



West Lodge Primary School Weekly Bulletin

Respecting each other, learning creatively, challenging all.

Friday 9th July 2021

Dear Parents/Carers,

I hope you are all well. It has been an incredibly busy but enjoyable week. Reception enjoyed a celebration assembly on Friday – we hope the parents enjoy the recording of the songs. We are all very excited that England have reached the Euro 2020 Final – the players represent excellent role models – showing team unity, determination and demonstrating the inclusive values! Good luck to the team on Sunday – ⚽ is on its way home. + A reminder that on Monday we are open for breakfast club and at the normal time – but are extending our soft start until 9:30am. Please use the gate that you normally do and follow the stagger if arriving at the normal time!

COVID Update

Here is the latest COVID update from Harrow Public Health: [Latest Harrow COVID Update](#). As explained earlier this week, we will not be changing any aspects of our COVID risk assessment before the end of term. We are very grateful for the support you have provided throughout the year - please continue to support our community by adhering to the protective measures that we have in place.

Healthy Living Workshop

We were joined by the school nurse for our healthy living workshop this week, where alongside, the PE team, she shared valuable information and tips. The key [NHS Change4Life](#) tips were presented: 1) Make a sugar swap – making a cereal swap at breakfast or popping a lower sugar yoghurt in the lunch box. 2) 5 A Day – fruit and vegetables. 3) Use the Change4Life scanner to check how much sugar is inside your child's food and drinks. 4) Exercise – the children should aim for 60 minutes of physical activity per day. We are encouraging all families to take up 60 minutes a day of physical activity by engaging with Active30:30 – 30 minutes at school and 30 minutes at home – see the links in the presentation for suggested tips and ideas for how to achieve this. Here is the recording from the workshop – it is 30 minutes long – so a short listen – but filled with tips and useful resources. [Healthy Living Workshop](#) Passcode: 4ij!.bBF. The slides with the links can be found here - [Presentation](#). Our PE Team also talked through the Summer Physical Activity Challenge that we are proposing for every child – see the presentation for more details - more information will be sent out next week.

Safeguarding

We would like to highlight this 12-week programme, organised by Harrow Children's Services, which is an integrated community group programme for children and their mothers who have suffered domestic abuse. It runs from 28th September to 14th December – see the following leaflet for more details: [Domestic Violence Community Group Programme for Mothers and Children](#).



Mrs Willans delivered some brilliant geography lessons to the Y3 classes this week – looking at the HS2 line and exploring Ordnance Survey maps. FOWLS organised an excellent Dragon's Den event – where the Y6 children pitched their enterprise ideas to local businesses in an attempt to get further investment for their projects. Y4 used compass directions to locate QR codes around the site – the QR codes revealed letters that could be put together to create geographical mapping terms.

Upcoming Dates (see date grid on page 2 for timings)

Class Swap Morning – Wednesday 14th July; Parents' Evening – Thursday 15th July; Story-time sessions for New Reception Children – Monday 19th July; New Reception Parents' Network Meeting – Tuesday 20th July; Zoom Assembly/Story-time session with Mr Dees for New Reception Children Year 6 Production – Wednesday 21st July; Y6 Leavers' BBQ – Thursday 22nd July

Well-being Tip – Weekly Check-up

Try to use the list in the following link each week to check in with your mental health.

[Weekly Well-being Check-up](#)



'Sometimes the most productive thing you can do is relax.' Mark Black; '

Almost everything will work again if you unplug it for a few minutes...even you.' Anne Lammott

Thank you for your continued support, I hope you have an enjoyable weekend!

Jim Dees

Summer Term 2021					
Date	Monday	Tuesday	Wednesday	Thursday	Friday
12 th – 16 th July	Y5 swimming (Emerald)	LS Sports Day Y5 swimming (Emerald)	Class swap day RM Committee 19:00 Q & S Committee 19:00 Y5 swimming (Emerald)	Y5 swimming (Emerald) Parents' Eve 16:00 – 18:00	FOWLS Summer Fair Y5 swimming (Emerald)
19 th – 23 rd July	Zoom Story-time sessions for new reception children in their classes – 17:30	Networking for New Reception Parents – 09:30	Y6 Production Zoom Story-time assembly with Mr Dees for new reception children – 17:30	Peter Daffon Assembly & Y6 Enterprise Assembly Y6 Leavers' BBQ	Leavers' Assembly End of Term – Finish between 13:00 and 13:30 – using the current stagger arrangements (13:00-13:10; 13:10 – 13:20; 13:20 – 13:30)