



West Lodge Primary School Weekly Bulletin

Respecting each other, learning creatively, challenging all.

21st January 2022

Dear Parents/Carers,

As another week passes we can reflect on lots of fun learning and exploring across the year groups. We continue to be grateful for your continued support during a challenging period – here is a link to the letter that we sent out explaining the latest situation and the actions we are currently taking: [Rise in Cases at West Lodge - Inform and Advise](#).

Here is a link to the recording of the presentation by Francis Beveridge from the Division of Psychology and Language Sciences at University College London: [Child Development and Mental Health - Collaboration with UCL](#) Passcode: 16.7r\$st. Their work specialises in children's social and emotional development and how this can be supported. Francis also talked through the opportunity for families to take part in their latest research project linked to prosocial development – the project is for children aged 3 to 6. More information and details of how to sign up – if you would like your child to take part - will be sent out on Monday. We hope to continue this collaboration with UCL with further workshops for parents, staff and pupils.



The Eco-Team are currently conducting an environmental review. As part of the review, the Y1 members learnt to recognise the Fairtrade logo and had a look in the staff room to see if any of the tea, coffee and sugar was Fairtrade. Once the review is finished, the Eco-Team will talk to their classes and come up with an action plan to be shared with parents and carers. We are working towards an Eco-Schools Green Flag Award. Arjun, Ranell, Arni and Nysha from Year 2 can be seen exploring the work of Kandinsky. This week Year 3 children have started to receive their Blue Peter Green Badges. They wrote to Blue Peter about three pledges they had committed to, to help the environment and tackle our sustainable goal of climate action. The three pledges committed to were: 1) to turn the tap off when brushing our teeth; 2) power pledge - to turn off switches when not in use to save energy; 3) to check recycling is done correctly at home. The children wrote letters during their writing lesson to explain how they completed and committed to the pledges. Riya and Elyssa in Maroon Class are proud owners of their Blue Peter Green Badge, which arrived in the post this week. In Year 5's mindful smelling lesson this week, we have been comparing and contrasting smells and how they impact our dopamine levels, feelings and behaviours.



In Year 5 the children have been developing their colour mixing skills whilst painting in the style of different artists.

SEND - Thank you to the parents who attended the inaugural virtual SEND Coffee Morning this week - it was good to get this new venture up and running and we hope you found it useful. We hope to hold the next one in person at the start of the summer term - more details to follow. We were able to link up some of the parents who attended the coffee morning with the supportive SEND Parents' WhatsApp Group for peer support. If any other parents would like to be put in touch with them, please email the school on send@westlodge.harrow.sch.uk and we will pass your contact details to the parent reps.

Our latest **safeguarding update** details [what parents and carers need to know about Replika](#). Replika is an Artificial Intelligence (AI) bot that its developers claim users can form an actual emotional connection with. It is an age rating of 17+. In this guide you'll find tips on a number of potential risks such as inappropriate content, possible addiction and in-app purchases.

Sustainable Living Tip - Things you can do about climate change

Recycle, upcycle and make do and mend! Production of household waste needs to decrease by 33% by 2037 to reach emission targets. So get out that needle and thread! **1)** Reuse tins, jars and plastic bottles for storage or craft projects. **2)** Recycle what you can't use. **3)** Upcycle furniture and household items - You can find lots of ideas on Pinterest.

Well-being Tip - Self-Care is not Selfish

Self-care is an essential part of strategic parenting and here are just some of the reasons why: **1)** Parents are models of what healthy adults look like. **2)** Young people learn positive coping strategies from their parents. **3)** Children care deeply about the well-being of their parents, and feel more secure when they know we are ok. **4)** Young people talk to adults who are settled and calm. They often withhold information from parents they think will become overly upset. **5)** Children whose parents live meaningful lives look forward to growing up.
"Self-Care is not self-indulgence, it is self-preservation" - Audre Lorde

Have a lovely weekend,

Jim Dees

Spring Term 2022 – Dates

Date	Monday	Tuesday	Wednesday	Thursday	Friday
24 th – 28 th January		Y5/6 Hockey KS1 & KS2 Maths Workshop for parents 6.30pm		Asthma Audit with School Nurse	Topaz Class Assembly Parents' Forum – Understanding the West Lodge Curriculum 1:45pm
31 st January – 4 th February	Y4 Parents' Multiplication Check Meeting	KS1 Multiskills			Turquoise Class Assembly
7 th – 11 th February		Safer Internet Day Harrow Guitar Festival Y6 Pupil Progress Meeting	Y5/6 Tag Rugby	Y5/6 Gymnastics Safer Internet Parents' Workshop	