

Lent Rise School Newsletter

May 2020

Issue 94



Stay 2m apart

Well, here we are in May. 'May' the next few days, weeks and months bring us bright news...

We await further information from the Government about the next steps for the school and what we may need to plan for in the coming weeks and months. I hear from many of you that you are finding home learning a challenge. We understand this and wish to reiterate... do what is right for you and your family. Keeping yourselves mentally and physically safe and well is the biggest priority for everyone.

We anticipate that school 'normal' may look very different over the coming months and so we all need to adjust. Once we know what we are required to do next, we will plan carefully and with safety in mind; updating you all as soon as we practically can.

Sharing just some of our school song ideas to revamp our Lent Rise School Song...

Keep saving
people's lives,

to bring them
good vibes.

Rainbow painting, letter writing, lego playing with our Mum and Dad

Video calling our friends and family

Staying safe and washing our hands

COVID 19 has closed our school and
made us stay at home;

we wash our hands, we stay
indoors and only once a day can
roam

I love walking round Burnham
counting rainbows painted by
children that people have put in
their windows for all to see

It's amazing what you can find to
keep children busy, I do PE

Covid, Covid, why so deadly?

Why even worse than mushroom
medley?

Covid, Covid, just go away,

let the doctors save the day!

To add your own ideas visit:

<https://www.surveymonkey.co.uk/r/LRSsongc19>

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Mrs Small has come up with a list of helpful do's and don'ts for both parents and children to help ease some of the stress.

Parent Do's

- Encourage your child to complete the work set, but also remind them we understand that working at home is difficult. As long as they are trying their hardest, this is all we can ask.
- If your child does not understand the work and you are unable to help them, then please ask - you can use the home-learning email.
- Ensure your child takes regular breaks away from the screen and gets some fresh air.
- Where possible, reward your child for completed work and good effort.
- Encourage your child to relax, spend time and do activities together. Focus on the skills of life. Most activities can be linked to the curriculum.

Parent Don'ts

- Enforce a rigid timetable. Aim to incorporate some flexibility.
- Try to replicate school lesson time. Short bursts will retain their attention.
- Panic! We will have strategies in place to close gaps in learning when we return.

Pupil Do's

- Plan a Daily Routine...
- Be up, dressed and ready to work on weekdays. It is important that the weekdays feel different to your weekends.
- Build in regular short breaks, as well as a lunchtime!
- During your breaks and lunch, try to get some fresh air!
- Log in daily to access work that will be set in line with your timetable via eschools
- Work in 30 minute stints and make sure you take a short rest in between tasks. Or, if you find it easier break your learning down into more manageable shorter 15 minute stints.
- Make use of all online resources that your teacher has put onto eschools.
- If you have any questions, please ask via the homelearning email or via the class blogs.
- Either upload a photo of your work to eschools or email homelearning@lentrise.bucks.sch.uk
- Keep copies of your work safe and in order, either electronically or in hard-copy folders.
- Stay safe online. Only access the videos, web-links, podcasts etc that your teachers send you.
- Incorporate a daily exercise routine. There are plenty of online keep fit resources available. See the links on your class pages on eschools and Mr Smith has put some ideas on the website.
- Spend time with your family and try to enjoy this process as much as possible.

Don'ts

- Please try not to worry and become anxious.
- Try not to spend all day sat in front of your PC or laptop.
- Complete some tasks using pen and paper so that you can have a break from the screen

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Some unique 'keepy uppies'. Well done to all our children finding great ways to stay active.

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Supporting Families in Financial Difficulty

The government has set up a scheme to provide supermarket vouchers to support families who are eligible for free school meals. If your situation has changed and you are now claiming universal credit please get in touch with Mrs Barnard at office@lentrise.bucks.sch.uk. She will be able to organise an eligibility check and we can look at ways that we can support you and your family.

Creative Craft Packs

We would like to extend a big thank you to Burnham Resilience Fund who have provided fantastic craft packs for some of our families. If your child is eligible for free school meals, you will have received an email about collecting a pack on Friday 1st May. Many thanks to the fund donators as well as the team for putting these together!

Covid-19 Resources

We have been gathering links and resources from the many organisations who are supporting families during this time and have set up a knowledge bank on our website at https://www.lentriseschool.co.uk/website/support_during_c-19/473607. The sites include information on finances, keeping active, supporting children with special educational needs, mental health and bereavement and we will continue building the resource.

Making Plans for Reopening

We have been busy putting plans in place to support. We await news from the government on when this may be and what a return may look like. There are many things to consider and it is likely that even once reopened social distancing and additional hygiene measures will continue. We are examining all the different elements of school life, from teaching to delivering first aid, to look at ways that we can keep our school community safe and updating policies and guidelines as necessary. We will communicate with parents as soon as we have more information.

Access to NHS services

The NHS has recently seen a surge of deaths from children and adults of non COVID causes where people have tried to keep away from hospitals or the NHS even if they or a family member are having a medical emergency. Suspected heart attack, stroke, appendicitis, meningitis and sepsis are all potentially fatal conditions that require emergency medical attention and if you suspect you or a family member are having a medical emergency, don't delay - get medical help as soon as possible. The NHS is open for business. Your GP practice is open but will be offering telephone triage appointments and will be seeing patients safely. Most practices are separating areas and creating hot zones and cold zones and there are also hubs where potential COVID-19 patients are going directly to a 'hot hub' to be assessed. A and Es are open and NHS 111 is available 24 hours a day to advise on medical matters.

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School Nursing Service

In response to COVID-19 Buckinghamshire Healthcare NHS Trust has made some temporary changes to community services for Children and Young People including the School Nursing Team. The school nursing service is operating an essential service:

- Monday - Friday, 9am - 5.00pm except bank holidays · Contact us by phone: 01296 567833 or by email: bht.schoolhealth-enquiries@nhs.net
- Information, advice and support is also available on our website: www.buckshealthcare.nhs.uk/school-nursing

Other sources for support and advice;

- Bucks Family Information Service www.bucksfamilyinfo.org offers information on a range of topics relating to family life.
- CAMHS (Child and Adolescent Mental Health service) have a temporary 24/7 helpline to support the NHS 111 line. Calls will be diverted to this helpline where there are mental health concerns. Alternatively families can call this number directly 01865 904998.
- Kooth - Online free counselling service for children and young people www.kooth.com
- Childline - Ring 0800 1111 or visit their website www.childline.org.uk
- Young Minds - If you are a young person experiencing a mental health crisis, you can text the Young Minds Crisis Messenger for free, 24/7 support. Text YM to 85258.
- Samaritans - 24 hour confidential listening and support for anyone who needs it (parents/carers included). Email - jo@samaritans.org Phone 116 123 (24 hours)



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Paintings by
Yuvraj and
Summer

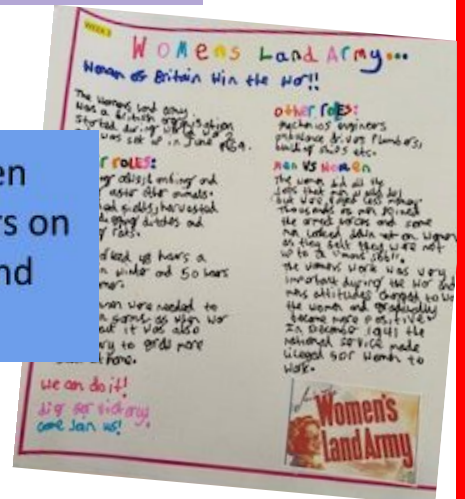


Gyaan and Nihaal
have been busy
planting coriander
seeds!

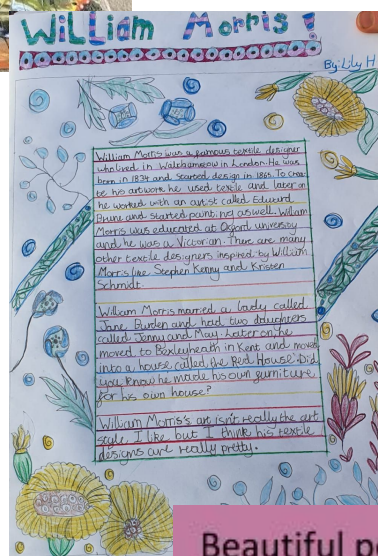
Wow! Great
work Krish!



Lucy has been
creating posters on
Woman's Land
Army!



Our children at school
have been making



Beautiful poster
on William
Morris by Lily H



Harry has been
busy making a
bird box in the
shed with his
Dad!

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PTA UPDATE

I found it difficult to write up a PTA update for this newsletter.

We are faced with unprecedented times, and to be honest, I'm not always sure how to be. Can I be my perky self or do I need to be neutral. I decided to go with perky, as I think we all need happy -so read with a smile 😊

We had a crazy and fun Quiz and curry night in March. It was touch and go as to whether it would go ahead, but thanks to everyone following hygiene rules (washing hands was the 'in thing!') we ran the event and made a profit of £300. Congratulations to the winning team -Tequila Mockingbird. Thank you to all the teams that took part and all those who sang along (sweet Caroline!). It was a successful night and hopefully one to remember.

Since lockdown, we've had to cancel the Mother's Day secret room, sorry - we shall endeavour to make next year even more special. The same applies to the Father's day Secret room. We have not forgotten you all deserve to be celebrated! Especially now - parents are faced with great challenges. From where I stand, you are all doing an amazing job - the best you can. Please don't lose heart, time will bring better days.

Talking of better days - I have **brilliant** news to share. Through the efforts of two parents from our school, they managed to secure £17k from their company. I extend our thanks to Kensington Mortgages for the donations through their Passion Projects Initiative.

-Thank you to Laks Bassi who secured £5k to go towards our goal of renewing the ICT centre.

-Thank you to Sridevi Virendra who secured £12k which will be used to purchase laptops for classroom use.

At the same time, thank you to Sharon Golar who secured us £1.5k of corporate top-ups from her company THB Group. Every bit counts! - Every parent/guardian counts! Your help, your contributions, your time, your support has made it possible for the PTA to reach our targets for the year - I thank every one of you.

Everything we do is to help LRS rise above challenges they face, for schools to be able to update technology or provide additional resources. We have now made it possible for our children to have some of these resources.

We are truly fortunate to have parents who take the time to involve themselves in helping our schools.

There will be new challenges to face and together I know we can find ways to overcome them and help provide what will be needed in the future. There are events to look forward to - timings will have to be confirmed, but we will go on...

For the Year 6, who will be leaving us at the end of the school term, you have not been forgotten.

The PTA will ensure you receive your leavers hoodies as well as a leavers' disco - however this may have to be delayed until it's safe to be in larger social gatherings. We want you to know, your right of passage will be celebrated.

When we are free of this virus, we have a lot to celebrate. The PTA will put together a schedule of events to celebrate. We will go on from strength and we will find fun in what we do, we will share the happy times.

On a personal note, thank you to the parents that donated to the 'Teachers hero fund' and the 'NHS Hero fund'. I've kept you updated with all the purchases and contributions made on your behalf. Thank you for making it possible.

A Special thank you to Mrs Watson and her team for all the updates and keeping us in the supply of activities and teaching tools to help our children. You are all heroes! Never have I been more in awe of how important every person that keeps LRS running is to me and my child. I think every parent shares the sentiment. Thank you from the bottom of our hearts.

Thank you for taking the time to read this,

Sincerely, Rosanne Naicker, PTA Chairperson

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Parent Questionnaire Feedback

Thank you to all of those parents who completed our annual questionnaire. The data from the responses is presented on the next few pages. 130 responses were received in total. The questionnaire was in a slightly different format this year, reflecting changes to the Ofsted framework. Some people skipped questions so the total does not always equal 130. As the survey also took place before the corona lockdown we have not included an outcomes section as we currently focus on ensuring everyone can function safely from home. We will provide more information on outcomes in a future newsletter.

My child is usually happy at school

Strongly Agree	Agree	Neither agree nor disagree	Disagree	Strongly Disagree
54	61	5	3	1

My child feels safe at school

Strongly Agree	Agree	Neither agree nor disagree	Disagree	Strongly Disagree
87	31	3	3	1

The school makes sure its pupils are well behaved

Strongly Agree	Agree	Neither agree nor disagree	Disagree	Strongly Disagree
28	76	14	5	1

When I have raised concerns with the school they have been dealt with properly

Strongly Agree	Agree	Neither agree nor disagree	Disagree	Strongly Disagree	I have not raised concerns
29	51	20	5	2	17

The school makes me aware of what my child will learn during the year

Strongly Agree	Agree	Neither agree nor disagree	Disagree	Strongly Disagree
22	71	20	9	2

My child has been bullied and the school dealt with the bullying quickly and effectively

Yes	No	My child has not been bullied
22	11	91

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The school has high expectations for my child

Strongly Agree	Agree	Neither agree nor disagree	Disagree	Strongly Disagree
25	54	27	6	4

The school lets me know how my child is doing

Strongly Agree	Agree	Neither agree nor disagree	Disagree	Strongly Disagree
19	65	18	13	1

There is a good range of subjects available to my child at this school

Strongly Agree	Agree	Neither agree nor disagree	Disagree	Strongly Disagree
22	68	17	7	2

My child can take part in clubs and activities at this school

Strongly Agree	Agree	Neither agree nor disagree	Disagree	Strongly Disagree
31	59	16	9	1

The school supports my child's wider development

Strongly Agree	Agree	Neither agree nor disagree	Disagree	Strongly Disagree
17	54	13	9	5

In general staff and pupils have a good relationship

Strongly Agree	Agree	Neither agree nor disagree	Disagree	Strongly Disagree
33	73	10	0	0

My child has benefitted from visitors in to school or trips out

Strongly Agree	Agree	Neither agree nor disagree	Disagree	Strongly Disagree
47	54	15	0	0

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Would you recommend the school to other parents

Yes	No
108	8

What is the major strength of the school?

There were 87 responses to this question and the main themes were:

- High quality staff
- Approach to teaching and learning
- Approachability and communication

What is the next step for the school?

There were 75 responses to this question, with a broad spectrum of ideas but the most common themes were:

- Become a through school
- Develop a pre school
- More individual feedback for parents outside of parents evenings
- increase access to extra curricular clubs

I would like further information to be available to all parents about...

- There were lots of individual areas that parents would like more information on including:
- Progress through the year aside from parent evening,
- What children will be learning each term.
- Development of the pre-school
- Mindfulness, wellbeing and mental health
- Charities who help families in need
- An annual calendar of events.
- Extra support given or needed at home.
- Secondary school options
- Changes in Education system and national curriculum.
- Changes within the school
- How to prepare for the 11+
- How my child behaves, if they are polite, if they listen well and do as they are told
- The curriculum of what the children are learning

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Safeguarding and E-Safety

You can find more information about keeping safe online during the corona virus outbreak on https://www.lentrischool.co.uk/website/support_during_c-19/473607

Ditto Online E-safety Magazine

#DITTO is a free online (e-safety) magazine in PDF format for schools, organisations and parents to keep them up to date with risks, issues, advice and guidance related to keeping children safe online, with a view to enjoying and learning about technology. A new edition is released approximately every 6 weeks. To subscribe, go to <https://www.esafety-adviser.com/latest-newsletter/> for further detail

Supporting Younger Children

Mindheart has published a short book to support and reassure children under the age of 7 about coronavirus. Covibook is available to download in 21 languages including English. Read the book:

https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685_319c5acf38d34604b537ac9fae37fc80.pdf

Ownit

The BBC have launched a new app Ownit to provide a helping hand to children when they receive their first smartphone and showing them how to make smarter and better informed choices. Using a combination of self-reporting and 'machine learning', the app builds up a picture of a child's digital wellbeing and serves relevant content, information and interventions designed to help children understand the impact that their online behaviours can have on themselves, and on others.

The app will recommend content to the child that might be helpful, or it might intervene as the child is typing something to check that they are happy to share the information with others. For example if a child is typing some personal information such as a mobile number or email address, the app will intervene and tell the child to 'think safe' before sharing. Or if a child types something that might be an unkind message, the app will intervene and ask them if they really want to say that. Or if the child types something that indicates they might be sad or worried, the app will intervene and suggest some content that might help them to feel better. The app will also be able to track some device usage information, such as how many times a child picks up their phone to check for messages / notifications, or if the phone is used at night-time. This information can be used to help the child understand how to develop healthy digital habits.

<https://www.bbc.com/ownit>

TikTok

The BBC reports that TikTok, a social video app that allows users to share short videos, is introducing a family safety mode designed to give parents tighter control over how their children use the app. The safety feature will allow parents and carers to link their account to their child's and have direct control over the safety settings. Read the news story: <https://www.bbc.co.uk/news/technology-51561050>

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How to access help and support

Free School Meals

We are currently supporting families eligible for free school meals with food parcels and vouchers through the Government Free School Meals Voucher scheme. If your child is eligible for Free School Meals and you will find the 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. The application is very simple and all enquiries will be dealt with in confidence.

Food Banks and Foodshare vouchers

Burnham Health Promotions Trust are able to continue issuing Foodbank and Foodshare vouchers whilst working from home. If you require assistance please do call their hotline 07483 326525 or visit www.bhpt.org.uk. There are systems in place where no contact is needed.

Local Support

There is a huge wealth of support available via the Burnham Health Promotions Trust team and website www.bhpt.org.uk

Similarly Burnham Parish Council website host a great deal of local information www.burnhamparish.gov.uk

There are signposting contacts available on the Buckinghamshire Family Information service Site. www.bucksfamilyinfo.org

How to donate to Burnham Neighbourhood Fund

The Burnham Neighbourhood Fund has been set up to support Burnham residents during the Covid-19 situation, by providing assistance to support their health, welfare and social well-being.

The fund will be managed by Burnham Parish Council working with the Burnham Resilience team. Funds are being channelled through the registered charity of Parochial Church of St Peter, Burnham, who are empowered to raise funds for the welfare of Burnham, so that donors may gift aid if appropriate.

Please help support your Community and donate today by clicking the button below. Any donation will be gratefully received.

<https://burnhamparish.gov.uk/burnham-neighbourhood-fund>

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All dates are subject to change and we await further information from government on reopening.

Term Dates 2019-20

Summer Term 2020

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

Term Dates 2020-21

Autumn Term 2020

Wednesday 2nd September	Friday 23rd October
HT- Monday 26th October	Friday 30th October
Monday 2nd November	Friday 18th December
Inset days 1st September - staff only	

Spring Term 2021

Tuesday 5th January	Friday 12th February
HT- Monday 15th February	Friday 19th February
Monday 22nd February	Thursday 1st April
Inset day 4th January - staff only	

Summer Term 2021

Monday 19th April	Friday 28th May
HT- Monday 31st May	Friday 4th June
Monday 7th June	Friday 16th July
Inset day 19th, 20th and 21st July - staff only	

Assessment Dates

The government has announced that assessments will not take place this year due to the corona virus. We will update parents when we have more information.

