



West Lodge Primary School Newsletter

Respecting each other, learning creatively, challenging all.

February 2021

Dear Parents/Carers,

Thank you for all your support, encouragement and efforts this half-term. Together as a community we have traversed another challenging period – the unbreakable thread that connects our community remains as strong as ever. We would like to thank you for all your efforts supporting your children with their remote learning – we fully appreciate how challenging this has been as you juggle your varied roles. Thank you and well done! A small video clip of inspiration from Jaz Ampaw-Farr – a message for all parents: [Jaz Ampaw-Farr - Parents You are Amazing!](#) . We hope you are able to spend some quality family time together next week; there are some good ideas for family activities on our [Creating Family Memories](#) sheet.

I want to take this opportunity to pay tribute to the West Lodge staff team – they have worked incredibly hard to ensure that our provision, whether remote or in school, is the best it can be. Throughout this term the staff have collaborated, explored and found innovative ways to deliver the curriculum and continually try to improve our offer. Thank you to our Board of Governors, who as always have offered excellent support and guidance to the leadership team and to staff this term – providing a listening ear and acting as critical friends.

We hope that at some point during the next half-term all pupils will return to school. We are expecting further information next week and more detailed guidance on Monday 22nd February – with the suggestion that there will be some form of wider re-opening on March 8th – whether this is the whole school or selected year groups is unclear at the moment. **We will hold a live Zoom session (with Q & A) at 6:30pm on Thursday 25th February** to talk through the latest government guidance and our plans for the next phase. It is important to continue to follow the key public health guidance – by adhering to these protective measures we are hastening the wider opening of schools. Thank you for all your continued efforts in this regard as we all work together to keep our community safe. Our most recent weekly update with the latest key messages and contextual information from Harrow Public Health can be found here: [Weekly Update 10th Feb 2021](#). The recording of this session is here [Recording of Weekly Update](#) Passcode: Q%z#GU3r .

FOWLS

Thank you to Vigya, Mita, Bijal and Anil for continuing to come up with enjoyable, innovative ideas to help bring our community together. The Virtual Pet Show was great fun this week and the children really enjoyed it. Thank you to everyone who entered – we have some talented, cute and funny pets in Pinner. FOWLS have planned some exciting events for the next half-term, these are outlined below.

Digital Creativity Festival – the children will be asked to use different digital tools for their own creations on the theme of **Healthy Lifestyles**; projects will need to be related to one of the three following areas: 1) graphic design; 2) coding to make STEM projects; 3) movie making and/or animation. The event will launch on Thursday 25th February – all entries must be submitted by Friday 26th March. More information, guidance and rules will follow after half-term.

The theme of Healthy Lifestyles is something we want to keep throughout the month of March, FOWLS will begin the month with a special event on 1st March – **Inspiring Healthy Lifestyles** – a series of specialists in helping children develop healthy habits will deliver a short presentation – this will be followed up by a Q & A session. At the end of March, we will be holding the **West Lodge Marathon Challenge**. More information on both of these events will follow soon.

Other upcoming FOWLS events are: 2nd Hand Book Sale (during Book Week); 2nd Hand Uniform Sale - 9th to 12th March and Bags2School (collections later in March).

Everest Challenge

Well done to everyone for taking part so enthusiastically in the Everest Challenge – we have smashed through the second target with a staggering total of 96,904 flights of stairs – that is the equivalent of 23 Mt Everests. What a sensational effort – it underlines that incredible determination and teamwork of the West Lodge community. We have almost reached 50% of our fundraising target – help us reach our target and help to support the important work of Barnardo's.

<https://www.justgiving.com/fundraising/westlodge>

I hope you have an enjoyable half-term, thank you for all your continued support.

Jim Dees



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Safeguarding Update

We had a school improvement partner visit this week and we clearly demonstrated that 'Safeguarding pupils is clearly a priority for leaders at West Lodge.' We continue to keep safeguarding vigilance central to all that we do. We hope you find the information below useful. Please remember that we are here, we are available and will work with you to support you and your families.

What is Domestic & Sexual Violence?

Any incident of threatening behaviour, violence, or abuse (physical, psychological, emotional, sexual, or financial) between people who are, or have been, intimate partners or family members, regardless of gender or sexuality. This includes sexual violence, forced marriage, female genital mutilation, honour-based violence, stalking and harassment. Domestic & Sexual Violence can include:

- Slapping, punching, pulling hair, biting, burning, hitting, choking, kicking
- Rape, sexual assault, being forced to watch or act out pornography, indecent phone calls, being spoken to in sexually degrading ways, unwanted touching.
- Controlling who you see or talk to, being put down in front of others, being blamed for everything, being humiliated.
- Preventing you getting or keeping a job, being kept without money, having your wages or benefits taken from you.
- Being watched, followed, sent unwanted letters, phone calls or messages sent through other people. Reading your text messages, email or social network profile
- Trying to make you feel like you are crazy, constant criticism, making you feel bad about yourself, threatening to commit suicide or hurt themselves.
- Abusing or threats to hurt children or pets.
- Female Genital Mutilation or cutting
- Being forced to marry someone.



[Download Domestic Violence Information Leaflet for Victims and their Family](#)

Positive Parenting Tips - NSPCC

At the **NSPCC**, we know how challenging it can be to balance all the demands parents have to cope with. That is why we have put together some tips to help. All children need boundaries and discipline, and this guide helps you develop what works for you and your child. Positive parenting uses techniques that work well for every child. These techniques build on your child's wish to please you, the importance of listening, and, above all, loving your child – leading to a better-behaved, happy child and less-stressed parents. All parents can come under pressure or stress from time to time, and it can even lead them to want to smack their children – although many parents regret it later. But physical punishment is never an effective way to discipline your children. This guide shares practical advice and tips for positive parenting techniques that work well for children - from babies to teenagers. These techniques encourage better behaviour and help parents find out what works for them and their child. For guides and advice go to: <https://learning.nspcc.org.uk/researchresources/leaflets/positive-parenting>

NSPCC

Adverse Childhood Experiences

Research published in the journal of Child Abuse and Neglect on the impact of adverse experiences on children found that about one sixth of the 9,000 children born between 2000-1, as part of the Millennium Cohort Study, had experienced three or more adverse events. Parental depression, harsh parenting and physical punishment were the most commonly reported of the adverse events. Read the news article from the Guardian, here:

<https://www.theguardian.com/society/2021/jan/13/smacking-childrenmay-have-lasting-impact-research-suggests>





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Support with Technology, Connectivity and Resources

Over the last six weeks we have supported a number of families with laptops, ipads and connectivity – this is through school equipment and some equipment provided by the DfE. We want to ensure that all families still have adequate access to suitable technology, if you are experiencing any difficulty with devices, connectivity or accessing any of the resources please contact the school office: office@westlodge.harrow.sch.uk . EE are also offering support for families through the following scheme (click the link): [EE Connectivity Support](#) .

Chrome Profiles

A note of advice from the Chair of Governors, Amar Patel, if you want to share a computer between children and allow them keep their online bookmarks (e.g. Seesaw, etc) separate then you can use Chrome profiles. So each child can have their own Chrome profile, configured with their Seesaw account and other bookmarks. If you turn sync on then they could share their favourites on any device. How to create Chrome profile: [Creating a Chrome Profile](#) .

There may be similar options for other web browsers if you don't use chrome.

Online Safety

Mr Jefferson has put together a short presentation on online safety linked to the Safer Internet Day 2021 theme: An Internet we Trust. The video can be accessed via the link below – it is 14 minutes long.

https://drive.google.com/file/d/1HgGpB7uezqwYcMgy0lxy_QQCriKGXQqx/view

This Safer Internet Day on 9th February 2021 by the UK Safer Internet Centre was encouraging everyone to think about reliability online. The campaign looked at how we can know what to trust online, and how we can support young people to question, challenge and change the online world, using the theme '**An internet we trust: Exploring reliability in the online world.**'

The day was a chance for West Lodge to join a wider conversation with others around the globe, by showcasing positive uses of the internet and starting discussions about the role of technology and trust in the lives of young people. Across the school (and via zoom and Seesaw), all children were involved in assemblies and activities. Our Digital Leaders are also eager to follow this up with quizzes and challenges when all children are back in school.

Below is an excellent link for parent and carers with follow up guidance and activities to do at

home. <https://www.saferinternet.org.uk/safer-internet-day/safer-internet-day-2021/i-am-parent-or-carer>

#SaferInternetDay #AnInternetWeTrust

A Note from Mrs Thomson

H -Holiday - break from lessons / home teaching

A -Almost there -numbers are dropping.

L - Listen -to each other

F- Family time

T -Talk -Share how you feel, what makes you happy, sad.

E- Eat healthy, exercise.

R -Relax,

M -Make memories this time can never be repeated.



Wishing you all a lovely half term. Remember to Wash Hands, Cover Face and Make Space.

Mrs Thomson
Welfare Assistant



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Lunch and Club payments

As we are approaching year end, we need to ensure any outstanding parent debts are cleared. Please can you check that you have no outstanding payments to be made on Parentpay and in particular that your child's lunch account is topped up. Please be aware that the "automatic to up" and balance reminder facilities on Parentpay have currently been disabled, so please do check that your child's lunch account has not fallen into arrears.

We are aware that some parents have paid for Breakfast and After School Clubs for this term. We will be in touch after half term about possible refunds, credits etc once we have more idea about when and whether schools may be reopening.

SEND Update

In spite of the national lockdown, as detailed in the previous SEND update letter, it has been our aim to support all our children's needs by continuing with as much provision as possible (school based and remote) during this first half of the Spring term. Updates below.

SEND Parent Partnership Group and Parent Forums

School staff met the Year Group Representatives of the **SEND Parent Partnership** for this half-term's meeting on January 25th. The meeting covered; vacancies for two Year Group Representatives (Yr. 1 and Yr. 6), updates on external agency support, updates on PPPs, feedback on remote learning experiences by parents of children with SEND, questions about interventions, SEND policy and Clubs/Extra-Curricular activities for all children inclusively. The next SEND Reps' meeting with School staff will be held remotely again on March 15th. We hope to hold a Parents' Forum for the wider parent community, again with a SEND focus, next half-term, date TBA.

External Agencies

Since our last SEND communication, we have continued to engage with external agencies remotely, to directly and indirectly, support our children's needs and meet provision. However, for the past two weeks we have reassessed and were able to welcome our Speech and Language Therapist (SLT), Victoria Walker, back into school to begin observing and working with staff to support children with SLT targets. It is our hope that, as the national situation improves, we can continue to reassess risks and welcome more external agency therapists back into school to work with our staff and children. For the foreseeable future we will continue to engage and work with, Occupational Therapy, Educational Psychology Team, Children's' Sensory Team, Harrow Horizons, School Counsellor and all other agencies, mainly remotely. Therapists are contacting parents directly where children are not coming into school, but if you have any questions or need support with these agencies please do contact school for advice.

Annual Reviews and Personal Pupil Plans (PPPs) – only for children on the SEN Register

We have continued to hold annual reviews for children with EHCPs. As has been the case since March 2020, we thank parents/carers for participating in these via zoom – not ideal but they have all been successfully held so far. SENARs team continues to work remotely which does have some impact on communication and paperwork but our Case Worker continues to be supportive and ensures that everything runs as smoothly as possible. Your child's class teacher will be contacting you before the end of February to discuss reviewing their current PPP and writing a new one. Obviously, this may entail some targets/strategies and provision continuing, as some outcomes have been more difficult to achieve whilst we are in lockdown and may need more time.

Kaleidoscope News

Kaleidoscope have been working hard and have been using Seesaw to complete a range of work. All children have continued to go to Forest School and have been exploring together and playing, often resulting in a muddy, fun, playful mess! Children in Classrooms 2 and 3 have worked on letter writing and poetry in literacy, and in maths we have been exploring fractions and money. Children have enjoyed our work on Ancient Egypt, we learnt about mummies, famous landmarks and looked at some of the stories about the Ancient Egyptian gods. During class zooms Classroom 1 children have been focusing on recognising and developing their awareness of different emotions linked to the Zones of Regulation. Thank you to all the teachers who have provided us with their beautiful, comical faces to help the children with this topic. All the children have done a fantastic job adjusting to our new way of working and are developing their social skills playing with different social groups of peers. All the children should be very proud of themselves!



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SEND Update...cont.

Contacts

A reminder of contacts, should you want further details or have any questions relating to SEND:

Our email address for school SEND queries: send@westlodge.harrow.sch.uk

Deputy Head for Inclusion – Kathy-Ann McClean

Assistant Head/ SENCo – Hilary Haines

Governors with responsibility for Inclusion – Jessel Patel and Reena Anand

West Lodge School Offer – West Lodge School website - policies

Harrow Local Offer - www.harrow.gov.uk/cst 8 SEND Update

West Lodge SEND Parent Partnership Year Group Representatives

Reception - Angela Arora

Year 1 - Vacancy

Year 2 - Agnieszka Piatkowska

Year 3 - Reena Anand

Year 4 - Shikha Tiwari

Year 5 - Sushmita Meredith

Year 6 - Vacancy

Kaleidoscope - Guinevere Moffett

Pastoral Update

So, this half term has seen a focus on positive mental health for all, but specifically, for our pupils during Children's Mental Health Week (1-7 Feb) where we focused on a range of topics including kindness and resilience, as well as the need to talk about our feelings.

Inside Out day on 3rd February was an opportunity for our children to wear their clothes 'inside out' to represent that we don't always know what's happening on the inside and we should always be kind to others. There were some great associated activities around this theme, and this will definitely be a day that we fully support next year when our normal school service WILL be resumed!

Follow this link for more information <https://www.insideoutday.org.uk/inside-out-day-2021>



Mrs Kinsella
Pastoral Lead

Mental Wellbeing

Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Visit the NHS website to view these 5 steps and to access some supportive contacts and networks.

(www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing). Some of these are listed below:



Anxiety UK Charity providing support if you have been diagnosed with an anxiety condition. Phone: 03444 775 774 (Mon to Fri, 9.30am to 10pm; Sat to Sun, 10am to 8pm) Website: www.anxietyuk.org.uk

CALM - CALM is the Campaign against Living Miserably, for men aged 15 to 35. Phone: 0800 58 58 58 (daily, 5pm to midnight) Website: www.thecalmzone.net

Mind promotes the views and needs of people with mental health problems. Phone: 0300 123 3393 (Mon to Fri, 9am-6pm) Website: www.mind.org.uk



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Equality Update

Staff are continuing this term to look at ways in which we can make meaningful adaptations and changes to our curriculum to ensure a wide variety of stories are being told, and which reflect a diverse understanding of the world around us. In recognition of LGBTQ+ history month across the UK, we are looking at how we can celebrate each other's differences as well as recognise significant contributions made to society by members of the LGBTQ+ community in various parts of the curriculum such as sport, art, literature, and music. In our next staff CPD, we are looking at how to help children recognise and challenge gender and race stereotypes in books they read, films they watch and within the world around them. We will also be looking at our curriculum overview for the second half of the year and evaluating the resources and content being delivered.

Creative Arts

The concept of remote learning has not stopped the children getting involved in the Creative Arts. Children throughout the school have been learning about colour mixing and colour theories whilst looking at how a variety of artists have depicted moods and emotions through colour. The children in Year 5 enjoyed a live streaming of 'Macbeth' in conjunction with Michael Morpurgo and The RSC. This helped support them in their understanding of the play and its characters. Pupils have enjoyed taking part in drama lessons on Zoom, improvising scenes in breakout rooms and performing Shakespeare's text together as a class. Engagement in these drama activities has greatly supported the children in their writing and allowed them to develop their appreciation of Shakespeare.



Peripatetic Music Lessons

The Harrow Music Service's peripatetic offer continues to progress well with the majority of children attending their weekly music lessons. Tuning, particularly with the stringed instruments, is causing some of our children a concern. With this in mind, it was great to hear that some of our parents and children attended the guitar tuning sessions laid on by HMS on the 25th and 26th of January. Due to the positive feedback from these session, HMS are offering FREE string replacement and tuning from David Coltman (see [Coltman Strings](#)). You need to apply for this through this link: <https://forms.gle/4upeYbRsY2AN28bY9>. You will need to be able to bring the cello/violin/viola to Harrow Arts Centre on **Monday 15th February** and collect it again on **Monday 22nd February**.

Music Festivals at Home

It was lovely to see some of our woodwind and brass players involved in the most recent Band Fest at Home 2 concert. They performed an original piece called Rock Steady which was written by one of the HMS teachers, James Wolfe. Please take the time to listen to the piece as well as Get Up, Stand Up that our Y4 Steel pan players were also involved in.

<https://vimeo.com/470088988> Get up, stand up

<https://vimeo.com/491134117> Band Fest at Home/School 2 (Rock Steady)



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Creative Arts ...cont.

Coopers Estate Agent Christmas Window Competition.

Over the Christmas Period, it was lovely to see that so many of our Y4 children had been successful in winning the competition to have their Christmas scenes displayed in Coopers Estate Agent's Window in Pinner.



Young Voices Update

Having floated the idea of postponing the concert until later in the year, the decision has been made by the YV team to cancel the whole 2020/2021 concert series. While we understand this is disappointing for our Year 5 and 6 children, we are looking into the logistics of any of the children joining the regular 'YV at Home Elevenes' sessions. The plan is that David Lawrence (the conductor), Craig McLeish (the musical director) and Andy Instone (leader of Urban Strides Dance Crew) will take it in turns to give the children YV experiences through their Youtube Channel. Please look out for updates about this.

Spring Term Art Project

The spring term art project of Colour asked the children to look at a variety of mediums from understanding colour mixing using the colour wheel to the use of mood and emotion in colour. Mrs. Richardson taught year 5 and 6 via zoom how to create art with a variety of materials and how to change classic paintings to convey a different emotion.





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Remote Learning

EYFS

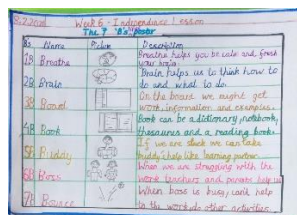
Reception had a head start on remote learning before Christmas so come January, we were raring to go. The children have logged on every morning to see their class teacher and learning assistant and throughout this term, they have been focusing on addition and subtraction. We have encouraged the children to use a variety of methods, such as using fingers, objects they can find in their home and then progressing onto using number lines and writing their own number sentences. Phonics has been delivered through videos from the teacher and the RWI programme and we are so impressed with the commitment from the children who have watched the films every day! Our afternoon sessions have been a time to focus on our topics this term. This term, we have been learning all about animals and which animal group they belong to. We learnt names of many different birds which we see every day and took part in the 'Big Bird Watch' which was great fun. We then went under the sea which allowed us to get very creative and make some wonderful underwater habitats. We have finished the term with an 'All things red' week which has allowed to learn all about Chinese New Year and Valentine's Day. Our traditional story of the month is 'Little Red Riding Hood' which the children have loved reading and listening to alternative versions of it. Story time at the end of the day has been a brilliant way to end the day and we love seeing all the children together – hopefully, this will soon be in the classroom! The children in school have been having the same learning experiences and joining the children for some learning time and story times.

We would like to take this opportunity to thank all the parents and carers who have supported their children throughout this lockdown. We are so thankful for all your commitment and hard work. Have a lovely, relaxing half-term. The EYFS team.



Key Stage 1

In Key Stage 1 we have been delighted to see how well the children have responded to remote learning. The children have participated fantastically during the live zoom sessions, and the staff have been delighted to have daily contact with their class. The teachers have tried their best to recreate the learning that would have been happening in the classroom but adapting it where appropriate to suit the home environment and different learning platforms. It is a pleasure to be able to look at each class' seesaw pages and to see the vast array of different tasks and activities that the children have submitted over the half term. There is such a good balance of different subjects covered, and so many great examples of different maths topics, phonics, reading activities, writing tasks and cross-curricular learning. Through the videos and photos posted on seesaw it has been immensely gratifying to see the range of creative responses to the tasks set – designing musical instruments; re-telling stories using props and puppets; reading in dens; baking; giving instructions; science experiments; creating gratitude boxes and happiness posters, to name but a few examples. It has also been lovely to see the children in Year 2 beginning to reflect upon what makes an independent learner this week. Well done to all the children in Key Stage 1 - you should be so proud of all that you have achieved this half term. Thank you to all the parents who have supported your children's remote learning so well. We appreciate what a challenge it must be at times.





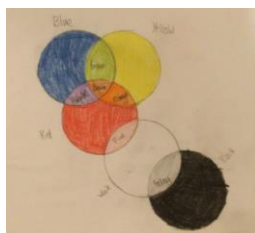
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Remote Learning

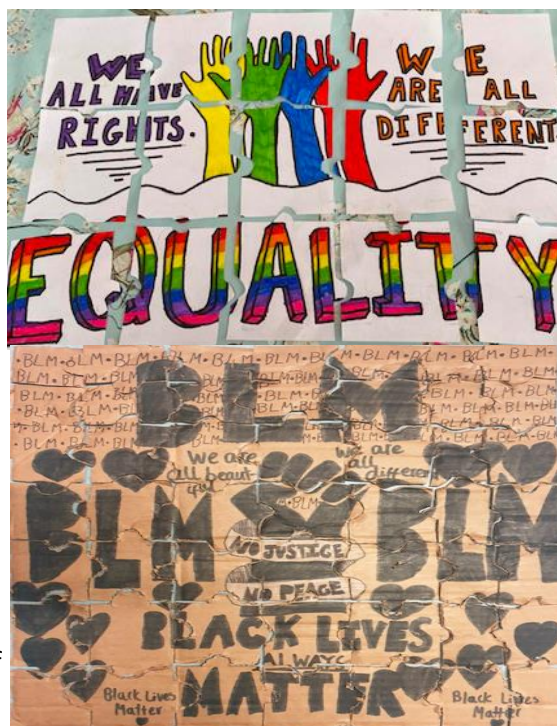
Lower Key Stage 2

The children in Year 3 and 4 have worked incredibly hard this half term. Their computing skills have come on in leaps and bounds as a result of online learning (as have the teachers!) and they are now proficient at using both Seesaw and Teams. Here are some examples of work that was away from the screens from designing a river, investigating colour and exploring our focus on mental health. What has been so impressive has been the children's positive attitude throughout, and their ability to take all of what is going on in the world in their stride. They have made all the teachers immensely proud and we look forward to hopefully seeing them all very soon.



Upper Key Stage 2

Although a challenge and with little time to adjust, the children in Year 5 and Year 6 have adapted so quickly and so well as a group to our remote learning environments upon returning in January. They've shown resiliency and flexibility while the staff have worked hard to replicate a school week in our new virtual classrooms, offering the entire array of curriculum subjects within the week through live and recorded lessons. Children in both year groups have been mindful in their art lessons, exercised their brains in Maths and stretched themselves both physically and mentally in Yoga this half term. From classic English literature such as Shakespeare in Y5, to the exciting future of poetry examined through the work of Amanda Gorman, the inspiring young poet featured at the recent US inauguration, children in the phase have had the opportunity to learn from a wide array of writers to help shape their own work this term.





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Upper Key Stage 2...cont.

Year 5 Writing inspired by 'The Highwayman'

'Twas a gloomy, foreboding night and the full moon was like a medal, hanging in the eerie hours of darkness. Howling among the trees, the moon spread its yelps of pain over miles. My heart beat uncontrollably fast, like a drum as I watched and waited, plaiting a blood red love knot into the cascading waves of my raven hair. Softly, but fast approaching, I could hear the unmistakable sound of horse's hooves. As I peered out of the casement into the blackness beyond, my eyes adjusted to the darkness and I could see my love riding expertly on his noble, swift steed. Overcome with adoration and happiness, I withdrew my head and let down my plaited hair. As the highwayman (my love) approached, I could not take my eyes off him. He sat on his glossy mare and galloped gallantly towards the inn. His rapier hilt was encrusted with jewels, and his pistol butt was twinkling. His ruddy, handsome face was all I needed to live a life of pure happiness. I could hear him clashing and clattering on the cobbled street outside and when he whistled like a songbird, I was at my casement in under a second. Standing on the stirrups of his noble mare, he told me that he loved me with all his heart, and that he was going to rob someone and acquire money and jewels in this way, so that we could live a happy life together. Although I admired his bravery and courage, I begged him not to go- if he was caught, I would die of sadness. But he said he must, and after kissing my hair, he turned to go.

"Don't go, please!" I cried. "What if you get caught?"

"Have courage, my love," he replied, "and all shall be well."

"Look for me by moonlight!" the highwayman shouted as he galloped away. Afterwards, I thought I heard a door creak, but I was too busy staring dreamily after my love to care.

Everest Challenge

'Inspired by Mr Long, and following last Spring's the successful 'West Lodge Challenge to New Zealand', the school and local community were set a new challenge. This was to climb Mount Everest and other big mountain peaks from across the world by climbing flights of stairs which equated to a total of 25, 282 flights! Each flight of stairs was equal to 10 steps, so this was not an easy challenge! The challenge started on January 25th with the goal of achieving the target by February 11th in aid the children's charity Barnados.

There were reports of children continuously going up staircases at home until they were exhausted and too tired to watch the TV! Children at school-especially Year 4 under Mr Long's instructions- were seen marching up and down the stairs in Upper School. The response to this challenge has been amazing with so many children responding in such a positive and upward way! A lot of children have pushed themselves and their bodies beyond their comfort zone. This collective effort meant the school achieved the target with over a week to spare! To keep this great momentum going, the challenge was increased to 50,000 flights of stairs. The children, staff and parents smashed through this target and achieved an incredible 96, 904 flights of stairs!

The winning class in each year group: Reception – Silver; Year 1 – Blue; Year 2 – Red; Year 3 – Turquoise; Year 4 – Topaz; Year 5 – Emerald and Year 6 – Sapphire.