



The Staff
'Care Bear'
visited Ms
Byerley this
week with a
lovely treat.



Friday February 5th 2021

LALEHAM LEA

Catholic Independent Primary School for boys and girls aged 3-11 years
29 Peaks Hill, Purley, CR8 3JJ. 0208 660 3351
www.lalehamlea.co.uk email: secretary@lalehamlea.co.uk

Dear Parents

This week is Children's Mental Health week and we have been looking at various ways to promote good mental health and wellbeing with Students and Staff. We have focussed on self-praise, positivity, feelings, coping mechanisms and being able to express yourself.

Our Staff Wellbeing Survey in December feedback has led to online support and advisory services to assist all our Staff during this difficult time.

Mrs Morbin wrote to Parents this week with information on the new RSE Curriculum. Please do take the time to read all about the 'Life in Full' programme and let us know your thoughts via the Parental Survey.

Next Tuesday is 'Safer Internet Day'. E-safety is always important at Laleham Lea and at home; next week there will be extra focus on this in both PSHE and Computing lessons. Links and advice for Parents can be found at: www.saferinternetday.org and in this week's newsletter.

Thank you to all of you who have brought in flower pots so far for our Easter Garden. Please do try to get these in by next week so we can get them planted in time for half-term.

Wishing you all a lovely weekend.

Ms Barry

Head teacher



Children's Mental Health Week

As part of Children's Mental Health Week Students took part in a variety of activities to promote the importance of mental health and wellbeing.

Nursery—Created 'Self-praise jars' filled with positive statements about themselves.

Reception Class—Discussed their feelings and drew 'feelings monsters' to illustrate different feelings.

Y1— Took part in a special Assembly and drew 'feelings' pictures.

Y2—Talked about ways to keep your mind healthy and discussed different ways to express yourself.

Y3— Took part in an Assembly on expressing yourself.

Y4—Looked how they could express themselves through photographs and videos.

Y5—Took part in a Mental Health Assembly and discussed coping mechanisms.

Y6— Looked at the link between negative thoughts, feelings and actions in a cognitive triangle and tried to turn them into positive thoughts, feelings and actions.

Nursery News

This week Nursery have been exploring the topic 'Transport'.

- The children have been counting different types of transport using pegs and numbers to match number and quantity.
- We have been discussing how we travel to Nursery and drawing a picture to represent this.
- We enjoyed mark making in flour by using different types of transport to create different marks.
- The children choose their own resources from the table to create a junk model and were keen to discuss these with their peers.
- We also carried out a science experiment with the cars and ramps where we explored and identified different changes that occur when the ramp is moved.

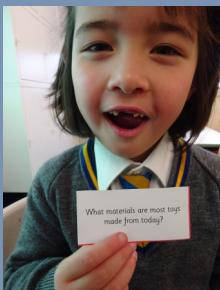


Year 1



Year 1 took part in historical role-play this week to show how things were in the past and how things are today.

We played a board game and answered some tricky questions about Toys of the Past.



It was an exciting game and very tense right to the end. Well done to all the children for putting thought into their answers and participating with such enthusiasm.

Reception



Reception have drawn and coloured their own 'feelings monsters' to illustrate different feelings.

Year 5



These amazing Lion and Tiger wooden models were created by our Year 5 Student as part of their work on 'The Lion, The Witch and The Wardrobe'.

Easter Garden



A reminder to please bring in your flower pots on Monday if you have not already done so in order for them to be planted before half term.

The class have also been looking at 'Pop' Art with Ms De Cintra and have created their own amazing pieces.



The 'Titanic' project also continues in Year 5 - look at this brilliant painting of the sinking ship created at home.

Year 3



Year 3 are continuing with their work on the Romans and have created some amazing mosaic tiles in their Art lesson this week.

Year 6



This week Year 6 have been investigating 'Gears' in Science and have looked at classmates' bicycles to help them better understand how they work.

Year 2

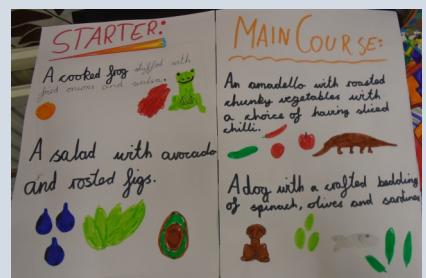
In PSHE for Children's Mental Health Week Year 2 have been talking about what we can do to keep our minds healthy. We have also discussed how we can express ourselves in many different ways.



Year 4



Year 4 are enjoying learning all about the Aztecs in History and have created some wonderfully revolting menus for their own 'tasty' Aztec feasts.



We are supporting Safer Internet Day 2021!



saferinternetday.org.uk

Safer Internet Day 2021 is being celebrated around the world on Tuesday 9th February 2021.

Pupils will be enjoying extra lessons on Internet safety next week but Parents can help at home too.

Have a look at the tips and links below with some suggestions on how to get started and help you to stay safe and positive online with your children.

Top Tips for 3-7 Year Olds from UK Safer Internet Centre

Become internet detectives

Remind your child that not everything they read online is true....

Whether your child likes games, videos or learning about their favourite dinosaur online, it's important they recognise that not everything they see or hear will be true. Talk about this together or find some examples you could examine as 'internet detectives.' Keep it simple by telling them, "The internet can be great for finding things out, but you need to remember that not everything online is true! Some things might be a joke, an opinion, a mistake, or deliberately untrue."

Compare with trusted sources

Help to check online information and content using other websites....

It is important that your child knows that information online can be put there by anyone! Therefore, because it may be unreliable, they need to check in other places too - to see if other sources say the same thing, or something different. You can do this by looking on at least two other websites, to compare the information. Start by using websites created by organisations that you know and trust, and those that have information specifically created for children.

Use books and television

Remind your child they can also fact-check information offline....

Checking the information that you find online, can be done offline too! Ask your child if they can think of any other places that they can look for information, e.g. by looking in a non-fiction book (e.g. an encyclopaedia), by watching a TV documentary, or by asking someone who knows about the subject. You don't have to do all these things, for every single fact that you find, but it's important to remember that a range of offline options are available too.

Be aware of strangers

Talk about who children can and cannot trust on the internet....

There are a huge range of sites and services that allow communication between users. A good example of this is when it comes to playing online games. Explain to your child that it is safest only to talk to people online that you already know, like your family and close friends. Explore the apps that your children want to use and look for the safety / privacy settings available – they may include features that allow you to control who your child can interact with. Remember, friends made online are still strangers and so all personal information must be kept safe.

Reach out for help

Encourage your child to discuss any concerns with someone they trust....

Let your child know that the best way to address any problem they have online, is to tell a trusted adult immediately. For example, this might include someone sending them a friend request; an online message; telling them to visit a specific website, or app; or asking them for their personal information. Reassure them that if anything happens online that they are unsure about, or makes them feel worried or upset, they can come to you for help.

Top Tips for 7-11 Year Olds from UK Safer Internet Centre

Do your research

Question, evaluate and reflect on the online content you see....

Remember that not everything online is always what it seems. Information, photos and even videos can be edited, faked or may have more than one motive – like trying to get you to spend money or share your personal information. If something seems odd, or you haven't heard about it before, it's best to do a bit more research.



Check and double-check

Use other websites and sources to fact-check online information...

Luckily there's lots of ways to check whether things are trustworthy online. Most importantly look at more than one source – this could include other webpages, videos or offline sources like books and newspapers. Remember there are lots of adults who can support you too – like parents, other family members and teachers.

Stay safe online

Don't share your personal details or trust strangers online...

There are some simple actions we can take to help keep everyone safe online – like not sharing personal information. Remember that other people online may not always be who they appear to be, so be sure to check with an adult if you are ever unsure about what to share or who you are chatting to online.

Take positive action

Help make the internet a more trustworthy and respectful place...

Remember that the online world is for everyone so always treat others with respect. If you see anything online that worries or upsets you, use the block and report buttons to take positive action to stop it and tell an adult what's happened. By working together, we can make the internet a better, more respectful and more trustworthy place.

Make a difference!

List the apps and websites you know that feature reliable information...

The internet is amazing – there's so much to see, do and learn! If you are ever unsure about something then ask an adult that you trust for some help and advice. Why not make a list together of your favourite apps and websites, including the ones you think are most trustworthy?

Year 6



Congratulations to our Year 6 Student who not only recently passed Grade 6 in Cello, but also had two pieces chosen to be part of the official Croydon Holocaust Memorial Day event. An amazing achievement!

You can view the whole event by following this link— <https://youtu.be/sMi7-Vnb71o>