



OUR CORE VALUES

Aspirations Integrity Self-Belief Effort Respect

Message from our Head of School

Dear Parents/Carers,

It has been a fantastic week as we welcomed our children back to school. Our children were so excited to be back and I want to thank all our parents we ensured that the children were back in school, we had 97% of our children back. A few of our children could not return because they were following the government's guidelines and isolating as they had returned from abroad. I want to thank all our parents for the trust you have in us and for sending your children in. Your continuous support means a lot to us.

Our children have settled back into their routines and are getting on with their learning. I am in awe of the resilience and determination of our children; they are a beacon of resilience for the whole community and we are very proud of them.

I know a couple of parents are anxious about their children returning to school but please be assured that we are doing everything we can to ensure our children, staff, and the whole community are safe. We are sticking to all the safety measures- small bubbles, washing hands, using hand sanitisers, around the clock cleaning- to ensure the safety of everyone. I encourage you to bring your children to school so they can continue their learning including building friendships and relationships with others.

Children have been home and have missed so much of their education including developing relationships and friendships with their peers and it is time for them to have the opportunity to do this again. For this and many other reasons, it will be better for all children to be back in school.

I would like to remind you that the government has made school attendance **mandatory for all pupils from 8 March** which means the usual rules on school attendance apply, including:

- parents' duty to secure their child's regular attendance at school (where the child is a registered pupil at school and they are of compulsory school age)
- the ability to issue sanctions, including fixed penalty notices in line with local authorities' codes of conduct

You can read more about this in the guidance for opening schools at https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/967139/Schools_coronavirus_operational_guidance.pdf

I can confirm that we have had no confirmed cases and our staff are encouraged to do a test twice a week. I can also confirm that our staff are getting the vaccine once they received appointment notice from the NHS. I encourage you to please step forward and get your vaccine when the time comes as this will help in protecting our community.

Please be reminded that we are always here to help so do get in touch with us if you need any support.

Miss Cobblah



Message from our Executive Headteacher

St Patrick's day

"St Patrick was a very thirsty man!" my father used to say, and in truth every gap and hole in the hedge boasted a well where our patron saint was supposed to have slaked his thirst. Of course, the wells were sacred to the old Irish gods, so our forefathers put a Christian shine on them with a story. St Patrick's day is celebrated in Monserrat in the Caribbean, St Patrick is the patron saint of Nigeria as well as Ireland.

Every 17th March my sisters and myself would be out in the early morning digging up clumps of a little trefoil plant to wear to honour our saint.. Story has it that St Patrick used the little shamrock to explain to the bewildered Irish the mystery of the trinity. I know now that having four elder sisters is a blessing, but there were times, growing up when it did not seem so. I remember on one occasion sporting my little clump of plants I was met with scathing derision from my knowledgeable sisters. "That is just oul clover!" they mocked. "That's not shamrock!" So off I went trying my hardest to find the true shamrock in an endless field of clover. I have since learned that there are many types of clover that pass as shamrock, and they grow all over Europe, not just on Irish soil as we thought. It was many a fool's errand I was sent on in my time.

St Patrick was around over sixteen hundred years ago so the truth and the stories about him are as mixed as an Irish stew. We Irish do not mention it, but he probably came from England- around Carlisle. He was captured as a young boy and carried into slavery in Ireland. We are told he tended pigs on the cold mountainside in Slemish in Ireland. It is said he was so hungry he was glad to eat the food given for the pigs. Patrick escaped slavery but later was inspired to return and convert the Irish to the Christian religion.

There are many, many more stories I could tell of St Patrick and St Patrick's day. I will share some with the children next week- I once organised a very memorable St Patricks day at the Albany Empire years ago. We proudly raised the Irish flag above the door. Within twenty minutes the police arrived and demanded we remove the 'terrorist' flag. They had short shrift from us- but that is another tale for another day..

It is enough to know that after the disaster of the Great hunger in Ireland and the diaspora that followed, we tried to keep alive a pride in ourselves and our people. St Patrick and St Patrick's day are a part of that pride. So the Englishman we enslaved has become the symbol of our people. The story is that at the last day it is not God but St Patrick that will judge the Irish.

I invite all our children whatever their heritage or tradition to join me in wearing something green on Wednesday to acknowledge the contribution of the Irish people to the world. A small ribbon at least, and to give £1 for the Save the Children fund for Yemen where children are suffering terribly in the war.

Happy St Patrick's day!



Celebrations

From Reception class

Angel for her enthusiasm and participation in our African drumming this week.

The whole of 3D for their positive attitude. They have returned to school as if they had not been away - ready to learn and with a smile on their faces.

From 40

Ellie for outstanding attitude towards learning during lockdown. She showed resilience and defied her fear of being shy. Her willingness to challenge herself goes without faults.

Year 4

For being positive and always doing their best online regardless the issues they encountered. They understood the pertinency of being online. Their attitude towards learning in class has being amazing and they continue to work twice as hard than they did before the lock down. We are so proud of you.

From 5F

Chaniyah has shown a real desire to participate in all lessons and has demonstrated great enthusiasm in her writing.

This is for the entire class because they have shown a fantastic attitude towards learning and they have all worked really hard especially as this is the first week back.

From 6A

Stephen for making good progress with his reading and attitude towards his learning.

Year 6 for coming back to school ready to learn. Well done everyone!

The whole of 6D for coming back with an excellent and mature attitude to their learning. Even though some pupils were anxious and nervous about the return they have overcome this and settled into school life as if they have not been away.

Ezana: for his enthusiasm and contributions during our creative writing lesson.



This week the Headteacher's awards go to

Ellie in 40 and Lara in 3D

for their exception attitude to learning during lockdown and first week back in school.



Week of Inspirational Mathematics

As part of our ***Week of Inspirational Mathematics*** we have been learning that:

Everyone can do well in math.

Mathematics problems can be solved with many different insights and methods.

Mistakes are valuable, they encourage brain growth and learning.

Mathematics will help children in their lives, not because they will see the same types of problems in the real world but because they are learning to how to think and developing an inquiry relationship with math.

At Lucas Vale we know that as well as the opportunities and support children receive in school parents and carers have incredible opportunities to shape their children's mathematical futures.

Here are some ideas for you as you work with your child:

1. Always praise what children have done, instead of the person e.g. "It is wonderful that you have learned how to add numbers", not "Wow, you can add numbers, you are so smart."

When children are told they are "smart," they often feel good, but later when they get something wrong, as everyone does, they think "Hmm, I am not so smart." But when children know that learning and hard work make them achieve at the highest levels, their achievement takes off!

2. Always talk positively about Maths instead of sharing stories of math failure or dislike.

Research has shown that as soon as parents say to their children: "I wasn't good at math at school," their children's achievement went down. Don't worry if you are not sure how to support children with their maths. Ask them to explain it to you. This can be one of the most encouraging experiences a parent can give their children!

3. Always praise mistakes and say that you are really pleased that your child is making them.

Recent research has shown that our brains grow the most when we make mistakes. Scientists have found that when people make a mistake in math synapses spark, and there is activity in the brain that is absent when people get work correct. What this means is that we want people to make mistakes! It is important both to celebrate mistakes and tell children their brain is growing when they make them.

4. Encourage children to work on problems that are challenging for them.

We know that it is really important for students to take risks, engage in 'productive struggle,' and make mistakes. Keep telling your children that struggle is really important because it will make their brains grow. Studies show children who are praised for "working hard" are more likely to seek out harder challenges in the future. This tells us that the praise we give children has an immediate effect on them.

For more information, check out these resources on [YouCubed.org](https://www.youcubed.org)



Fun fact of the week

Every step you take uses 200 different muscles in the body!

As with most forms of physical activity, walking can have a whole host of benefits for both your physical and mental health.



Lockdown restrictions: Exercise or recreation outdoors with your family or one other person is permitted, however, the message to remain at home still remains strong.

Upcoming Dates

Spring term

**Tuesday 23 February to
Wednesday 31 March**

**Parents Evening
Week of 22nd March 2021**

**Easter Holiday
Thursday 1st April—Friday 16th April**

Contact us

Please remember to follow us on the social media accounts



<https://twitter.com/lucasvaleps>



<https://www.facebook.com/lucasvaleps/>

Free school meals are part of something called 'pupil premium'. As well as providing free school meals, pupil premium provides extra funding of up to £1,350 to your child's school.

If your child is in Reception, Years 1 and 2 they are automatically eligible for Universal Infant Free School Meal. However for them to qualify for Pupil Premium you will need to submit a free school meal application. For children in years 3 and above an application is required and if this is successful you could save up to £400 a year.

If you have any queries please contact the team on: pupil.support@lewisham.gov.uk or use the link

[Lewisham Council - Free school meals and extra support for your child](#)

HISTORY BEHIND MOTHER'S DAY CELEBRATION

It dates back to the 19th century during the Greek era, where there were lots and lots of love, care & attention were given to all the mothers. There was this young girl named Anna Jarvis who was also deeply connected with her mother. She was the only child in the family and was never married during her lifetime. She dedicated her entire life to take care off her mother and used to honour her every second of her life. On the death of her mother, she started off with this tradition of celebrating Mother's Day.

Ever since then, the word got spread to the entire world and was recognised as **International Mother's Day**. Since then it also got revolutionised as Hallmark company came into existence and started selling special cards on Mother's Day.

