



Lowther

ISSUE 5: JANUARY EDITION 2020

WWW.LOWTHER.RICHMOND.SCH.UK

Hello and welcome to 2020!

Welcome to 2020 to the whole Lowther School Family

It's here, 2020! Welcome to the latest edition of our newsletter. There's certainly plenty of great news to share with you regarding so many aspects of school life here at Lowther. We love enriching your children's learning and providing them with opportunities to learn in different ways. Everyone here at Lowther wishes you and your family a truly wonderful year ahead. 2019 was a hugely successful year for our school and rest assured we'll be working hard to make further improvements to our fantastic school this year. Our commitment, here at Lowther, to all of you is to ensure we provide your children with the very best opportunities to learn together in exciting, creative and challenging ways. We want Lowther to be a school that inspires an enjoyment of learning and that creates a positive disposition to learning for life. The new year always fills me with excitement as it's the start of more opportunities for all of us to learn and develop. It's exciting to think that your child is going to learn to do things they've never been able to do before. I cannot wait to see your children fly to new heights this year.



Core expectations at Lowther

At the start of the new year I thought I'd mention a couple of things we're noticing with uniform and other matters - please do note these core expectations.

Uniform matters:

- NO Lowther sports hoodies to be worn to school please — these are just for PE lessons in the winter months.
- ALL uniform (including coats and hats) to be named please. Footwear remains the main issue with incorrect uniform.
- NO boots to be worn at school
- No shoes with logos that are not in black

Please note ALL packed lunch boxes should be stored carefully (before and after use). We are looking at other longer term options for how these are stored. We also politely request that plastic bags are NOT used for packed lunches as this isn't in line with our school's attempts to minimise our use of single use plastics.

Before and after school

- NO ball games (unless at a sports club)
- Children should not use the swing (the other climbing frame equipment is fine as long as parents supervise their children)
- NO scooting or cycling on school grounds for safety reasons please.

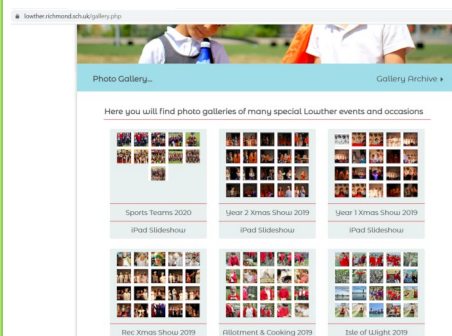
Thank you for your support with these matters.

If you haven't been on the school website recently please do check it out. It's mobile friendly and there's some great content on there. Some of the new additions include updated galleries, videos and our curriculum offer.

We have two social media accounts (Facebook and Twitter) so parents and families can keep fully connected with all things Lowther. The Twitter account is also embedded into the school website and so no logging in or signing up for an account are needed. Those of you that do follow us on Twitter I'd like to say a huge thank you for your support and interest in the school. We have a high level of engagement in our tweets and Facebook posts. We will continue to post new content on our three online platforms.



Galleries of all our Christmas shows (Reception, Year 1 and Year 2) as well as the Christmas fair are now live on our website.



Lowther Online

This part of the newsletter is dedicated to online safety and guidance and tips for parents in how to keep their children safe when using technology. We include setting parental restrictions on devices as well as some more general top tips from Carolyn Bunting who is the Chief Executive of Internet Matters. . We hope you find it useful.

The information below on setting parental restrictions includes QR codes which you can simply scan. This is recommended by Achieving for Children as a quick and easy way of ensuring your child's kit is safe.

Setting parental restrictions on your child's kit

If you're viewing this on a screen, tap (or click) the appropriate icon below.

If you're looking at this on paper, point your phone's camera at the appropriate QR code and tap the link that appears.

Follow the instructions on the website exactly, in particular setting the age of the child.

We recommend you set the device not to allow *any* apps or games to be installed without your permission.

Protect your settings with a strong password that is not known to the child.



**achieving
for children**

The remaining information focuses on providing you with practical, simple advice around safeguarding your child whilst using technology.

Checklist

✓ Put yourself in control

Make use of the parental controls on your home broadband and any internet-enabled devices. You can find out how at your broadband provider's website or by visiting internetmatters.org.

✓ Search safely

Use safe search engines such as swiggle.org.uk or kids-search.com. Safe search settings can also be activated on Google and other search engines as well as YouTube. You can find out more at google.co.uk/safetycentre.

✓ Agree boundaries

Be clear what your child can and can't do online - where they can use the internet, how much time they can spend online, the sites they can visit and the type of information they can share. Agree with your child when they can have a mobile phone or tablet.

Over 65 % of parents are most concerned about their 6-10 viewing inappropriate content online*



✓ Explore together

The best way to find out what your child is doing online is to ask them to tell you about it. Encourage them to use devices in communal areas so you can see what sites they're visiting and share with them.

✓ Check if it's suitable

The age ratings that come with games, apps, films and social networks are a good guide to whether they're suitable for your child. The minimum age limit is 13 for several social networking sites, including Facebook and Instagram.

Learn about it:

Teach your child some simple rules

- Make sure your child knows not to share personal information like their phone number or email address online
- Only talk to real life friends or family if they are on sites with a social media element like Moshi Monsters or Club Penguin
- Use privacy settings wherever they exist to keep their information private
- Be a good online friend and don't say nasty things even if it's just a joke
- Use secure and legal sites to download music and games
- Check attachments and pop ups for viruses before they click or download anything
- Use Public Friendly WiFi when they're out and about to filter inappropriate content
- Help them to better understand the different online platforms they use and judge the quality and reliability of online resources

Talk about it:

Tips for a meaningful conversation

- Start conversations when your children won't be embarrassed, for example in the car going home from school
- Ask them for advice on how to do something online and use this as a conversation starter
- Make sure they know they can come to you if they're upset by something they've seen online
- Be sensitive and praise them when they share their online experiences with you
- If your child comes to you with an issue, stay calm and listen without judging them
- Talk about online grooming as you would stranger danger and explain that people they meet online might not be who they say they are
- Ask them about things online which might make them uncomfortable



Parenting in the digital age

Carolyn Bunting
CEO Internet Matters

internet
matters.org

There are lots of positives...



Online games can enhance teamwork and creativity



Add to the child's store of knowledge



Households with computers perform better academically



Improve both visual intelligence and hand-eye coordination

Research shows the outcomes for children are better if they benefit from connected technology

internet
matters.org

But technology can affect children's development...

- **Sleep cycles** are affected by blue light from screens
- Screen-based entertainment increases central nervous system arousal
- Millennials are **more forgetful** than OAP's
- One study found that the **more distracted** you are the less able you are to experience empathy



internet
matters.org

Risk is not harm. Positive action can limit risks becoming harmful

5 tips for parents:

1

Understand the risks

2

Communicate regularly

3

Keep the risks in proportion

4

Agree helpful mediation strategies

5

Develop coping strategies that foster resilience

internet
matters.org

Dealing with inappropriate CONDUCT

25%

of children will experience cyberbullying

50%

of children say someone has been nasty online

internet
matters.org

What are children taught in school?



Use technology safely and respectfully, keeping personal information private; identify where to go for help and support when they have concerns about content or contact on the internet or other online technologies

KS1



Use technology safely, respectfully and responsibly; recognise acceptable/unacceptable behaviour; identify a range of ways to report concerns about content and contact

KS2



Understand a range of ways to use technology safely, respectfully, responsibly and securely, including protecting their online identity and privacy; recognise inappropriate content, contact and conduct; and know how to report concerns

KS3

In addition, schools embed it across...

ICT curriculum

Appropriate filters and monitoring system

PSHE lessons

Curriculum and safeguarding assessed as part of Ofsted framework

internet
matters.org

Controlling tech time

Your children will be watching the way you use technology and they will copy; make sure there is some consistency in how you **role model** good behaviour:

1

Turn off notifications on apps to avoid that constant 'ping'

2

Buy an alarm clock so you don't have devices in the bedrooms

3

Keep phone on silent in your pocket or bag when you pick the kids from school

4

No phones at the table rule or no phones between 6 and 7 rule

5

Family tech free days!

internet
matters.org

Controlling tech time

And there are tactics you can put in place to help manage their screen time....

1. Set a good example
2. Talk together about the time spent online
3. Agree on appropriate length of time they can use their device
4. Get the whole family to unplug & create screen free zones
5. Use technology / apps to help manage screen time e.g. Forest App



internet
matters.org

Do talk to any of our team if you'd like to know more about what we do at school to teach children about being safe online. By working in partnership we can all help to ensure our children's experiences online are always positive.

The first round of offers for secondary schools comes out at the end of March. Please don't worry if your child isn't offered one of their top preferences in this first round. Experience has shown that places tend to become available a little bit later down the line. Do come and talk to me if you need any further advice on this matter.

Please also note that the deadline for Reception class places has now passed. The deadline for applying for a Nursery place is March 2020. The office team are very happy to help you with this process if you would like it.

We hope you all had a fantastic Christmas time (it seems a long time ago now!) and enjoyed the festivities and spending time with your families. On behalf of all the teachers and staff at school we'd like to say a huge thank you for the very kind gifts and cards that were given to us by you this Christmas. It is always really appreciated and also satisfying to know that our community is thankful for our efforts, but really a smile and a thank you genuinely are the best presents! Thanks again for your kindness and generosity.

Please note these are the term dates for the remainder of this school year, including the Inset Days that are planned. The dates for school year 2020-2021 are also on the school website.

Spring Term 2020 - Monday 6th January to Friday 3rd April 2020

Children start - Monday 6th January

Children finish - Friday 14th February

Half Term week - Monday 17th February to Friday 21st February

Children start - Monday 24th February

Children finish - Friday 3rd April

Summer Term 2020 - Monday 20th April to Tuesday 21st July 2020

Children start - Monday 20th April

Bank Holiday - Friday 8th May

Children finish - Friday 22nd May

Half Term week - Monday 25th May to Friday 29th May

Children start - Monday 1st June

Inset Day - Friday 12th June

Inset Day - Monday 15th June

Children finish - Tuesday 21st July

Autumn Term 2020 - Wednesday 2nd September to Tuesday 22nd December 2020

Inset Day - Wednesday 2nd September

Children start - Thursday 3rd September

Governors have been busy working with the school's leadership team on a number of different key areas of school life.

We have broken the targets down and written our Top 5 priorities for the year in a way which is designed to ensure children, staff and the community have ownership of our targets for school year 2019-20 The key priorities for the school this year are:

- We will show everyone how amazing **our school is**
- We will have awesome **attendance** at Lowther
- Children at Lowther will have an exciting **curriculum** which allows their learning to progress each year
- All children will have an enjoyable and successful **reading** journey at Lowther.
- Everyone understands **Lowtherness**

If you would like to know more about any of the plans we have this year for further school improvement then please do let us know.

With support from a small group of parents, we are delighted to announce the launch of a series of Reading Challenges for the children. Each month, for the remainder of the year, there will be a challenge set for the children. Challenge 1 was launched last week (Design a Book cover) with a deadline of Friday 31st January.

Each time the children complete one of the challenges they will be awarded a limited edition bling bling for their Reading Challenge Sticker Chart (pictured below)

Children that complete all six challenges this year will be awarded a medal and will also be entered into a prize draw which will feature a host of great prizes. We've already had lots of entries for Challenge 1 and look forward to receiving many more. Good luck!

Reading Challenge 1

Design a book cover for your own, or your friends, Screen your Story Entry.

By Friday 31st January



Lowther loves reading

Collect a Sticker chart – please stick in your reading record

6 “limited edition” bling blings to collect – you get a bling for each challenge completed

1 challenge each month

If you complete all 6 challenges you will win:
A Gold Medal

Your name will also go in to the grand prize draw to win one of many different cool prizes.
Assortment of Top prizes
plus lots of class prizes available!

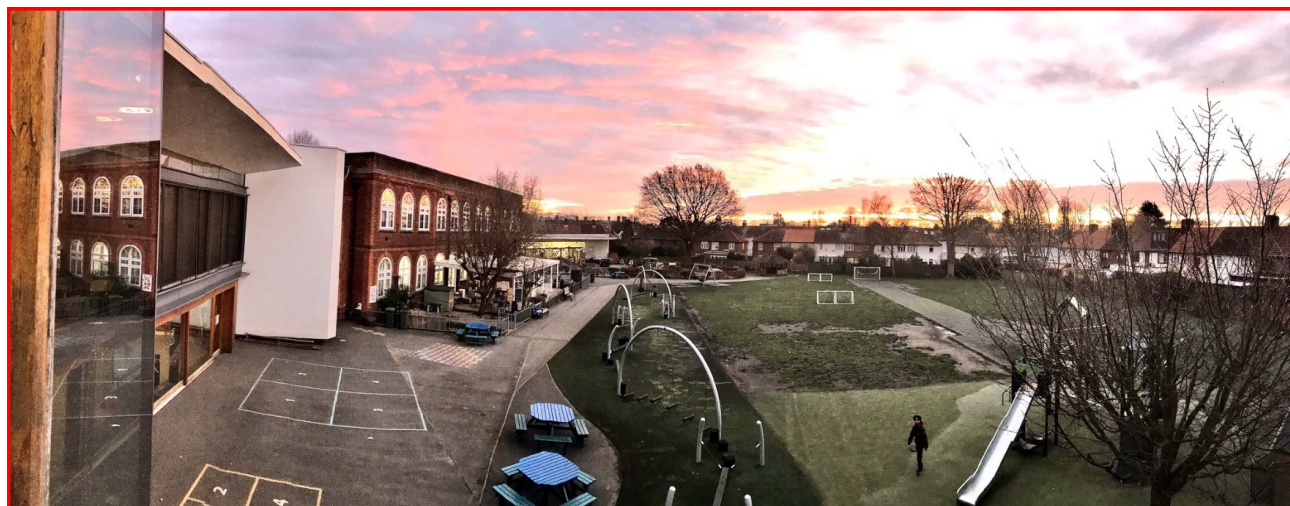
Hand in to Mr.T

Lowther loves reading



| | |
|-------------|-------------|
| Challenge 1 | Challenge 2 |
| Challenge 3 | Challenge 4 |
| Challenge 5 | Challenge 6 |

Lowtherness! You may have heard of this recently and wondered what on earth it is?! As part of our school improvement plan senior leaders and governors at the school really want to get a really tight handle on the intangibles that make Lowther...well Lowther! It's our school community's ethos, our way of working, our values and beliefs as well as the way the school operates on a daily basis. We're calling it Lowtherness and we're going to investigate over the course of the year what this actually means. It's one of the reasons we changed Lowther's got Talent to Lowtherness Live as that show encompasses so much of what we value here—celebrating success, encouraging children to join in school life, to be confident, to share their skills and talents, to work as a team, working in partnership with home as well as having a whole heap of fun too! We expect to talk to children and parents over the course of the year about what Lowtherness is to them.





We always have so many interesting and exciting trips planned for our children. It's such a great way to enrich learning. Pictured here are a group of children from Y5/6 enjoying learning more about engineering recently at the home of British motorsport — Brooklands



Our Y4/56 Panathlon squad secured second place in the Borough at their recent tournament in Twickenham. A truly amazing achievement, especially given this was the first time many of the children had competed in sport for Lowther along with it being a brand new set of challenges within the overall event. Another trophy for the front desk and a lovely set of medals for our worthy winners!

The graphs and data below are another snapshot of just how well your children do at Lowther. This data is for Key Stage 1 (Year 2 in 2019)

This particular data set looks at children working at the Higher standard in Reading and in Maths. We were in the Top 10% nationally for both these areas in attainment and vitally, in progress scores too. Do ask Mr Bracken or I if you would like further explanation of just how good these results are! Amazing work by our children and teachers.

KS1 Attainment 2019

47 pupils

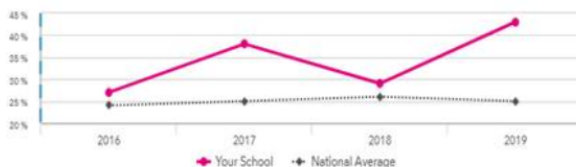
% Higher Standard Reading

43%+

FFT Rank

100 BETTER 1

Significantly above the national average (25%)



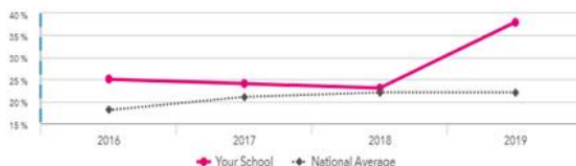
% Higher Standard Maths

38%+

FFT Rank

100 BETTER 1

Significantly above the national average (22%)



KS1 Progress 2019

43 matched pupils

% Higher Standard Reading

+14%+

FFT Rank

100 BETTER 1

Significantly above the national average (0%)

% Higher Standard Maths

+14%+

FFT Rank

100 BETTER 1

Significantly above the national average (0%)

What do these graphs show? They illustrate how well children in Key Stage 1 at Lowther did in their end of key stage assessments in 2019 at the higher standard. They compare how well our children did to the National average and rank us accordingly.

Summary

- Lowther Key Stage 1 2019 in **top 7%** of schools nationally for **attainment** in Higher Standard Reading
- Lowther Key Stage 1 2019 in **top 8%** of schools nationally for **progress** in Higher Standard Reading
- Lowther Key Stage 1 2019 in **top 6%** of schools nationally for **attainment** in Higher Standard Maths
- Lowther Key Stage 1 2019 in **top 6%** of schools nationally for **progress** in Higher Standard Maths



Every year it sneaks up on us! Yes, it's January which means that it's time again for Lowtherness Live! (formally known as Lowther's got Talent) We're now in our ninth year of what's become a firm favourite of many of our children. I'm sure the judges will love seeing the acts try and pull out all the stops in an effort to secure a trophy in the grand final. The auditions (pictured below) were truly awesome with over 90 children from Year 1 to Year 6 showing off their amazing talents. We had children performing acts to such a high standard. We've got 50 children performing in the final with a wide array of talent on show. The final will include performances in Dance, Magic, Comedy, Singing, Musical instruments, Gymnastics and lots more too.

The grand final, which of course we'd love you to come and watch, is on

Friday 31st January 2019 between 1:30pm and 3pm.

Judges will be looking for originality, effort and preparation as well as talent. It should be masses of fun! Good luck to everyone entering!



It's now nearly 18 months since we changed our expectations of break time snacks and packed lunches at Lowther. These changes were made to help ensure that packed lunches brought from home and consumed in school (or on school trips) provide pupils with healthy and nutritious food similar to school lunches (which are regulated by national standards). To refresh everyone and for easy reference, we have included some of the key pieces of information on the page opposite. There is also lots of additional information on our school web page <https://www.lowther.richmond.sch.uk/school-meals.php>

Many of our children bring break time snacks. We made changes based on providing children with a healthy and balanced diet during their time at school. Our policies were informed by recent research findings about London Borough of Richmond (LBRUT). The most recent data shows that there are twice as many obese children in Year 6 as there are in Reception in Richmond schools. Please support us with ensuring all our children have a good diet whilst at school. Extracts from both policies are included here for ease of reference for parents.



Lowther Primary School

Break time snacks



Important information regarding Break time snacks

At Lowther we want to continue to look at ways to improve children's health, fitness and well-being. The next step we'll be taking along this path is the changing of our policy regarding any break time snacks that the children bring in to school. This is applicable for all year groups, from Nursery through to Year 6. Please note however, that Foundation Stage and Key Stage 1 get free fruit as a daily snack anyway.

We're always very happy, and indeed would recommend, children having a healthy break time snack. We now only allow fresh fruit and vegetables as a break time snack. This **DOES NOT** include fruit packaged such as Fruit Winders, Bear Yo-Yos and the like. A simple way to think of it is that if it comes in a packet it's probably not allowed. The main exception being dried fruit.

Examples of the sort of things that are great for a break time snack include

- ✓ Seedless grapes
- ✓ Satsumas, tangerines or clementines (peeled and wrapped for younger children)
- ✓ Small bananas
- ✓ Cherries
- ✓ Apples (can be cut into pieces for younger children and brushed with lemon juice to avoid browning)
- ✓ Plums
- ✓ Dried fruit such as apricots, dates or raisins
- ✓ Fruit salad (apples, satsumas, pears, pineapple chunks and grapes work well together. Avoid bananas because they go brown)
- ✓ Canned fruit transferred to a pot (use fruit stored in natural fruit juices rather than syrup)

(Please note we are a Kiwi free school)

Some vegetables that you could try as a snack could include;

- ✓ Cherry tomatoes
- ✓ Carrot sticks
- ✓ Celery sticks
- ✓ Cucumber chunks
- ✓ Baby sweet corn
- ✓ Grated carrot and raisin salad

If children do bring a snack that is not allowed it will be confiscated by a member of the school team and then returned to the child's parent at the end of the day.

I'm sure you'll agree these represent really positive changes for our children.

In the coming weeks we will also be announcing changes to our lunch box policy so please do look out for those. They will be communicated via the newsletter and the school website.

Examples of snacks that are ok



Examples of snacks that are not ok



Where, when and to whom the policy applies: it applies to all pupils bringing packed lunches to eat at school, or on school trips during school hours.

Food and drink in packed lunches

- Free fresh drinking water will be readily available at all times
- Pupils are advised to bring in packed lunches in insulated bags
- Packed lunches should abide by the guidelines below

Because some Lowther children have a severe allergic reaction to **nut products** and **kiwi fruit**, we do not allow these foods in school **at any time**.

Packed lunches **should** include:

- At least one portion of fruit and one portion of vegetables every day
- Meat, fish or non-dairy protein (e.g. lentils, beans, hummus, falafel)
- A starchy food (e.g. bread, pasta, rice, noodles)
- Dairy food (e.g. cheese, yoghurt, fromage frais)
- Packed lunches may include **one small dessert** (e.g. cereal bar, a plain cake without icing, fruit salad)



Lowther Primary School

Healthy Food Policy

Packed lunches **should not** include:

- **Salty** foods: crisps including Twiglets, popcorn, baked crisps or vegetable crisps
- **Sugary** foods: No products containing chocolate are allowed. This includes confectionery such as chocolate bars, chocolate chip or chocolate coated products and cakes. Other sugary foods such as sweets, and fruit products with a very high sugar content, such as Yoyos or Winders are not permitted.
- Carbonated (fizzy) drinks, fruit flavoured water, fruit juices and fruit cordials

Exceptions

- On a child's birthday, a cake can be brought in to school for their classmates. Sweets or other party foods are not permitted
- Fridays will be **Treat Friday**. On Fridays children can bring in **one** treat from **either** the salty food list **or** the sugary food list (for example a small muffin, a small packet of crisps or a small bar of chocolate)
- For **school organised** parties, for example at Christmas, teachers may allow small appropriate quantities of items such as crisps and chocolate bars to be consumed

