

# Lent Rise School Newsletter

April 2020, Issue 93



## Staying Strong in Tough Times

I think there are very few people who could have anticipated the difference a month would make to our lives at home and at school. March brought with it some of the toughest challenges we have ever faced, but even as we closed our doors to most of our pupils, the heart of Lent Rise School has remained open. I have been touched by the community spirit of staff, parents and children as they rally together to ensure that our pupils can continue to learn and that vital key workers can continue to work. Looking out of the window at the beautiful cold, sunny morning I am reminded that Spring is waking up all around us, offering hope and renewal and a promise of the Summer to come. We will make it through these difficult times and our school will be stronger and more resilient as a result.

## Lent Rise Resilient Superstars!



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## Free School Meals

We are currently supporting families who are eligible for free school meals with grab bag lunches, food parcels and are moving towards providing vouchers through the Government Free School Meals Voucher scheme.

If your child is eligible for Free School Meals and you will find the received electronic vouchers challenging please contact Mrs Barnard as soon as possible.

Your child can access Free School Meals if you are in receipt of certain benefits. If your situation has recently changed and you believe you may be eligible for Free School Meals please contact Mrs Barnard on [office@lentrise.bucks.sch.uk](mailto:office@lentrise.bucks.sch.uk). The application is very simple and all enquiries will be dealt with in confidence.

## Meet our Reading Superstars!

It is easy to forget that just a few weeks ago it was business as usual. We celebrated some of the children who successfully filled their Learn Read Shine bookmarks. Well done and keep up the good work.



## Bringing the Yuckier Side of Science to Life

A big thank you to Mr Jones for leading three fantastic Science workshops with Years 1, 3 and 5 earlier this month. Year 1 learned all about coughs and colds and thoroughly enjoyed the practical investigation to look at the spread of germs and how our body defends itself against them. The visual representation of viruses getting caught in the snot slime was a highlight for many of the children! Year 3 had great fun following the journey of food through the digestive system. The children learnt all about where digestion starts and the important role of bodily fluids. Many children enjoyed playing the role of the stomach and breaking down the food. Year 5 also thoroughly enjoyed learning all about the circulatory system and the function of the heart through an exciting team board game! Thanks again Mr Jones.



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## PTA Update

The PTA were lucky enough to hold the annual Lent Rise quiz just before social distancing started. They did a fantastic job organising a great evening and for the first time in quiz history the teachers' team came first. Thank you for everyone involved with organising and to all the teams that took part. We can't wait to defend our title next year.

We recently emailed to parents a plea from staff at Wexham Park Hospital who between extra shifts and empty shelves were struggling to get food and essentials. The PTA headed the call and organised a collection and drop of essential items to staff at the hospital. If anyone would like to donate items for a future drop please email [pta@lentrise.bucks.sch.uk](mailto:pta@lentrise.bucks.sch.uk). Thank you to everyone who helped put this together, you are fantastic ambassadors for the school.

## World Book Day

We welcomed a fantastic array of literary characters as part of our World Book Day celebrations including a gaggle of Gangster Grannies, many a Mary Poppins and even a Tiger who came to Tea. The day was a great celebration of everything we love about reading.

## Sports Week

Mr Smith organised an eventful sports week with lots of opportunities for children to try something new. We welcomed local clubs to deliver taster sessions for our sports open afternoon and the week culminated in a staff versus pupils netball match. The game ended in a draw though Mrs Joyce has declared the pupils as the winners for their 'display of skills and better ability to follow the rules'. The staff have demanded a rematch.

## Ducklings

At the beginning of the month the whole school was captivated by five little eggs as we waited to watch the Early Year's ducks hatch. Whilst it was touch and go for a while for one of the little quackers who required a little specialist care from Mr and Mrs Holliday, all of the ducks hatched and have grown into healthy and happy ducklings. Fluffy and Henderson have taken up permanent residence with the Holliday family and so we will be able to check on their progress as they grow.



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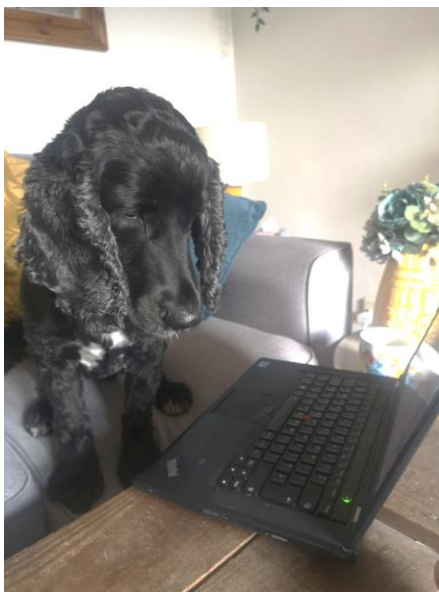
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## Staying Well

Our children are now all experts at washing hands but this is just one way to keep well during these troubling times. Life is very different than it was a few weeks ago and whilst many children will enjoy the 'holiday' like feeling that staying at home brings; for others the disruption and uncertainty can be overwhelming. Children are bound to be anxious and will pick up on our own worries and stresses, particularly as we are now all living in much closer quarters. Alongside this newsletter we have included a leaflet with lots of information about helping children with worries and anxieties and small ways that we can all make this unsettled period more manageable.

You can find additional information including how to talk to your child about corona virus at <https://youngminds.org.uk/>.

Taking care of your own mental health has also never been more important. Working from home can bring its own challenges, particularly if you are juggling multiple responsibilities. Mental Health First Aid England have produced a great toolkit to help people bring their whole self to work when working at home <https://mhfaengland.org/my-whole-self/>. The toolkit offers lots of ways to stay productive and sane at the same time, without losing your identity. An important way to do this is to find joy in small things, in the case of Lent Rise Staff this joy is often the four legged variety. When staff are not in school we too are working from home sometimes with a little bit of help:



Russell reads 4C's  
class blog



Alfie busy setting  
work for 1R



Lush helps Mrs Rogers  
water the class plants

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## Staying Fit

Mr Smith would like to challenge all our children (and parents) to beat their 'personal bests' with these simple ideas for keeping fit and healthy at home. These challenges are designed for you to try at home and need hardly any equipment. Try one, two or as many as you like; record your best score and then try and beat this next time. Most of all have fun and stay healthy.

**1. Tennis ball throw against the wall** - you will need a tennis or similar sized ball OR rolled up socks  
Technique: Use one hand to throw the ball and two hands to catch the ball. Keep your eyes on the ball. Cup your hands little fingers touching to catch the ball.  
Challenge: How many tennis ball throws can you do in 30 seconds without dropping the ball?  
Inclusive ideas: Use a different size ball. The ball could be thrown up and caught in the lap or a net.  
Challenge plus: How many tennis ball throws can you do in 30 seconds using your weaker hand to throw the ball, without dropping it?

**2. Star Jumps**  
Technique: Move your arms and legs out to a star position at the same time and then return to arms by your side and legs together.  
Challenge: How many star jumps can you do in 30 seconds?  
Inclusive ideas: Star jumps in a seated position. Legs only, with hands by the side. Step side to side.  
Challenge plus: Can you start your star jump in a crouched position and jump into the air with each star jump for 30 seconds?

**3. Step Ups** - You will need stairs or an outdoor step  
Technique: Stand tall with feet shoulder-distance apart in front of a step. Tighten your core and place your left foot flat on the step while keeping your spine straight. Shift your weight onto the left foot. Press through the left heel and move your body up onto the step. Place the right foot entirely on the step. Then slowly lower your left foot to the floor. Return the right foot to the floor to return to your standing position.  
Challenge: How many times can you step up in one minute?  
Inclusive ideas: Use a chalk line / patio square to step forwards and backwards.  
Challenge plus: Can you step up with two weights, water bottles / cans for one minute?

**4. Tricep Dips** - You will need a chair / step or other solid surface  
Technique: Hands shoulder-width apart on the surface you are dipping from. Arms straight. Squeeze your core and bottom and then raise your chin and chest to keep your body tight. From there, start the move by bending your elbows. Dip down until your arms are at a 90-degree angle. Pause at the bottom for a one or two count, then press back up powerfully, ensuring you keep your core and glutes tight to prevent your legs swinging. Don't fully lock out your arms at the top; keeping a slight bend in your elbows  
Challenge: How many times can you tricep dip in 30 seconds?  
Inclusive ideas: Standing press ups against the wall. Lift up and down in a wheelchair / seat.  
Challenge plus: Can you straighten your legs out further to make the dip harder.

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**5. Sit ups** - you can use a mat if you have one or on a towel or carpeted surface.

Technique: Lie on your back and secure your feet. With your hands behind your head or across your chest, raise your torso; then return to the starting position.

Challenge: How many sit ups can you do in 30 seconds?

Inclusive ideas: Seated waist rotations or side bends. Crunches.

Challenge plus: Can you do sit ups for one minute? Feet together, knees out - touch the floor behind and in front each time. Use a ball, touch behind your head each time.

## 6. Mountain Climbers

Technique: Drop into a top press-up position, supporting your weight on your hands and toes, with your arms straight and your legs extended. Keeping your core braced and your shoulders, hips and feet in a straight line throughout, bring one knee towards your chest, then return it to the starting position. Repeat the movement with your other leg, then continue alternating legs throughout.

Challenge: How many mountain climbers can you do in 30 seconds?

Inclusive ideas: Standing against a wall - hands on the wall and lift knees. High knees or marching standing. Seated - arms to climb the ladder.

Challenge plus: How many mountain climbers can you do in 1 minute?

## Staying Safe

### Free School Meals Scam

Some schools have reported that parents of children in receipt of free school meals are being targeted by fraudsters. Fraudsters are targeting families, emailing parents with messages such as 'If your child is entitled to free school meals send your bank details to the school and they will help with funding while the school is closed'. The email contains fake links for the parents to follow if they want to receive this funding. Concerned residents or anybody with information about coronavirus-related scams should email [trading.standards@bucksandsurreytradingstandards.gov.uk](mailto:trading.standards@bucksandsurreytradingstandards.gov.uk) (preferable) or by phone on 01296 388788.

### Online Safety

Whilst learning from home online we all need to ensure that our children are safe. Please remind them of the following:

- Never share personal details online
- Treat each other with respect
- It's safer to chat to people you know in real life.
- It's always ok not to reply. If a message makes you feel worried, annoyed or upset, don't reply and tell an adult you trust.
- If someone you are chatting to is being mean or making you feel uncomfortable, tell an adult you trust. They will help you block and report them so that they can't contact you again

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For parents there are various of resources and guidance to be found here:

- [Internet matters](#) - for support for parents and carers to keep their children safe online
- [London Grid for Learning](#) - for support for parents and carers to keep their children safe online
- [Net-aware](#) - for support for parents and careers from the NSPCC
- [Parent info](#) - for support for parents and carers to keep their children safe online
- [Thinkuknow](#) - for advice from the National Crime Agency to stay safe online
- [UK Safer Internet Centre](#) - advice for parents and carer

If you are concerned, report it! - How to report a concern to the school:

Email: [office@lentrise.bucks.sch.uk](mailto:office@lentrise.bucks.sch.uk) with the subject header 'reporting a concern'. You can either write a short account or request contact from the school. Please always be mindful not to forward any inappropriate content yourself.

You can report using the following links:

- [Childline](#) - for support
- [UK Safer Internet Centre](#) - to report and remove harmful online content
- [CEOP](#) - for advice on making a report about online abuse

## Staying Busy

We hope you have been able to access the home learning information that has been sent out. Teachers will continue to post information through the eschools class blogs throughout the school closure. If you have any queries about home learning please email [homelearning@lentrise.bucks.sch.uk](mailto:homelearning@lentrise.bucks.sch.uk) between 9am and 3pm. We will get back to you though please bear in mind that we are dealing with a large number of queries and have a diminished number of staff. You can also visit <https://www.bucksfamilyinfo.org> for lots of ideas on educational activities and things to try at home.

Finally Kylo the Koala, the 1B class mascot has been busy making brownies. He would love to try out some more recipes and we'd like to put some in our next newsletter. If you would like to send us a recipe and a photo of your child having a go at making it, please email [office@lentrise.bucks.sch.uk](mailto:office@lentrise.bucks.sch.uk).



## Easter Break

The teachers will be taking a break from elearning and checking eschools over the Easter break. There is optional homework as normal. A reminder once again that work/ timetables provided are a guide - do what you can with the focus on staying staff, healthy and happy.

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## Term Dates 2019-20

Please note that we await news from the Government regarding reopening of the whole school site.

Summer Term 2020	Monday 20th April HT- Monday 25th May Monday 1st June Inset day 20th and 21st July - staff only	Friday 22nd May Friday 29th May Friday 17th July
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## Term Dates 2020-21

Autumn Term 2020	Wednesday 2nd September HT- Monday 26th October Monday 2nd November Inset days 1st September - staff only	Friday 23rd October Friday 30th October Friday 18th December
Spring Term 2021	Tuesday 5th January HT- Monday 15th February Monday 22nd February Inset day 4th January - staff only	Friday 12th February Friday 19th February Thursday 1st April
Summer Term 2021	Monday 19th April HT- Monday 31st May Monday 7th June Inset day 19 <sup>th</sup> , 20th and 21st July - staff only	Friday 28 <sup>th</sup> May Friday 4 <sup>th</sup> June Friday 16th July

## Assessment Dates

The government has announced that assessments will not take place this year due to the corona virus.

## 2020 Residential Trips

Whilst the bookings currently remain in place at this time, we are mindful that there is the possibility that the residential trips will not be able to go ahead. With this in mind; the uncertainty of the next few weeks or months; the potential financial challenge for many and how we can support families, we are offering the option for parents to have a refund on the visit/s that you have paid for. To arrange this please visit:

<https://www.surveymonkey.co.uk/r/resrefund>

If the visit is rescheduled or does go ahead, we can then reestablish payment methods if necessary.