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Long Sutton C of E V A Primary School & Toybox Preschool

NEWSLETTER AUTUMN TERM 2018 NO 4

The children were really engrossed in finding out all about how to look after our environment during our environmental week. This was begun with each class having a workshop all about the problems of plastics in our oceans. The classes then work on different areas to find out more and look at what they could do. The children were thinking about recycling at lunchtime and have asked to have somewhere they can recycle foil and paper that their sandwiches are wrapped in as well as being about to compost feed waste, we also looked at reducing this. Harrier class weighed the food waste each day and looked at the number of crisp packets that had to be thrown into landfill each day.

This Friday (16th November) the children across the school are going to try to have a 'single use' plastic free lunch box. Please can you support them in this. We would like them and you to think about reducing the amount of single use plastic used every day. This can be done by: wrapping sandwiches in foil, paper bags or other reusable materials; using larger pots of yogurt and transferring some into a reusable pot; using a reusable drink container etc.



We need your help!

HELP... There are some resources we need that we are hoping some of you may be able to help with.

Some of the things we need are: cornflour, food colouring (green and red mainly), flour, coloured paper and card (especially red and green), paper chains, small sea animal toys, batteries (AA and D), rice, salt, pasta, pipe cleaners, oats, alphabet pasta etc

There will be a full list in the main corridor. Please either sign up and place the items you can provide in the box in the corridor. A huge thank you to everyone who is able to help us out

Congratulations to our football team who have gain a place in the county finals. The team played in the Huish CLP league and won this, so qualifying for the South Somerset tournament which was played last week. The team played extremely well, working together, supporting each other and showing some great skill. It was a nerve wracking afternoon for those of us watching but the children kept their nerve and went from strength to strength as the day went on. Eventually beating Keinton Manderville in the final 3:1. We will look forward to the county championships in January. Thank you the all the parents who transported then, helped me out and support the team.



“Walking together and learning together through life's adventure.”

‘Look Smart

Think Smart’

Children's Learning....

In Toy Box our topic so far this term has been 'Ourselves'. We have been looking at our similarities and differences and painted some beautiful self portraits which are now on display. We have also talked about our pets and had some very cute puppies come to visit.

TOY BOX
Pre-school

In phonics we have had lots of fun learning some new sounds. Last week we met Nora the hen who liked to eat noodles and threaded some wonderful necklaces for her.

We have also been creating our own 3d shape fireworks and talking about how to keep ourselves safe.

Harrier class, started their week with a Wow! of drama-called 'Commotion in the Ocean', this gave us some amazing statistics about how long items took to biodegrade. The class went on to explore how we could make just one small difference- eliminating plastic waste from lunchboxes - in particular plastic crisp packets. The children wrote letters to their Parents about having a plastic free lunchbox on Friday 16th November (if they have one). After that they decided to measure the waste from school hot dinners, daily for each class and count the number of crisp packets and record this information, by using a table and graphing the results. In addition, the class painted and drew recyclable and non-recyclable items, ready for our display. We linked this to Genesis, which we are looking at in our R.E learning and the emphasis being on us all being custodians or caretakers of our World.

During environment week Cygnet Class we enjoyed learning about how plastic dinosaurs could actually be made out of real dinosaurs! On Monday we went out of the classroom to find that there were bits of rubbish everywhere in the corridors of our school. It was such a mess! We decided to work together to clean up the mess, as it was a big job and needed team work. After clearing up the mess we then sorted the rubbish so that we could recycle it. There was a lot of plastic, cardboard and paper. We used some of the rubbish to make sea creatures.

We learnt about how plastic is killing the fish in our oceans. So we have decided that we need to do something about this big problem:

- Stop using plastic bottles. Use reusable ones instead.
- Do not put plastic straws in the sea
- Recycle more instead of putting it landfill
- Stop using plastic bags

Kite class - Environment week To start, we used atlases and globes to find out where the 5 oceans were. We labelled a world map. We then had a workshop where we acted out sea animals and how they were harmed by plastic rubbish. We also watched a clip of 'The Blue Planet' and read how plastic is harming our world. We discussed how pictures of oceans full of plastic made us feel. Everyone chose a marine animal and created a food chain. Some of us added plastic to this chain, to show the reality of what is happening. Kian and Ava made a model of a plastic bag in the sea. This showed us how easily a turtle may mistake the bag for a jellyfish and eat it.

Then we sorted many different materials. This included wood, rocks, glass, paper, card and plastics. We then tested properties of plastics such as floating, hardness and malleability. We loved testing translucent, transparent and opaque because we were in the dark using torches. We researched the life of a plastic bottle. Did you know Wallace Carothers invented Fibre 66 (nylon) in 1930. Then we made our own fibre using vinegar and milk.

We all wrote our thoughts. Here is Megan's Y4: "I hate going to the beach to find plastic everywhere. We should keep our world clean. Isn't that why God gave us our world? Can't everybody follow these three simple rules: Reduce, Re-use, Recycle. I am horrified at how we are acting. Just one request. Please keep our world tidy."

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Library Christmas Card Competition

Entry Forms may be collected from Langport Library, otherwise use your own A5 sheet.

Please paint or draw your card, using any colours or materials.

It can be either portrait or landscape.

There are two age groups, 3-7 years, 8-12 years.

Entry is FREE. The closing date is Saturday 15th December, 2018.

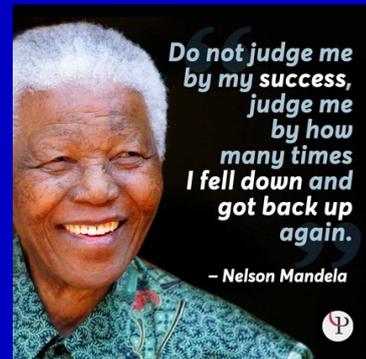
There will be prizes in each age group, and in addition, the two winning entries will be printed as 2019 Christmas cards sold in aid of

Friends of Langport Library Tel: 01458 250152



MINDSET

We have been working with the children to develop their resilience in their learning by developing their growth MIND-SET. Ask your child to take a minute to think back over the week and pinpoint when they nearly gave up on something but instead persevered and achieved. Ask them to share this with you and the family and see what they have achieved. You could do this with them to help them see we all find things hard.



It's not that I'm so smart, it's just that I stay with problems longer. --Albert Einstein (1879-1955), physicist and developer of the theory of relativity

PFSA thoughts and update...

Parenting isn't easy and we learn on the job along bringing our own experiences and acquired beliefs by which we were parented or cared for as a child.

The Positive Parenting Program (Triple P) offers a more structured way of parenting ensuring consistency, boundaries, encouraging parents to follow through which helps parents when faced with challenging behaviours. This is an eight week course (5 x2 hour sessions to attend followed by 3 telephone calls to tailor to your personal needs.

Tuning into Kids is an emotional coaching approach and explained simply is Being able to tune into your child/young persons emotions. When faced with emotional struggles we can often walk away but this program helps us to look at situations like this and uses as an opportunity to connect with our young person.

We run courses for both parenting programs for covering primary through to teen and the best thing is.....They are free!!!!!!!

I would also encourage you to download the free app Kids Skills by Ben Furman. It has some really good tips. <http://www.benfurman.com/en/apps/>

Nicky Buckler PFSA 078258 33556



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Teaching children how to problem solve

Are you a helicopter parent? Do you hover over your child waiting to swoop in at any sign of challenge or discomfort? A helicopter parent is one who pays extremely close attention to a child's every experience and problem and oversees every aspect of their child's life constantly and does tasks their child is capable of doing alone.

Are you a lawnmower parent? Are you preparing your child to meet life's challenges or do you mow down all obstacles so your child does not have to experience them? A lawnmower parent is one who goes to what ever lengths are necessary to prevent their child from having to face adversity, struggle or failure.

Do you allow your child to experience some struggles, adversities or failures? Are you teaching your child the strategies needed to solve problems?

We notice in school that many children lack resilience and give up at the first sign of a struggle, possible failure or as soon as things are a little difficult or uncomfortable. Increasingly children are unable to sort out differences with friends or peers. We see children who are anxious about almost every aspect of their lives and who worry about the smallest of things and we notice children who lack self esteem so are unable to speak up for themselves, try new things, resolve conflicts peacefully, show empathy for others, deal with failure or accept blame for anything they have done wrong.

To ensure our children grow into independent, resilient adults with good communication and social skills it is important that they learn how to problem solve for themselves which involves resolving conflict, accepting blame, readily owning up to their wrongdoing, empathizing with others and looking at failure in a positive way and moving forward from that failure.



In school we use our “learning muscles” (tough tortoise, wise owl, curious cat and team ant—for more information on these see the website) and growth mindset to teach these skills. Rewards such as Behaviour and Golden Tickets and Lunchtime Rewards are also used to promote positive behaviours. As the school ELSA I do lots of activities with individual children and groups to help children increase their self esteem, sort worries, deal with disappointment and loss and learn to cope with anxiety and adversity. I attach a worksheet that is a helpful resource for discussing problems with children and can be filled in by you for younger children (although younger can express themselves through drawing) and by older children themselves.

Don't forget let your child do the work/thinking/talking – don't be a helicopter/lawnmower parent (listen, guide, empathize, encourage and love) – they may surprise you! Your children will also definitely appreciate and thank you when they are confident, independent adults with great self esteem!

Mrs Edson (ELSA)

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Long Sutton Friendly Society Christmas

Celebration: Please come and see the Christmas Tree Lights switched on and Meet Father Christmas on Saturday 1st December at 6.00pm outside the church. Enjoy a mince pie, mulled wine, treats for the children and sing a few carols with Father Christmas.

Uniform—a reminder

Please remember that your child needs a PE Kit in school daily.

With Winter approaching your child will need a suitable coat as we try to go outside in all weathers

Long Hair must be tied up at all times (please use an appropriate black/navy hair band/elastic) Brightly coloured/floral/glittery bands are not part of school uniform

Nail varnish/jewellery are not part of school uniform

Safeguarding

Family Gaming

(including a special offer!)

As Christmas approaches, many people will be considering games consoles and video games as gifts but it can be difficult to know which games are suitable for children. Christmas can be a fantastic time to start playing games together and to show children that you are interested in the games they enjoy. A great source of advice for Family Gaming is Andy Robertson, a writer and vlogger who has years of experience covering Family Gaming for national newspapers, TV and radio. His YouTube channel, [FamilyGamerTV](#), posts regular videos to guide families on the best video games for families.

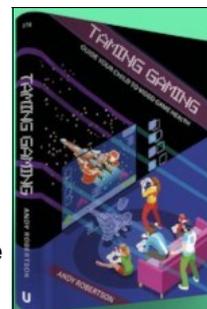
Andy has written a book, called *Taming Gaming: 'A light-hearted, informative guide to what screen-time, gaming and gadgets are doing to children, for parents who'd rather lock it all in a cupboard.'* Readers of this letter can get an exclusive 10% discount on pre-orders of the book using the promo code: **SchoolSafeGaming** and can also have their name printed in every copy as a supporter of the book.

Just visit: <https://unbound.com/books/taming-gaming> to order your copy.

If you have any concerns about your child or another please come and speak to myself. Safeguarding is everyone business and can not be ignored. You can always contact Somerset Direct or the NSPCC yourself to share or discuss any Safeguarding concerns you have.

Here are some useful websites recommended by our DSL (Designated Safeguarding Lead – Lizzie Reynolds).

[GETSET](#) [NSPCC](#) [SOMERSETDIRECT](#)



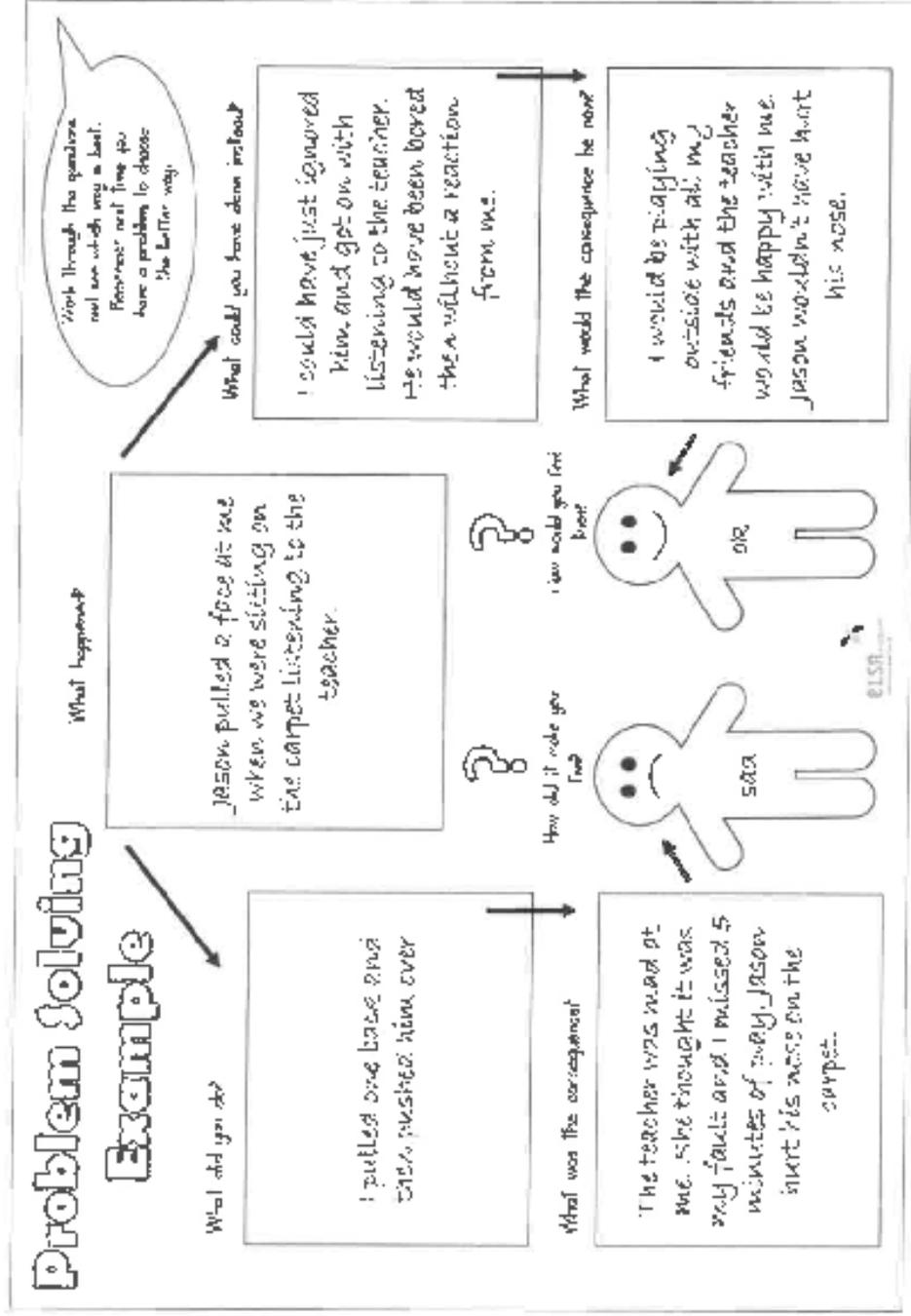
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Tel: 01458 241434 • email: longsuttonprimary@educ.somerset.gov.uk

website www.longsuttonprimaryschool.co.uk • [Facebook](#) • Twitter [@longsuttonsch](#)

Problem Solving

When children encounter problems they can sometimes choose the wrong path resulting in sad feelings or angry feelings. There might be guilt or remorse afterwards. Help children to reflect on what they have done by thinking of other ways to solve the problem. Please example below...



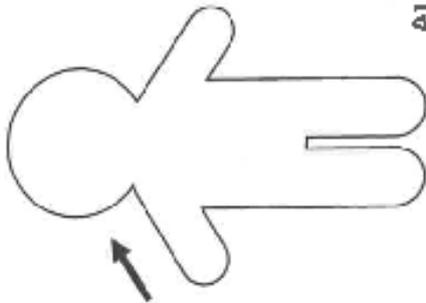
Problem Solving

What happened?

[Empty box for describing what happened]

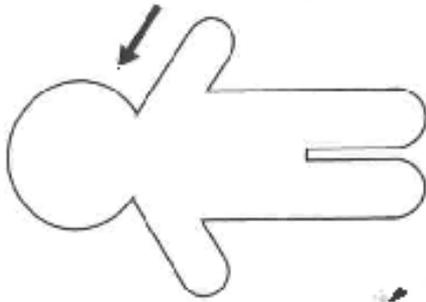
?

How did it make you feel?



How would you feel there?

?



Work through the questions and see which way is best! Remember next time you have a problem to choose the better way

What did you do?

[Empty box for describing what you did]

What was the consequence?

[Empty box for describing the consequence]

What would you have done instead?

[Empty box for describing what you would have done instead]

What would the consequence be now?

[Empty box for describing the consequence now]