



Lewannick Primary School

Hawks Tor Drive
Lewannick
Launceston
Cornwall
PL15 7QY

NEWSLETTER Friday 12th January 2024

Tel: 01566 782262

Email: secretary@lewannick.net

Web Address: www.lewannick.cornwall.sch.uk

Head of School: Sally Cook

Dear Parents/Carers,
Happy New Year and welcome to the spring term. As you can see from the diary dates there is a lot going on and I'm sure more will be added
The children have all come back rested and ready to learn and are enthusiastic about their new topics.

Thankfully this week has been dry which has enabled the children to play outside and on the field. However many do not have waterproofs or a change of clothes and so are ending up quite muddy. From Monday, all children who want to play football on the field will either need to change into tracksuit trousers or put on some waterproof trousers and have a spare pair of shoes. All children playing in the den will need waterproofs and wellies. We have a few spare pairs of waterproofs but not enough for everyone.

Two new policies have been added to website: home school communication and home learning. Please feel free to contact me if you'd like more information on these.

Have a good weekend

Best Wishes

Sally Cook

If you require this newsletter in an alternative format, for example large print or dyslexia friendly, please email secretary@lewannick.net. This also applies if you require it in a different language.

DATES FOR YOUR DIARY

January 2024

Wednesday 24th—Yr 5/6 Football Launceston College (Details to Follow)

Monday 26th—Yr 1/2 Multi Skills Festival St Josephs School (Details to follow)

Tuesday 30th—Read with your Child 9am

February 2024

Tuesday 6th—Safer Internet Day Yr 3 at Launceston Town Hall (Details to follow)

Friday 23rd—Sharing Time 2-3pm

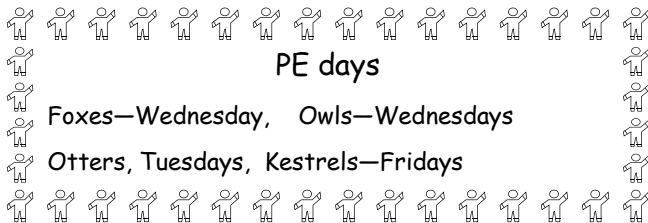
Tuesday 27th—Songfest 7pm—8:45pm

Wednesday 28th—Yr 3/4 Football Launceston College (Details to follow)

March 2024

W/B Monday 4th—KS2 Bikeability (Details to Follow)

W/b Monday 18th—Scholastic Book Fair (Details to follow)



PE days

Foxes—Wednesday, Owls—Wednesdays

Otters, Tuesdays, Kestrels—Fridays

Reading Volunteer Required

We are looking for a volunteer to come into school to hear KS1 children read for one afternoon a week. If you are interested please contact Mrs Symmons in the School Office for an application form.



Readers of the Week

Arthur H, Albie P, Evie P,
Isobel, Rowan B, Kamilla,
Darcie, Lowen, Thomas F



Stars of the Week

Abbie, Jessica
Joseph, Lacey-Lou
Isaac, Jacob
Marine

Keyboard lessons have started this term. If you're interested in your child learning the keyboard then please complete the form below.

https://docs.google.com/forms/d/e/1FAIpQLSen9pHuf-gjnGzR_7qpy8EyZhLDase6YyVwYn_awexkJ8h19g/viewform

Children do not need their own keyboard as thanks to the PTA we now have our own keyboards which the children can use.

Lessons cost the following:

10 minute Individual Lesson (£6 per lesson)

20 minute Individual Lesson (£10 per lesson)

Small Group Lesson (£5 per student per lesson)



School Menu

Next week is week 3



Weekly Attendance

Year Group	% Attendance	Year Group	% Attendance
R	95.56%	4	96.83%
1	100%	5	95.83%
2	96.58%	6	84.72%
3	97.22%	Whole School	95.5%

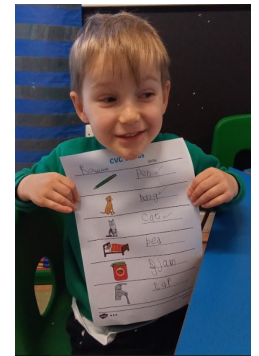
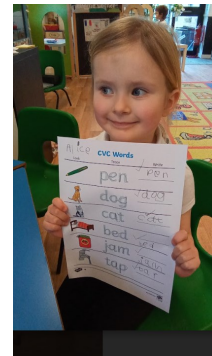
Respect

Happiness

Creativity

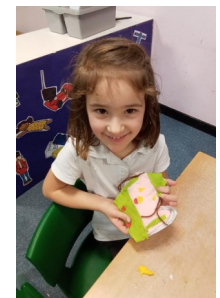
Fox Class Update

We've had a great first full week back in Fox class! We have been really busy each and every day. Our highlight was probably PE with Arena on Wednesday. We are doing dance in PE this half term and made a great start to it this week. Even though it has been very, very cold this week and we've had to be careful in the cold and icy conditions, it has presented a great chance to learn about and play with ice! As you'll be able to see from the pictures, we loved using the ice to learn and play with. On Monday, we started our phonics lessons again. I have been really impressed with how well the children have settled into their new groups. We have also been doing some work on our writing. As you can see from the pictures, our letter formation is really coming along! In maths, we have been counting in different ways and using different resources.



Owl Class Update

It has been a busy first week back in Owls. We started off our new topic (Toys through time) by making our own toy puppet. The children showed fantastic resilience and perseverance and they came out looking incredible. We are enjoying our new book - The Teddy Robber. We have made predictions, acted out the story and made inferences on the characters feelings. We loved history yesterday, sharing our favourite toy and why it is our favourite. We are looking forward to learning all about toys from the past. If you have any toys from the past at home, we would love to see them.



Respect

Happiness

Creativity

Friendship

Perseverance

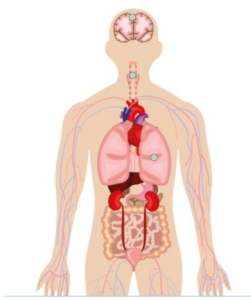
Otter Class Update

Otters started the week launching into our new topic 'Come Dine with Me' and looking at our new text 'Madame Pamplemousse and her incredible edibles'.

We have started exploring our digestive system and the journey of our food through our body. We have begun to explore our teeth and the purpose of each type. In Geography and DT we are investigating where our food comes from and had an in depth discussion about food miles and the benefits of buying seasonal foods.

Mr West and Mrs Cook have been really impressed by all the children's developing knowledge of their times tables and we have all enjoyed dancing along to different characters to learn different times tables. Ask your child to have a look at <https://www.bbc.co.uk/teach/supermovers/times-table-collection/z4vv6v4>.

In Spanish we have started learning the names of different fruits—some are certainly easier than others!.



Kestrel Class News

It's been an exciting week in Kestrels as we launched our new topic, 'Battles, Blackouts, and the Blitz,' delving into the fascinating world of World War II. The week commenced with a 'Stunning Start', where students participated in a range of activities, from crafting shelters to protect objects from a 'bomb' to drawing wartime posters. We also discovered intriguing facts about the war creating timelines to begin to understand the events. The day finished with the creation of silhouette paintings depicting the London skyline during a Blitz.



January SEN

This month I would like to share a leaflet on eating. After all the Christmas treats, it can be hard to get back to a normal routine. The ASD Team have provided this resource for parents. There are some great tips and ideas to follow here...

Meal times can be a problem for children on the Autism Spectrum...

.....and there are several reasons for this. In this leaflet there are a collection of strategies that can be incorporated into daily routine but also for other occasions, such as dining out or eating in an unfamiliar place.

Health concerns

- Is your child constipated, not growing or putting on weight (see GP)
- Vitamin supplements in drinks and chews can help an unbalanced diet (see GP)
- Consistencies of food, adaptive chairs & cutlery and help with choking, chewing (contact your SALT or OT)

Useful websites:

- <http://www.autism.org.uk/living-with-autism/understanding-behaviour/dietary-management-for-children-and-adolescents.aspx>

The content within the above has no connection with the Autism Spectrum Team and as such they hold no legal obligation.

Autism Spectrum Team



Autism Spectrum Team
Council Offices
39 Penwinnick Road
St Austell
PL25 5DR
www.cornwall.gov.uk

Speech and Language Therapy Central Office
01208 256290
Occupational Therapy
(Children's Community Therapy)
01872 254531

Issues around food





Typical Issues:

- My child will only eat a limited diet
- My child gags at mealtimes
- My child will only eat certain colour foods
- My child won't eat fruit or vegetables...
- My child smells their food all the time/inappropriately
- I wish my child would use their cutlery
- I wish my child could sit and eat with the rest of the family
- I cannot take my child to a cafe/fast food/restaurant
- My child will not try new foods
- Why does my child eat until they are sick
- My child only eats snacks and not at mealtimes

Why?

Sensory - Many children with Autism Spectrum Disorder have Sensory Differences

- Oral sensory difference may lead your child to find some textures overwhelming. This is why they may only eat a limited range of foods, be reluctant to eat, will not try new foods and so on.
- Your child may find certain food colours disturbing, after certain experiences and similarly be drawn to certain colours or food types and textures – for example, choosing to only eat yellow foods.
- The temperature of the food may also present an issue. The child may only want food served hot or cold.
- It maybe that your child needs to explore or be with their foods before they eat or taste it. This maybe through touch, smell, licking and smearing.
- Your child may have a fear of food associated with toileting difficulties – for example, constipation.

Social Environment -Remember ASC is social disorder and eating is a social activity

-Eating in a social setting

- Is very demanding in terms of un-written rules (behave & how to talk) along with sensory issues that are involved
- Settings like cafes, fast food outlets, restaurants, canteens, school dining areas are loud, busy, and unpredictable with no written rules and very few visual prompts.
- Calms of the family meal table**
 - Distractions can influence behaviour: a TV, a games console can be much more interesting than PEAS...
 - Does your child understand your family rules and routines?
 - A fearful or bad experience can lead to many anxieties around meal times
- Motor Planning**
 - Many children with Autism have...
 - difficulties with motor co-ordination and planning which may make it difficult for your child to hold cutlery
 - difficulties sitting for long periods and have difficulties with dining chairs.

Strategies:

SENSORY-

- 1. **Play food games:** using jelly through a straw, chocolate spread finger painting, vegetable men, instruments, board games and painting...it's ok to be messy.
- 2. **New foods:** build in rewards, work slowly (a pea at a time) limit your expectations; small successes should be celebrated
- 3. **A good role model:** ignore negative behaviour, no matter how bad it becomes, bring in small choice options, interactive tapas style meals, which encourage more interaction
- 4. **A food diary:** try a 2 week diary, observe reactions, allergies, patterns, colours and intolerances
- 5. **Cooking:** involving your child in food preparation.
- 6. **Similar foods:** try introducing similar foods – for e. g. if they like Strawberries, will they eat something else Strawberry flavoured?

Social Environment

- Scheduling / routines:** keeping the family mealtimes as predictable as possible, keep distractions low, celebrate achievements/rewards after the meal time.
- Restaurants:** look on line for menu, create a visual menu with pictures to help your child understand the menu and interact. Help prepare your child, with small visits before, take photographs. Take some activities in your bag, as back up, set realistic goals and rules for a restaurant and home. It can be fun to play restaurants at home too!
- Time:** what time are you going out, is it mealtime? A busy time? How long is your child expected to sit and wait for, how are you going to demonstrate this to them?A busy time is a noisy time.

BE REALISTIC IN YOUR EXPECTATIONS



Together we inspire, together we nurture, together we achieve

VACANCY

We currently have the following vacancy within
The Duchy Academy Trust:

Temporary - Cleaner Lewannick Primary School

Grade E4, 18.75 hours per week, FTE £20,103 / £10.42 per hour

The Duchy Academy Trust consists of 3 primary schools, Boyton, Callington and Lewannick. Our vision is to ensure we provide an environment that prepares children to be confident and happy citizens. We pride ourselves on placing the children at the centre of everything we do.

The Duchy Academy Trust is seeking to appoint a **Cleaner** for Lewannick Primary School to be responsible for the cleaning of school buildings and facilities in order to maintain a high standard of cleanliness and hygiene.

The hours will be 18.75 hours per week, Monday – Friday, term time only. Initially offered on a temporary basis to cover absence.

We are committed to safeguarding children and the successful applicant will be required to undertake an enhanced Disclosure and Barring Service (DBS) check and will be assessed against the Childcare Disqualification Regulations.

The closing date for completed application forms is **noon on Monday 22nd January 2024**. Interviews will be held at Lewannick Primary School on **Wednesday 31st January 2024**. For further information and/or an application pack please contact Jo Patterson, HR Officer at hr@theduchyacademytrust.org.uk or visit www.duchyacademy.co.uk/vacancies
Completed application can be emailed to hr@theduchyacademytrust.org.uk



Together we inspire, together we nurture, together we achieve

VACANCY

We currently have the following vacancy within
The Duchy Academy Trust:

Teaching Assistant - Lewannick Primary School

Grade E6, 24 hours per week, FTE £20,701 / £10.73 per hour

The Duchy Academy Trust consists of 3 primary schools, Boyton, Callington and Lewannick. Our vision is to ensure we provide an environment that prepares children to be confident and happy citizens. We pride ourselves on placing the children at the centre of everything we do.

The Duchy Academy Trust is seeking to appoint an enthusiastic and inspirational **Teaching Assistant** with Lunchtime Supervision to join our hard working and dedicated team. The role is for 24 hours per week - term time only at **Lewannick Primary School**.

The position, starting as soon as possible, is initially offered on a fixed term basis until July 2024, with a view to becoming permanent.

We are committed to safeguarding children and the successful applicant will be required to undertake an enhanced Disclosure and Barring Service (DBS) check and will be assessed against the Childcare Disqualification Regulations.

For further information and/or if you require an application pack please contact Jo Patterson, HR Officer at hr@theduchyacademytrust.org.uk
Alternatively visit our website www.duchyacademy.co.uk/vacancies

The closing date for completed application forms is **noon on Wednesday 31st January 2024**. Interviews will be held at Lewannick on **Wednesday 7th February 2024**.

Completed application can be emailed to hr@theduchyacademytrust.org.uk

Top Tips for SETTING UP PARENTAL CONTROLS ON NEW DEVICES

In children's eagerness to start enjoying new digital gadgets immediately, it can be easy to overlook setting up the type of parental controls that can help to protect them online. If you don't sort those out from the very start, it can be an uphill battle – technologically and psychologically – to impose such controls later. Here's our rundown of what to look for when setting up the various internet-enabled devices that might be lurking under the tree at this time of year.

IPHONE

If your child's lucky enough to be getting their own iPhone, parental controls can help avoid issues like screen addiction and unsuitable content. Go into the settings and scroll down to 'Screen Time'. From here you can customise important settings including time limits on using the device, communication restrictions and content blockers. You can also lock your changes behind a passcode.

ANDROID

With Android devices, Google's Family Link app is your friend. You'll need a Google account – and a separate one for your child, which you should use when first setting up the device. Then, in Family Link on your own device, select 'Add Child' and enter their account details. This lets you specify limits on daily usage, restrict certain apps, block particular content and more.

PLAYSTATION

You can prep for a PlayStation before it's even unwrapped. At my.account.sony.com, create an account, then go to Account Management > Family Management > Add Family Member to set up your child's account, which you'll use to sign in on the console. You can restrict the age ratings of the games they can play and who they can talk to. On the PS5, you can make exceptions for any games you think are acceptable despite their high age rating.

IPAD

iPad parental controls are identical to those on iPhones. However, if you've got a shared family iPad and want to ensure your children aren't seeing anything age-inappropriate after you hand them the device, there's a feature called Guided Access (under Settings > Accessibility > Guided Access). With this switched on, young ones can only use the app that's currently open.

XBOX

The Xbox Family Settings app helps you manage which games your child can play (and when). You'll need to set up the console with your own account and then add a child profile. Make sure your account's password protected, so your child can't alter your choices later. You'll be walked through the functions at setup, but you can also reach them manually via Settings > Account > Family Settings.

NINTENDO SWITCH

Download the Nintendo Switch Parental Controls app on your phone, and you'll be shown how to link it to the console. Once that's done, you can limit how long your child can play each day, decide what age ratings are permitted and more. You'll also get weekly updates on how often they've used the device. These controls are accessible through the console itself, but the app is usually easier.

WINDOWS 11 PCS

On Windows 11, account management is key. Set up the device with your own account as the admin. Then go to Settings > Accounts > Family and Other Users and create your child's account (if you've already done this on a previous PC, just log in with those details). Microsoft Family Safety (either the app or the site) then lets you control screen time, what content children can view and more.

CHROMEBOOKS

Chromebooks' parental controls are managed via the Family Link app. Unlike an Android device, however, you need set up the Chromebook with your own account first, then add your child's. Go to Settings > People > Add Person and input your child's Google account details (or create a new account). Your child can then log in, and you can monitor what they're up to via Family Link.

MACS

Like iPhones, parental controls for Macs are managed via the Screen Time settings. Again, the crux here is to set yourself up as the administrator before adding any child accounts. In the settings, look for Users & Groups to create your child's account, then – while on their profile – use the screen time options to place any boundaries around apps, usage and who your child can communicate with (and vice versa).

SMART TVS

Smart TVs typically have their own individual parental controls. One of the most popular brands is Samsung – and on their TVs, you can control the content available to your child. In the Settings menu, under 'Broadcasting', you can lock channels and restrict content by its age rating. Even this isn't foolproof, however: some apps (like YouTube) might still let children access unsuitable material.

Football For 'Onen Hag Oll' - One and All



Cornwall Football Association

Play

There are lots of different ways to get involved playing the beautiful game in Cornwall. We have opportunities for youth boys and girls, open age (male and female) as well as disability and walking football provisions.



☎ 01208 262986

✉ Chloe.Harris@cornwallfa.co



www.cornwallfa.com

Contact Football Development Officer Chloe for more

Respect

Happiness

Creativity

Friendship

Perseverance