



West Lodge Primary School Newsletter

Respecting each other, learning creatively, challenging all.

3rd April 2020

Dear Parents/Carers,

We come to the end of term. When term began in January we weren't expecting it to end with us all in isolation; carrying out distance learning and trying to figure out new ways of connecting. I am very proud and grateful to all members of our community. The pupils who have shown incredible resilience in challenging circumstances – this hasn't been easy, I am sure it hasn't been plain sailing and there will continue to be bumps in the road ahead, but the pupils have been amazing – they bring us all joy every day in one form or another. The staff have worked incredibly hard – firstly, to get set up and prepared for school closure, but also their continued commitment to supporting the children and families through various means. The governors have been so very supportive – providing advice, support, a listening ear and very useful suggestions in equal measure. The parents – who have had to juggle so many different roles – we don't underestimate how challenging this period has been – but we are very grateful for your continued support, suggestions and ideas.



As we move into phase 2 and phase 3 we will endeavour to maintain such a strong sense of community. We are planning to continue with the current arrangements until at least May half-term. Home learning plans for the week beginning 20th April will be on the website on Friday 17th April. During the Easter period you can check out all the Easter activity ideas on the new Easter pages on DB Primary: Easter Activities EYFS & KS1 and Easter Activities KS2. We encourage the children to post pictures and comments on these pages during the Easter break! Another very useful resource that has become available is The Great Indoors – this has been produced by the Scouts Association and includes a whole host of interesting indoor activities – you can use this link to access them: <https://www.scouts.org.uk/the-great-indoors/>. Also, remember there are lots of ideas on the home learning section of the website. <https://www.westlodge.harrow.sch.uk/home-learning/>

We are going to carry out a short survey with parents to find out how you have found the first two weeks of home learning – the feedback we get will enable us to further improve the programme after Easter. Click the following link here to access the survey <https://www.surveymonkey.co.uk/r/H3JZBY8>. Please respond by 5pm Friday 10th April.

I will continue to stay in touch over the next fortnight, but I would like to wish everyone an enjoyable Easter period.

Stay safe!

Jim Dees

Pastoral Update

In this edition, we liked the sentiment from this public service announcement from psychologist, Dr Emily W King...

Parents: what we are being asked to do is not humanly possible. There is a reason we are either a working parent, a stay-at-home parent, or a part-time working parent.

Working, parenting and teaching are three different jobs that cannot be done at the same time.

It's not hard because you are doing it wrong. It's hard because it's too much.

DO THE BEST YOU CAN.

When you have to pick, because at some point you will, choose connection. Pick playing a game over arguing about an academic assignment. Pick teaching your child to do laundry rather than feeling frustrated that they aren't helping. Pick laughing, and snuggling, and reminding them that they are safe.

If you are stressed, lower your expectations where you can and virtually reach out for social connection. We are in this together to stay well. That means mentally well, too.

Caroline Kinsella



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West Lodge Primary School Council

The School council held a meeting in early March. The minutes from the meeting are included below.

Composting

We are keen to start composting our class food waste each day. The school has already purchased large compost bins and hope to get small compost caddies for each classroom. Composting is good for the environment, as the compost can be added to the soil to make it more fertile and help plants flourish. In addition, if there is no food waste in our rubbish bins, we will not need to empty them every day. If the bins were emptied only once a week, each class would use 1 bin bag a week, not 5. That would mean the school would use 21 bin bags a week, not 105. Think how much less plastic we would be using, and we would be saving money!

Unfortunately, however, due the Coronavirus outbreak, we are going to delay the start of this initiative. We want to reduce the transmission of germs as much as possible, by dealing with food waste as quickly as possible.

Coronavirus

How is the school dealing with the outbreak?

WWW

- People are talking about it – this means all children are aware of the problems
- There are posters about hand washing all around the school
- Children are watching Newsround in class and they are getting up to date information and advice
- There is soap and paper towels in every classroom
- We are hearing 'Happy Birthday' sung in the toilets. This means children are washing their hands for the correct length of time.

EBI

- When the whole year group are washing their hands after play, both in Year 2 and in the Year 3 block, there is a reduction in water pressure, so no water comes out of the taps. This is obviously unhygienic. Abbas has been informed.
- It would be really good to have hand sanitisers in every classroom. If that is not possible, the dispensers should at least be in the dining hall, so that children can wash their hands immediately before eating.

MindUP and Mindfulness.

With all that is going on in the world at the moment, there has never been a better time to incorporate some of the MindUP programme at home!

If you head to the school website you will find a range of MindUP and Mindfulness activities, including our brain break script. Why not try including this 3 times in your day at home?

MindUP have also created a MindUP for families page on their website. <https://mindup.org/mindup-for-parents/> It features information and resources for specifically for parents/carers and families that can be accessed from any device and printed.

"Mindfulness isn't difficult, we just need to remember to do it."



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Mr Jefferson's Tips for Working Remotely Using a Computer

We are two weeks into uncharted waters since West Lodge School temporarily closed and pupils are learning from home. It appears everyone is keen to play their part from Joe Wicks with his morning workout to David Walliams releasing free audio stories. In this section of the newsletter I am going to share guidance from highly regarded educational sources, the educational platforms we use and some general tips on staying safe when learning from home. This will be useful to dip into for information, guidance or tips.

London Grid for Learning:

LGFL as it is known, is a community of schools and local authorities committed to using technology to enhance teaching & learning. They have created a dedicated coronavirus area on their website offering advice and guidance. I cannot recommend this highly enough. <https://coronavirus.lgfl.net/>

Safeguarding:

Could I direct you towards the section on **safeguarding** on LGFL. This has a couple of excellent resources for parent/guardians and children to share. It could be an excellent starting point to safe working practices at home. <https://coronavirus.lgfl.net/safeguarding>

Parent and Carers Guide to Home Learning:

There are some handy tips here about getting the most (surviving!) home learning which includes the importance of setting routines as well as to pointers to some activities such as cooking. These are found at: <https://curriculumblog.lgfl.net/2020/03/a-parents-and-or-carers-guide-to-home-learning/>

Purple Mash:

West Lodge uses the Purple Mash platform to set work. Work can be set by teacher, which in turn is completed by pupils and submitted for marking. The advantage of this platform is that all the software is included and available to all pupils online. In addition, there is a wide range of activities and projects for pupils to explore and work independently on; 2 code is just one example.

Over the next few weeks, I will increase the use of blogs and display boards for children to share their work. Rest assured any post will have to be approved by a teacher before going live.

DB Primary

This platform is West Lodge's learning environment. As a school we are using this to set weekly tasks and upload work. Children are fans of the product and enjoy playing games as well as to communicate with each other via email. The site is monitored, and any inappropriate language is screen captured and sent to a senior member of staff.

Both Purple Mash and DB primary are jointly being used as vehicles to deliver a rich curriculum for the pupils of West Lodge and are GDPR compliant.



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Mr Jefferson's Tips for Safe Home Learning

- **Filtering:** make sure filter settings are appropriate for the age of the user. Most Internet Service Providers will have some guidance online eg
 - <https://www.sky.com/help/diagnostics/sky-broadband-shield/sky-broadband-shield>
 - <https://home.bt.com/tech-gadgets/internet/broadband/stay-safe-with-bt-parental-controls-11363887238413>
- **Screen time:** ensure pupils take regular breaks. Walk away for at least 10 mins every hour.
See: <https://www.healthychildren.org/English/health-issues/conditions/eyes/Pages/What-Too-Much-Screen-Time-Does-to-Your-Childs-Eyes.aspx>
- **Webcams:** agree how a webcams will be used (eg with adult permission, no personal details to be given out etc) and ensure you monitor their usage. They can be a fantastic way to stay connected, however there are a safeguarding implication. Children should avoid random group chats with children (or adults) they don't know.
<https://www.thinkuknow.co.uk/>
- **Games consuls:** remember games consuls can connect to the internet and have access to chatrooms and online games. A useful site is: <https://www.askaboutgames.com/>
- **Posture:** set up a work workstation so it is comfortable to work and a good posture can be maintained.
- **BEING SAFE:** Discuss with children about being safe online. Emphasise that if they feel unsafe online, they must report it. DB primary has the golden whistle, alternatively use a link like: <https://www.ceop.police.uk/Safety-Centre/>
- **Stay healthy;** set working times to ensure there is a healthy balance of work and play.
- Not all learning takes place on computer! Take the opportunity to learn away from the computer. Eg Maths through cooking, or gardening. Even written work can be completed away from the computer and photographed.

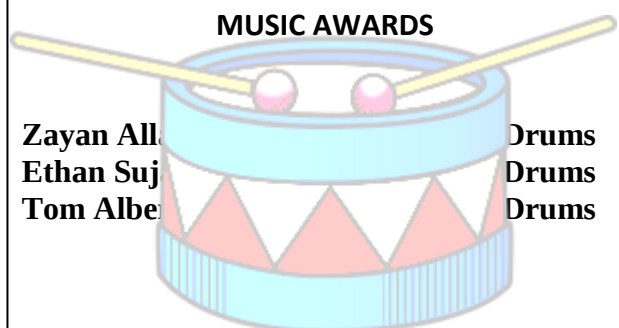
Performing Arts

Choir Showcase

After a term of hard work, the Year 4 choir showcased their talent at the Harrow Music Service Choir Showcase. Performing alongside six other schools, the choir sang beautifully, performing two new songs: Fireflies and It Must Be Love. It was lovely to see so many parents in the audience at the Harrow Arts Centre – the choir shone, and it was a brilliant occasion to share a love of music with lots of other children from the borough.

MUSIC AWARDS

Zayan All
Ethan Suj
Tom Albe



Drums
Drums
Drums



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National Online Safety Guidance



Every Wednesday the National Online Safety website produces updated guides to online safety for adults to help them to support their children to stay safe online. These can be viewed on their website via the link below and parents can also suggest topics they would like more information on via an email link on their website. National Online Safety give advice on the use of all kinds of gaming platforms and guidance on the use of Snapchat and other mobile apps.

<https://nationalonlinesafety.com>

What's the importance of sleep?

A good night's sleep is essential to feeling good, being able to learn and staying healthy. A lack of sleep can make you feel poorly, unable to learn and not want to go out with your friends and family. If you, or your child, is struggling to get a good night's sleep, follow these top tips:

1. Think about your bedtime routine - What time do you go to bed? If you are going to bed too late, you will not get enough sleep. Try bringing your bedtime forward by 20 to 30 minutes at a time.
2. Make sure you are tired before going to bed - the less time you have to spend awake on bed, the better.
3. Have at least 15 minutes of quiet time before going to sleep so that your body and brain can relax and prepare for sleep.
4. Don't use your phone or computer before bed - this can stimulate your brain and make it more awake.
5. Try having a lukewarm bath as this can help your body to relax.
6. Try to go to bed at the same time every day once you have a settled routine
7. Choose a relaxing activity before bed, such as reading or listening to calm music.
8. Create a cosy environment. Is the room dark enough? Is the room at the correct temperature... not too hot and not too cold?

Do you know how much sleep your child needs?

The amount of sleep that your child is recommended to have is based upon their age. The NHS recommends the following:

Age	Amount of sleep
5 years old	11 hours
6 years old	10 hours 45 minutes
7 years old	10 hours 30 minutes
8 years old	10 hours 15 minutes
9 years old	10 hours
10 years old	9 hours 45 minutes
11 years old	9 hours 30 minutes
12 and 13 years old	9 hours 15 minutes

Avoid screens in the bedroom

Tablets, smartphones, TVs and other electronic gadgets can affect how easily children get to sleep. Older children may also stay up late or even wake in the middle of the night to use social media. Try to keep your child's bedroom a screen-free zone, and get them to charge their phones in another room. Encourage your child to stop using screens an hour before bedtime.

Your child's bedroom

Your child's bedroom should ideally be dark, quiet and tidy. It should be well ventilated and kept at a temperature of about 18 to 24 degrees. If you can, fit some thick curtains to block out any daylight, especially now as the days are getting longer. If you have tried these tips, but your child is regularly having problems sleeping, you may feel that you need further support. You can speak with your GP or health visitor who may be able to provide additional information. Of course, you are also very welcome to speak to a member of staff at school.



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SEND Update

Kaleidoscope update

- ❖ We have been focusing on our emotional well-being. We use the zones of regulation as our reference. We share our emotions daily during 'circle time' to help us regulate them in a positive way. We celebrate all the children who have made tremendous progress in communicating (using their language/words) to describe their feelings and share them. We have found that by sharing our emotions this helps us recognise, acknowledge and work through negative feelings.
- ❖ We are especially proud of those children who have accessed their mainstream classes every day, as well as those who are starting to explore teaching outside of Kaleidoscope.
- ❖ We started Lego club as an afterschool club activity in Kaleidoscope and we are proud of those children who are accessing it with confidence, despite the challenge of change.

The West Lodge SEND Parent Partnership

- ❖ Representatives were due to have their next meeting with Mr Dees, Mrs McClean and Mrs Haines on March 25th, followed by a Parents' Forum with a focus on SEND again, this time with input from our attached Harrow Speech and Language Therapist and a colleague from Harrow Sensory Team. We will reschedule the meeting and the forum for a future date.
- ❖ Several items were addressed, with further discussion to follow at the next meeting. Items included: finding a Representative from current Reception cohort parents, reminders of contacts for SEND, school and parents looking to increase our capacity for clubs for SEND children. This can be achieved either by looking for more clubs specifically for SEND children, or inviting parents/staff where appropriate and possible, to support SEND children at current clubs run by external providers. We are exploring these possibilities together.

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
- Governor with responsibility for Inclusion – Jessel Patel
- West Lodge School Offer – West Lodge School website - policies
- Harrow Local Offer - www.harrow.gov.uk/cst

West Lodge SEND Parent Partnership Year Group Representatives

- Year 1 - Agnieszka Piatkowska
- Year 2 - Reena Anand
- Year 3 - Shikha Tiwari
- Year 4 - Sushmita Meredith
- Year 5 - Alice Lynch
- Year 6 - Balbir Lehto
- Kaleidoscope - Guinevere Moffett

Ordinarily, Group SEND coffee mornings are held on the 1st Monday of every month, at 9.00 am at Daisy's in the Park.



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Outdoor Learning

Our efforts in planting the raised beds in the Autumn Term have resulted in a colourful display of flowers. The daffodils are blooming, and the red tulips are about to come up anytime now. At Forest School we have looked at the frogspawn in the pond. Did you know that out of more than 2000 eggs, only 4 or 5 froglets survive to grow into frogs? Our hens, Henrietta, Nora and Eloise have temporarily moved into Mrs Bowerman's garden where they are very happy sunbathing and scratching around.

The warmer weather has encouraged children to use more of our OPAL equipment to make inventive structures and dens. Once we go back to school, we will need to replenish our resources, so please keep us in mind if you have a Spring clean. We are always looking for: fabrics, blankets, suitcases, pipes, guttering, pushchairs, car seats, keyboards and phones as well as larger pieces such as pallets and planks.



World Book Day

To celebrate World Book Day, we arranged visits to our local book shop, Brook's, where children in Years 4, 5 and 6 were able to use their Book Day vouchers and purchase books to read for pleasure. Brook's has also supported us in booking author visits here at the school, Zanib Mian being the most recent in February. The children were very excited for Zanib to return to the school and launch book two in her series 'Planet Omar' after she launched her first book here last year. Year 1, Year 2 and Year 3 visited the library and a Librarian came into school to visit Reception. To link with the Author of the Month initiative in KS1 all children took part in a Perform drama workshop linked to a Julia Donaldson book. Each class then linked their class literacy that week to the book. On World Book Day staff and children enjoyed dressing up as their favourite book characters and enjoyed taking part in reading cafes. It was lovely to see so many children in KS1 dressed as Julia Donaldson characters and so many Traditional Tale characters in Reception. The Key Stage One Superhero reading challenge is going very well and it is exciting to see children in each class being awarded their different Superhero Awards based on the number of reads recorded in their diaries. Some children this term have already completed their Spiderman Award! Staff are encouraging this to continue to happen through home learning forums on DB Primary. We would love to hear how your children are getting on.

Year 6 Maths Competition

On the 9th March, four students from Year 6 took part in a maths challenge at Orley Farm School. Working in pairs, the team progressed through three rounds of problem solving; they used their understanding of algebra and the order of operations to answer a variety of questions. The team performed brilliantly and placed 25th and 28th out of 41 pairs. The team was: Lakindu De Silva, Tvisha Shah, Vivan Paul and Kritvi Agarwal

Sport Relief

All the children and staff at West Lodge came to school on Friday 13th March in their chosen sports kit ready for action. The Sports Captains, Head Boy/Girl and Deputy Head Boy/Girl set up the playground with twelve different activities to get the children's blood pumping and raise money for a very important cause. The Year 6 children were amazing throughout and were able to keep the children (and adults) motivated - potential teachers in the making!

In total, the school raised £761 and a special mention must be given to Pearl Class who raised £277 - an incredible effort! Well done to everybody at West Lodge.



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Year 5 Trip to Bentley Priory Museum

On the 4th and 11th of March, Year 5 visited Bentley Priory Museum - Headquarters for Fighter Command during the Battle of Britain. It was amazing and so interesting to find out about 'The One' - Air Chief Marshall Sir Hugh Dowding, 'The Few' - the aircrew (their average age being just 20) who took to the skies to defend Britain and 'The Many' - without whose tireless work on the ground victory would not have been possible. It was truly humbling to read and hear about the teams of people who worked tirelessly to defend our country and how everyone played their role in defeating the Luftwaffe. The children had such fun while plotting enemy raids on a recreated Filter Room Map, learning the importance of Maths, Geography and Technology in the Battle of Britain. A real trip to remember.



Sports News

10th February, Year 5 and 6 Indoor Athletics North London Finals, Harrow Leisure Centre

A fantastic performance earned West Lodge a spot at The London Youth Games Finals. Competing against eight other borough champions, a top 3 place was needed to qualify. A string of excellent performances throughout the afternoon meant the squad was confident of qualification. Placing 2nd was the best result from West Lodge and any Harrow school at the Regional Finals. Current London Champions, Little Ealing were 1st and shone on the day.

The field events produced some outstanding achievements with the squad throwing the furthest in several events: chest push with Henry's effort 8.5m, Darren's 20 m in the javelin and Nisha's throw of 17m also in the javelin. Audrey had the most speed bounces (59 in 20 seconds). In the track events some worthy mentions include Zac and Max winning the 6 lap, Deji and Angel winning the 2 lap, and Elarno, Ben, Haris and Aarav winning the Over and Under Relay. In addition to these feats, the performance of every team member was vital as all the scores are added together and make up each team's total score. It was lovely seeing so many of the kids obtain personal bests and produce their best when it mattered most. The team were ecstatic to have qualified and have worked incredibly hard to put themselves in this position training before school, breaktime, lunchtime and afterschool. They have thoroughly enjoyed the journey and it has been an absolute pleasure watching them develop, not only as athletes but also as people too. Hopefully the journey is not over yet, and they can still get their chance to experience a London Youth Games Final. Squad: Boys: Angel, Zac, Max, Deji, Boyko, Aravan, Darren, Henry, Enes, Ben, Haris, Elarno, Aarav. Girls: Abbey, Audrey, Nisha, Aishwini. Anaya, Inaya, Alina, Ziyana, Honey, Maya, Meryem, Sophie, Nuwwarrah, Lili



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24th February, Indoor Cricket, Whitmore

A slightly changed indoor cricket squad played St Bernadette's at Whitmore High School. We batted first and scored well thanks to some impressive batting, fast running between the wickets and teamwork. As a result of aggressive and skillful bowling, our opponents were unable to reach our total resulting in our winning streak continuing. Congratulations to all involved, especially our debutants. Squad: Leighton, Aarav J, Arin, Zain, Sai, Rithvik, Max and Lakindu.

25th February, Girls Football, Harrow Cup (London Youth Games Qualifier), The Hive

Having won all the girls' football competitions in Harrow for the last two years, West Lodge came into the tournament in confident mood. A few of the squad used their key experience to help the team thrive on the day. The group stage results saw West Lodge winning group A beating Marlborough 1-0 (Audrey), Priestmead 5-0 (Nisha 3, Aisha 1, Audrey 1) and St Joseph's 1-0 (Nisha 1). This saw the team progress to the final group stage. Two excellent performances saw a 1-0 victory against St Teresa's thanks to Aisha-a constant threat upfront- scoring a crucial goal against St Teresa's against 1-0 (Aisha) and a superb hat trick from Nisha (her second of the day!). The squad fully deserved their gold medals. Aliza had very little to do in goal, but she kept alert to make one outstanding save stopping the ball from going into the top corner. Anaya and Ciara defended the goal admirably throughout. Abbey played in a variety of positions and adapted seamlessly to each one. She made important contributions in both attack and defense. Ziyana played some lovely through passes to create chances for the attackers. Audrey took her goals very well and did a lot of running for the team. To round off the day, as the squad left The Hive, the girls got to meet The Tottenham Hotspur Women's manager who congratulated the team on their victory and posed for a photo with them. Team: Aliza, Ciara, Anaya, Abbey, Nisha, Aisha, Audrey, Ziyana.

25th February, Year 6 Netball Rally, Bentley Wood High School

The winners of this rally would go through to the final play-off for a place in the London Youth Games, something no West Lodge team had done before. It was a strong start from West Lodge who powered to a 4-1 win in their first match! Despite drawing our second match, due to a late goal for our opponents, we didn't let our heads drop and went on to win the next two games both 2-0. With qualification secured, our final group game was a very relaxed affair and ended in a 0-0 draw, meaning we had qualified for the winners' group undefeated. In the 'winners' group' we faced the winners of group B and C. In our first game we stormed into a 2-0 lead and managed to control the rest of the match sensibly to ensure we earned a crucial win. Going into our final game the team were very determined. It was a tight game that was being drawn 1-1 going into the final three minutes. However, in the dying embers of the game, we managed to score a further two goals to win the match 3-1 and qualify for the play-off final. Squad: Aishwini (C), Abbey, Audrey, Inaya, Aliza, Boyko, Darren, Max.

27th February Year 5/6 Boys Football 7 a side tournament, The Hive

The boys' football squad won one match, drew two matches and lost one match placing third in their group. They were unfortunate not to make the quarter-finals. A slow start made it hard for the squad to qualify but they showed character in the last few matches. Squad: Henry, Deji, Max, Boyko, Zac, Angel, Darren

9th March Year 6 Netball Play-offs, Aylward Primary School

The play-off final was against a strong Aylward Primary School team, the current Harrow champions. Aylward started the stronger and raced into a 5-1 lead at the start of the second quarter. Determined to not go down without a fight, we rallied together and started a monumental fight back. Four consecutive and skilfully executed shots from Abbey levelled the score at 5-5 by half time. From here on, the game was a rocky affair, with neither school able to create more than a one goal lead before the other equalised. By the end of the match it was 7-7 and therefore extra time followed. Again, it looked as though neither school was going to be able to win the game, but just as extra time was coming to an end, Aliza kept her composure and crucially scored the winning goal to send West Lodge to The London Youth Games Finals!

Squad: Aishwini (C), Abbey, Audrey, Inaya, Aliza, Boyko, Darren, Max.



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10th March, Year 3, 4, 5 and 6 Swimming Gala, Harrow Leisure Centre

As reigning champions, West Lodge were hoping to retain their title. Having won last year's gala by just half a point, this year they managed to secure a much more comfortable victory of 30 points!

In the year 3 and 4 races, Ibrahim and Emily were both 5th in the freestyle, Aarush was a superb winner in the boys' breaststroke with Anassa 4th in the girls' race. Dhruv and Jemima both swam brilliantly coming 1st and 2nd in their backstroke races. In the year 5 and 6 races, Samir and Maria swam well placing 7th and 3rd in the backstroke. In the freestyle races Aarav and Ridhi had brilliant swims in 2nd and 4th place. In the freestyle events Aryan in 3rd and Kritvi in 4th both swam well. In both the relay finals West Lodge produced brilliant team performances. In the Medley relay, Samir, Maria, Aryan, Kritvi, Aarav and Ridhi combined to place 2nd just half a second off winning. The squad went one better in the freestyle relay finals securing a clear 14 second victory. Joseph and Sarah who had both waited patiently for their opportunity anchored the squad home taking over from the earlier legs of Dhruv, Emily, Ibrahim, Anassa, Aarav and Ridhi.

Well done to the whole squad for a great effort and super team spirit!

12th March, Year 5 and 6 Cross-country Championships, Bannister Sports Centre

Facing much drier conditions than expected but a hillier course than usual, the squad faced a different challenge. The year 5 girls packed well to finish 3rd just 1 point off 1st place. Sophie ran well to finish 10th with excellent support from Maria in 12th, Meryem making an excellent cross-country debut in 13th, Nuwarrah in 14th and Amie in 45th place. In another close contest, the year 5 boys were 2nd by just 2 points led home by a dominant win from Leighton. Hot on his heels was a fast finishing Clem in 2nd. Aryan and Ben in 9th and 10th closed the 'A' team. The 'B' team placed 3rd overall with Aarav in 14th, Shay in 16th, Shayan in 17th and Joseph in 18th all scoring points. The rest of the large year 5 boys' squad (Max G, Max T, Kai, Arin, Cameron, Leo, Ethan) all finished close together inside the top 40.

The year 6 girls' race was another exciting contest as Nisha came a brave 2nd running hard to the line but unable to catch the winner. Audrey had her best race of the year to place 5th and there was excellent support from Zainab in 10th and Inaya in 11th. This brilliant team performance secured 1st place in the team standings. The year 6 boys' also won the team event led home by another outstanding victory from Max with Aaryan showing hard work can pay off as he showed a huge improvement to finish 2nd. Cameron in 10th and Boyko in 14th sealed the scoring team. Samir, Sai and Aaran were inside the top 30. Both Joshua and Lakindu had strong runs to place 50th and 53rd respectively. This was a great effort from the whole squad and just rewards for those who have been training every Monday morning since September!

12th March Year 3 Tag Rugby, St John's School, Northwood

A squad of 23 pupils from Year 3 travelled to St John's school in Northwood to play a friendly 7-a-side tournament against the St John's and other schools. Each team played each other for 10 minutes rotating around the 3 pitches. West Lodge played extremely well, and it was a great opportunity for these children to experience sportsmanship and competitiveness. We had some wins, and some draws but overall St John's came out the winning school. The children had lots of fun and had their first experience of the 'foot shake' after each match which they enjoyed. Well done West Lodge. Squad: Ishaan, Adi, Zain, Ishita, Vanishka, Inaara, Uygur, Rian, George, Justine, Clementine, Megan, Soufia, Saba, Ayngaran, Zane, Reyansh, Leo, Rian, Aarav, Catherine, Janhavi, Meera.

Remaining active at home

For lots of great ideas to remain active at home, remember to check the following link on the school website:
<https://www.westlodge.harrow.sch.uk/physical-activity-2/>

We hope lots of you are asking your parents/carers to sign off your PE Activity Logs!

PE Team