

# Weekly newsletter



## The Lea Primary School and Nursery

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@leaprimary

AUTUMN TERM 2023 No.12

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Dear Parents and Carers

Year 5 have had an amazing 'bikeability' week. Their instruction started on the playground; learning a few maintenance skills and rules for cycling on the road safely and, by the end of the week, they were putting that understanding into practice actually on the road. The weather challenged their spirit on Monday but the children showed immense resilience overcoming the elements and completing the course.

Also on Monday, Y4 sang at the Memory Café in Harpenden. They were amazing ambassadors for the school, sang beautifully and were loved by those visiting the café.

On Wednesday, Y2 have had a wonderful day thinking about what life would be like in a castle. They made remedies, leather pouches, clay models and decorative plaits and learned how to fend off invaders!

Thank you to the teachers who organised these events and the parent helpers that enabled them to take place.

Keep warm and have a great weekend.

**Tracey Berry**  
**Head Teacher**

### PTA

Hello from your PTA!

We would like to start by saying thank you to those who came along to our wreath making workshop. Our first event was a success, and a good night was had by all.

Our festive family film night has now SOLD OUT! Huge thank you to those who have booked tickets. We are looking for a few more volunteers. Please do get in touch if you would like to help out.

All of next week, we will be accepting donations for our rainbow raffle. A drop-off point will be under the PTA notice board at drop off & pick up. Tickets are available from our online shop. <https://www.pta-events.co.uk/thelea/index.cfm>

Your school lottery will have a draw each week. The more people to sign up, the bigger the prizes. Be in with the chance of winning £25,000 a sign up today! <https://www.yourschoollottery.co.uk/lottery/school/the-lea-primary-school-and-nursery>

Support our school by purchasing a local Christmas Tree! Prices start from £48 for a 5ft tree Order online from [www.foha.co.uk](http://www.foha.co.uk) and make sure to select "The Lea" @ checkout Monday 4th December is the final day to order!!

Finally, don't forget to order your child's Christmas cards from My Child's Art, our portal is now live, see poster for more info.

We hope you all have a lovely weekend.

### DATES FOR THE DIARY

#### December 2023

Mon 4, 9:30-10am	Nursery Christmas Songs
Mon 4, 2:30-3pm	Rec Nativity Dress Rehearsal
Tue 5, 9:30-10am	Reception Nativity
Wed 6, 9am-12pm	Y6 Rotary Concert Rehearsal
Wed 6, 2-3pm	Y1 & Y2 Production Dress Rehearsal
Wed 6, 7-8pm	Y6 Rotary Carol Concert
Thu 7, 2-3pm	Y1 & Y2 Production
Fri 8, 9:15-10:15am	Y1 & Y2 Production
Fri 8, 6-8pm	PTA Family Film Night
Mon 11, 2-3pm	Y3 & Y4 Christmas Concert Dress Rehearsal
Tue 12, 2-3pm	Y3 & Y4 Christmas Concert
Tue 12, 7-8pm	Y3 & Y4 Christmas Concert
Wed 13	Christmas Jumper Day
Wed 13	Christmas lunch
Tue 19, 9am-12pm	Y1-6 Panto
Wed 20	Term Ends (1.15pm)

#### January 2024

Thu 4	Inset Day
Fri 5	Start of Term
Mon 15	Young Voices Concert - O2
Mon 22, 7-8:30pm	Governors Resources Mtg
Mon 29, 7-8:30pm	Governors TLC Meeting

#### February 2024

Tue 6, 12:30-4pm	Y5/6 Mixed Tag Rugby
Mon 19 - Fri 23	Half Term
Tue 27, 3:30-6pm	Y3/4 Rapid Fire Cricket
Thu 29, 7-9pm	Governors FGB Meeting

#### March 2024

Tue 5, 1:15-3:45pm	Y5/6 Boys Football
Thu 7, 7-9pm	In-house Governor Training
Thu 14, 9:30-3:30pm	Y5/6 Hockey Competition
Wed 20, 1:30-4pm	Y5/6 Netball Rally
Tue 26	Spring Music Festival
Thu 28	Term Ends (1:15pm)

For a longer term view of key dates please visit our school website at <https://lea-pri.herts.sch.uk/news-dates/calendar>

### LETTERS SENT HOME THIS WEEK

Young voices rehearsal - selected pupils  
Beauty and the Beast panto - Y1-6  
Christmas events - whole school

### WEEKLY ATTENDANCE



Our attendance target is 97%. Total attendance for last week was 93.7%.

### Our Class Word of the Week

Talk to your child about this word and what it means. Try to use it in everyday conversation at home.

Nursery

**lark**

Reception

**sly**

Year 1

**surrounded**

Year 2

**banquet**

Year 3

**tarnished**

Year 4

**apprehensively**

Year 5

**morose**

Year 6

**diminishing**

W, O, R, D, of the W, E, E, K,

### EXTERNAL NOTICES

#### **St Albans Musical Voices - Find Your Musical Voice!**

This is an exciting opportunity for children in Years 2 - 5 to find their musical voice.

We specialise in offering a safe space where children can come and sing whatever their ability. We create a friendly nurturing environment where each child can develop their own unique voice. The children will learn all aspects of singing, whilst singing enjoyable music, and having lots of fun. No previous experience necessary. Workshops with visiting specialists, performance opportunities and progression routes all part of the fun.

Please note this activity takes place outside school, at St Albans Music School –Thursdays 4:30 – 5:30pm.

For more information and to sign up, please visit <https://www.hertsmusicservice.org.uk/st-albans-music-school>, and scroll to 'Something for Everyone'.

### DONATIONS

#### **Donations**

Donations to our school can be made via the [online KindLink page](#). These can be a one off payment or monthly donations. All are welcome and gratefully received.



### AWARDS



#### **Team Points**

**Emerald** was the winning team this week. 13 children received their silver certificates for 50 team points. Well done!



#### **The Lea Superstars**

##### **Nursery**

##### **Sonny**

For practising really hard for our Nativity. Well done!

##### **Reception**

##### **Ayda & Finleigh**

For working hard in your learning and saying your lines clearly in our nativity rehearsals.

##### **Year 1**

##### **Laurie**

For incredible reading!

##### **Rhea**

For super vocabulary in science.

##### **Year 2**

##### **Whole Class**

For fantastic behaviour during our history off the page day and for fully immersing themselves in all of the activities.

##### **Year 3**

##### **Hannah & Harry W**

For making an excellent effort with their writing this week.

##### **Year 4**

##### **Whole Class**

For being great citizens by bringing Christmas joy to the elderly with their beautiful singing at Harpenden Memory Lane Café.

##### **Year 5**

##### **Lyla**

For concentrating hard and applying new skills in maths.

##### **Dua**

For great effort in home learning in year 5. Keep it up!

##### **Year 6**

##### **Grace, Yasmin & Rayan**

For making great progress with their arithmetic skills.

##### **Sports**

##### **Harry W (Y3)**

For applying some excellent running, dodging and tagging skills in Tag Rugby!

##### **Freya (Y1)**

For always trying her best in PE. Demonstrating some brilliant balances on different piece of apparatus in Gymnastics!

A large, multi-colored rainbow arches over the word 'Christmas' in a large, pink, cursive font. Below 'Christmas' is the word 'RAINBOW RAFFLE' in a bold, green, sans-serif font. The background is light blue with scattered yellow stars and red holly leaves with berries.

# Christmas

## RAINBOW RAFFLE

*The PTA are asking for donations to create fantastic hampers for some lucky winners to enjoy over Christmas. To donate, please bring an item which matches the colour of your child's class below.*

**Nursery - red**

**Year 3 - Blue**

**Reception - orange**

**Year 4 - Purple**

**Year 1 - Yellow**

**Year 5 - Pink**

**Year 2 - Green**

**Year 6 - Rainbow**

*Donations can be made in the box outside the school office at drop off or pick up between 1 and 8 December.*

The raffle will be drawn on **Thursday 14th December** at 3:30pm in the school hall.

Raffle tickets will be £1 each and available to purchase via the link below.

A cartoon character with a brown face, wearing a red Santa hat and red and white striped leggings, holding a white sign that says 'Thank you!'.

Thank you!

A red rounded rectangular button with the text 'WWW.PTA-EVENTS.CO.UK/THELEA' in white, sans-serif font.

[WWW.PTA-EVENTS.CO.UK/THELEA](http://WWW.PTA-EVENTS.CO.UK/THELEA)





*Support*  
THE LEA PRIMARY  
SCHOOL & NURSERY

.....  
*Buy a* LOCALLY GROWN  
*Christmas Tree*  
.....

*Premium* NORDMANN FIRS  
*Cut in early December*

£10 PER TREE WILL BE DONATED TO OUR SCHOOL

Order online from [www.foha.co.uk](http://www.foha.co.uk)  
Collection or delivery on 8th or 9th December  
Prices from £48 (5ft tree)



Working with

# The Lea Primary and Nursery

Your child has uploaded a  
Christmas drawing to our website!

## VIEW NOW

by logging into the parent order portal at  
[www.mychildsart.co.uk/order](http://www.mychildsart.co.uk/order)



Order portals  
open NOW until the  
31st December

### EARLY BIRD DISCOUNT FOR 2 WEEKS ONLY

Use code **TheLea**

during checkout for 10% off your order!

One use only. Excludes VAT and P&P. Valid for 2 weeks from the portal opening date, not the date that you receive this leaflet. Not automatically applied and cannot be added once an order has been confirmed.



Username **TheLea**

Access Code **nQvHFLBi**

NB: Username and Access Code are case and space sensitive, so please be careful when entering the details into the portal.



Scan me

# Neurodiversity Support Hub

For Parents, Carers and Professionals

We can offer support, signposting and guidance about a whole range of things including but not limited to:

No  
Diagnosis  
Required

- Understanding ADHD/Autism
- Distressed Behaviours
  - Anxiety
  - School

The phones are answered by our team of parents and carers of neurodivergent children and young people

Are you a  
Parent, Carer  
or  
Professional?



01727 833963



We Can't :

- Give updates/ fast track places on waiting lists
- Recommend specific private assessors



[supporthub@add-vance.org](mailto:supporthub@add-vance.org)

Open Monday-Friday  
9 AM - 1PM



Here to support, reach out for a listening ear



# Signposting for CYP

**Sandbox:** Sandbox offers a website with free eligibility assessments for online Sandbox therapy, live stream gaming, live chats and resources for parents/carers, teachers and other professionals. Age 10 to 25 years.

[sandbox.mindler.co.uk](https://sandbox.mindler.co.uk)

**With YOUTH:** Digital wellbeing services, Haven Cafes, Spark creative group support, one to one online and group support, instant messaging.

**Lumi Nova:** Free, game based app which uses gradual exposure and cognitive behavioural therapy to overcome anxieties and fears. Age 7 to 12 years.

[withyouth.org](https://withyouth.org)

**First Steps ED:** Support for people with eating disorders (Parent led aged 0-5, CYP age 5-18)

[firststepsed.co.uk](https://firststepsed.co.uk)



## Hertfordshire Children and Young People's Mental Health Service Directory

The services below provide a combination of early intervention and more specialist support for children and young people's mental health. Click the service name to be redirected to more information.

ARC Services 🧑🏫🧑🏫🧑🏫	NHS Talking Therapies 🧑🏫🧑🏫
Chathealth 0-5 🌐🧑🏫🧑🏫	PALMS 🧑🏫🧑🏫🧑🏫
Chathealth 11-19 🌐🧑🏫🧑🏫	Rephael House Counselling 🌐🧑🏫🧑🏫🧑🏫
Children's Crisis Assessment and Treatment Team 🧑🏫🧑🏫🧑🏫	Safe Space 🧑🏫🧑🏫🧑🏫
Children's Wellbeing Practitioners 🧑🏫🧑🏫🧑🏫	School Nurses and Duty Line 🧑🏫🧑🏫🧑🏫🧑🏫
CHUMS Bereavement Support 🧑🏫🧑🏫🧑🏫	Signpost 🌐🧑🏫🧑🏫🧑🏫
Educational Psychologists 🧑🏫🧑🏫	Single Point Access (SPA) 🌐🧑🏫🧑🏫🧑🏫🧑🏫
Families First 🧑🏫🧑🏫🧑🏫	Specialist CAMHS 🧑🏫🧑🏫🧑🏫
First Steps ED 🌐🧑🏫🧑🏫	Spectrum Family and Young People's Service 🌐🧑🏫🧑🏫🧑🏫
Health for Kids 🌐🧑🏫	Step 2 🧑🏫🧑🏫🧑🏫
Health for Teens 🌐🧑🏫	The Sandbox 🌐🧑🏫🧑🏫🧑🏫
Herts Haven Cafés 🧑🏫🧑🏫🧑🏫🧑🏫	Togetherall 🌐🧑🏫
Just Talk 🌐🧑🏫	WithYOUth 🌐🧑🏫🧑🏫🧑🏫
Just Talk Ambassador Scheme 🌐🧑🏫🧑🏫	YCT Counselling 🌐🧑🏫🧑🏫🧑🏫
Lumi Nova 🌐🧑🏫🧑🏫	Youth Talk Counselling 🌐🧑🏫🧑🏫🧑🏫
Mental Health Support Teams in Schools (MHSTs) 🧑🏫🧑🏫🧑🏫	Young Minds Parent Helpline 🧑🏫🧑🏫
NESSie Parenting 🌐🧑🏫🧑🏫🧑🏫	

📞 Telephone service

🌐 Online/virtual service

👤 Face to face service

📌 Referral required

- Reaching developmental and emotional milestones, learning healthy social skills and how to cope when there are problems. Mentally healthy children have a positive quality of life and can function well at home, in school, and in their communities.
- Difficulties with normal life problems, poor self confidence, low self esteem, low aspirations, difficult family relationships, poor peer relationships, experimental substance misuse, bereavement, poor concentration, difficulty sustaining relationships, some worries, low mood.
- Many worries, high levels of anxiety, persistent low mood, body image concerns, behaviour puts peers at risk, persistent or high risk substance misuse, risk taking behaviour, unable to display empathy, difficulty coping with anger or frustration, bereavement by suicide/suspected suicide, withdrawn or unwilling to engage, disruptive or challenging behaviour, unable to maintain peer relationships (bullying, bullied or aggression etc).
- Mental health problems which are:
  - Persistent, complex and severe
  - Present in all environments (home, school, with peers)
  - Beyond a normal response to life's problems
- Deliberate self harm requiring hospital treatment, suicidal ideation with imminent plan and means, psychotic episode (hearing unexpected voices, unrealistic or racing thoughts not related to physical or substance misuse), intentional overdosing, persistent inability to engage with services or support offered, risk taking behaviour with no underlying mental health disorder, unresponsive to treatment and continuing to decline.



**Hertfordshire  
Music Service**

## On stage with Philomusica

Experience the magical music of Peter Fender's The Forest in this interactive performance from our very own Philomusica Orchestra



**Take to the stage with our  
Philomusica Orchestra.**

**This performance gives  
children the chance to interact  
and see the inner workings of  
our wonderful Philomusica  
Orchestra.**

We invite all pupils to come and enjoy this  
extraordinary event together with your family and  
friends.

This event is free, for tickets, please scan the QR  
Code or visit: [onstagewithphilo.eventbrite.co.uk](https://onstagewithphilo.eventbrite.co.uk)



**Date and time: Tuesday 5th December, 6:30 - 8:00 pm**

**Venue: St Albans Music School, Townsend Main Hall**

**Cost: Free**

**Contact us: 01438 845299/ [stalbanmusicenquiries@hertfordshire.gov.uk](mailto:stalbanmusicenquiries@hertfordshire.gov.uk)**

**For more up-to-date information and to find out about more events follow us on  
Twitter and Facebook - @HertsMusic**

Follow @HertsMusic



**Hertfordshire Music Service**

[hertsmusicservice.org.uk](https://hertsmusicservice.org.uk)



**Hertfordshire**