

The Beacon

Academic Year 2020/21

Issue No: 19

Date 28th May 2021

Hello from Mr West

Whilst reading this morning I came across an article that shared that today is the 431st day of lockdown restrictions. 431 days is a significant period and for our children it covers a huge portion of their lives.

As we approach the end of the first summer term (I can't quite believe it is June next week), I have to say that I am so proud, proud of the children, proud of the staff and proud of everyone connected to our school.

Throughout the most challenging of times I have witnessed resilience in abundance. Resilience to keep going, resilience to adapt and adjust, resilience to deal with the unexpected (I know I had to demonstrate this following the Europa League Final on Wednesday) and resilience to smile in the face of uncertainty.

Our aim has been to be consistent for the children in our care, to promote friendship, focus on wellbeing and build on the children's thirst for knowledge. It is heartening to say that seeing smiles on the children's faces is evidence that we might just be getting this right. The past six weeks have allowed us to reset, to throw ourselves into the everyday and allowed us to make plans for the second summer term. We might not have the freedoms we have been accustomed to, but one thing I can promise you is the Montpelier team will go above and beyond to give your children the best school experience that they can.

Have a wonderful half term break - I know I will!!

School Term Dates for 2020/2021

Fri 28th May – Tempest Class Photos

Mon 31st May – Bank holiday

Tues 1st – Fri 4th June Inc. – Half term

Fri 25th June – non-pupil day

Tues 29th June – Sports Day for Foundation & KS1, 10am start

Wed 30th June - Sports Day 9:30am for Years 3 & 4, and 1:15pm start for Years 5 & 6

Fri 2nd July – PTFA Summer Fair

Fri 23rd July – Last day of term (**1:30pm finish for Year 6 / 2:15pm finish for Foundation through to Year 5**)

Mon 26th July – start of the summer holidays

Mon 6th Sept - non-pupil day

Tues 7th Sept – first day of term

Mon 25th – Fri 29th Oct Inc. – half term

Mon 20th Dec 2021 – Mon 3rd Jan 2022 Inc. – Christmas holidays

School Term Dates for 2021/2022

Tues 4th Jan - non-pupil day

Mon 21st – Fri 25th Feb – half term

Mon 11th – Fri 22nd Apr Inc. – Easter holidays

Mon 2nd May 2022 – Bank holiday

Monday 30th May 2022 – Bank holiday

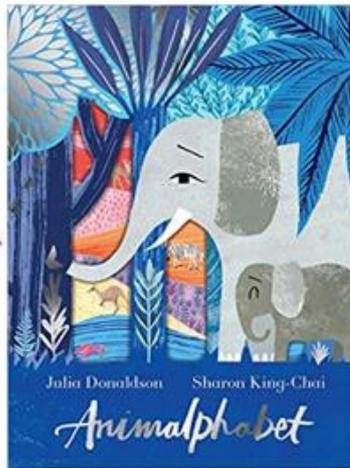
Tues 31 May – Fri 3rd June Inc. - Half term

Mon 6th June - non-pupil day

25th & 26th July - non-pupil days

27th July – start of the summer holidays

BOOK OF THE WEEK



I'm a fan of alphabet related books so I was delighted to find this treasure and add it to my collection.

Sharon King-Chai's sumptuous art and the cleverly designed shaped pages make *Animalphabet* a rich delight, while Julia Donaldson's rhythmic words are a pleasure to read aloud.

Children love peeking through the cut-out pages and answering the questions to try and work out who the next animal could be.

Who can dig deeper than a ladybird?

Who is pricklier than a goat?

If you have shared a book with your child and would like to recommend it, please email me. daniellejones@mpsplymouth.net

Little Princess Trust

Eleanor P (3S) has been growing her hair purposely for charity, she has donated her hair to the Little Princess Trust but in addition she has raised £80 for the charity! She has donated about 8 inches of hair and so far has raised £80!

The Little Princess Trust was established in 2006 by the parents of Hannah Tarplee, their friends and Hereford Cathedral Junior School. In 2004 Hannah was diagnosed with a Wilms tumour. Hannah loved her hair and losing it was very traumatic for her. Her parents, Wendy and Simon, searched high and low to find a wig suitable for Hannah, during her treatment. When they found one, it had a hugely positive effect on Hannah. Tragically, Hannah passed away in 2005 and with so many kind offers of financial and practical help, Wendy and Simon felt the most fitting tribute would be to launch a charity dedicated to providing real hair wigs for children and young people. Since then, we have provided thousands of real hair wigs to sick children and young people, aged up to 24 years across the UK and Ireland.

The Herald

Join thousands of other across the country in paying tribute to Dad's, Grandad's and guardians with a FREE Father's Day message within The Herald.

The messages will appear in The Herald's special Father's Day supplement and online at www.plymouthlive.com on Saturday 19th June and will comprise a simple greeting or poem of approximately 20 words.

How to Book - Book online by visiting: www.plymouthlive.com/fathersday (This will take you straight to the page you need).

The final deadline for placing messages will be Weds 16th June at 12 noon. However, we would highly recommend getting your notices to us as soon as possible so we can ensure there will be enough space in the supplement. Please book early.

Y5 news - Year 5 Olympics- Records tumble- Stars Dazzle!

As a fitting climax to Year 5's Greek topic and athletics unit in PE, Year 5 staged their own 'Olympic Games' on Thursday.

The children were split into 6 Ancient Greek Cities, where they attempted 6 different events, scoring points for their team.

With weather resembling Greece itself, the children excelled over the following disciplines: marathon, triple jump, shuttle run, vortex throw, speed bounce and chest push (using a medicine ball).

With all the scores added up, the top three were as follows: bronze- Crete; silver- Sparta; Gold- Syracuse! Well done also to Argos, Athens and Crete, who completed the top 6.

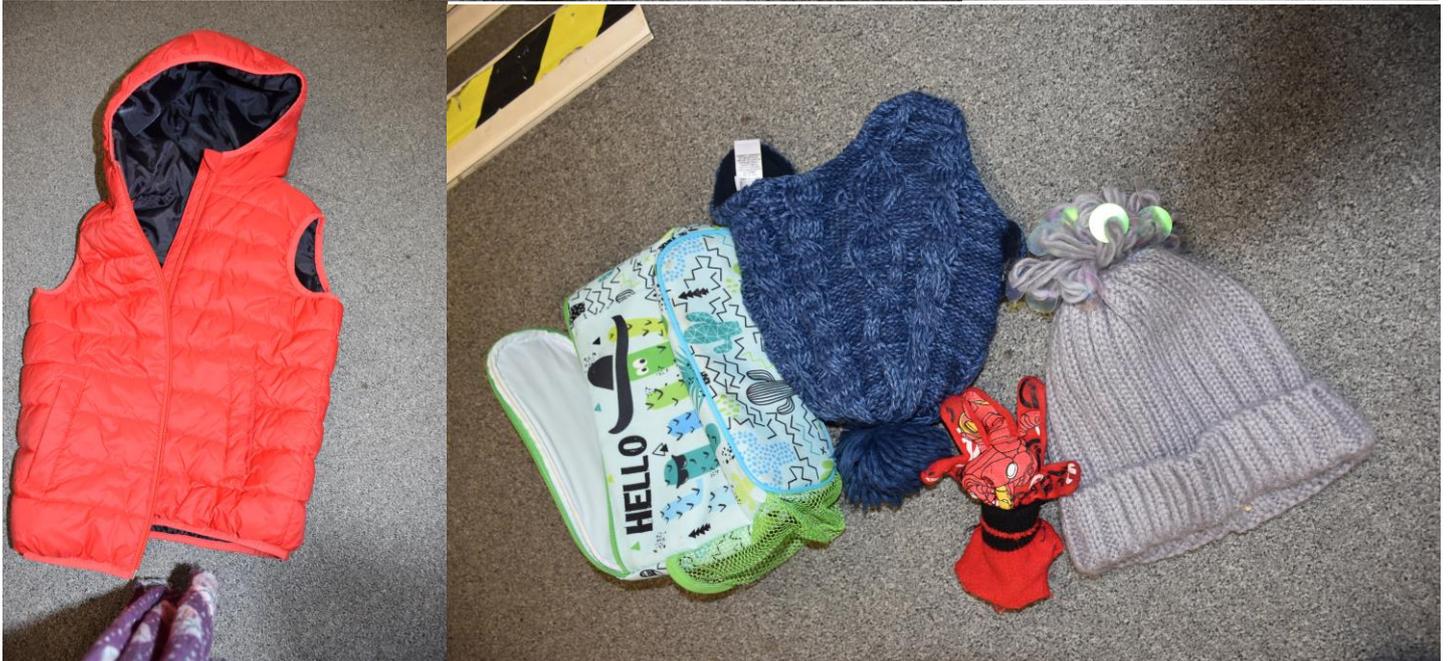
As well as the team awards, individuals marvelled too. For the boys, the 'Daley Thompson' award went to Rufus B and the girls' 'Jessica Ennis-Hill' award went to Lyla S, both of whom amassed the highest points total across all the events.

In addition, Montpelier records were shattered by the following superstars: marathon- Rufus and Lyla; triple jump- Theo and Lola; vortex- Harrison and Lyla; speed bounce- Rufus and Isla N and finally chest push- Roo and Lyla.

To summarise, the children have enjoyed their Greek studies and athletics lessons too and we can't wait to be inspired by the 'real' Olympics in Tokyo this summer- fingers crossed for Team GB!

Lost Property

These are just a few items that are in the lost property basket. Please claim them by Friday June 11th, after which time they will be taken to the charity shop.





Calling all parents/carers in Class P, S, 1M, 1P, 2M and 2P

You have been sent an email regarding the work we are doing with a team of researchers at the University of Oxford on a research project called MY-CATS. The MY-CATS team are testing out a new way of identifying and supporting young children who might benefit from help to build confidence and reduce the chance of problems with anxiety, now and in the future.

The University of Oxford are inviting **all** parents/carer of children in classes **P, S, 1M, 1P, 2M and 2P classes** to take part. The classes have been chosen by the University of Oxford using a randomiser.

We would love it if **all** families in these participating classes got involved! *As this project is to help reduce problems with fears and worries now and in the future, your child does not need to be experiencing difficulties with anxiety to take part.*

To take part you will need to complete a consent form and questionnaire. These can be accessed by visiting: <https://redcap.medsci.ox.ac.uk/surveys/?s=KDALCHC98H>

Please complete the consent and screening questionnaires by 13th June 2021. We ask one parent/carer to complete the consent and questionnaires for a child. If you have more than one child across the participating classes, you can complete the consent and screening questionnaires for each child.

UNDERSTANDING ANXIETY

And how we support Children & Young People

Workshop for Parents & Carers

- Anxiety is what we feel when we are worried, tense or afraid – particularly about things that are about to happen, or which we think could happen in the future. **Anxiety is a natural human response** when we perceive that we are under threat. It can be experienced through our thoughts, feelings and physical sensations.
- This **3session workshop** will introduce participants to key concepts that help to understand anxiety and develop the means of supporting their child/young person struggling to manage their anxiety. These topics include:
 - **What is anxiety? How does it appear?**
 - **Why does it occur? How we can manage it ineffectively?**
 - **How we can support our children when they are anxious?**
 - **Practical ideas & interventions to use when children are suffering**
 - **Resources & support for parents/carers**
 - **Resources & support for the child experiencing anxiety**
- **Once explored, the parent/carers will have a deeper understanding of what anxiety is, and how children experience this emotion. We aim to help parents/carers to think creatively and supportively about how to support our children, and how to talk to our children in order to normalise the experience and help make it more manageable.**

The workshops will run over 3 sessions:

Tuesday 6th July 1:30-3:00pm

Tuesday 13th 1:30-3:00pm

Tuesday 20th 1:30-3:00pm

The workshop will take place in the café depending on covid guideline.

Places are limited to 8 parents. You must be able to attend all 3 sessions.

Please return the slip if you would like a place.

FAO Jane Gilbert and Sarah Green

July 2021

I would like a place on the anxiety workshop and I am able to attend all sessions.

Parent name: _____ Child's Name: _____

PL

PLYMOUTH
LEANDER
SWIMMING

SWIMMING TRIALS

Is your child aged 6 to 9, Years 1 - 4?
Can they Swim 25m Freestyle, Backstroke,
Breaststroke and perform a Dolphin Kick,
reached stage 7 & above.

Then come and join our Junior Programme.

To book a trial or to find out more
information email:

enquiries@plymouthleander.com



SCAN



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