use the time to be still and relax

SATURDAY

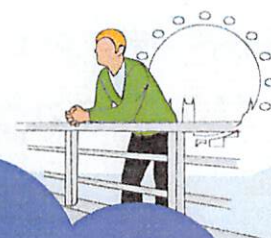
7 Listen to a piece of music without doing anything else

14 Enjoy doing any chores or tasks more mindfully today

21 Notice the joy to be found in the simple things of life

28 Bring to mind all the people you love and care about

"Mindfulness means being awake. It means knowing what you are doing" - Jon Kabat-Zinn



ACTION FOR HAPPINESS



www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys