



The Weekly Bulletin

8th March 2021

It is so lovely to be back! The buzz is back in the building and the children and staff are all smiling!

Things you can do to help us now we are back:

- Please try and stagger your drop off and collection time. There is ample time to drop off (8:45-9) and collect (3:15-3:25). If everyone comes at the earliest time there are too many people. Please can you stagger yourselves like before, thank you.
- If you have to line up (which I hope you don't) in the morning/ afternoon before being invited onto site, can Year R, 1 and 2 line up on the park side so you do not mix with the KS2 line.
- Lunch boxes have been coming in VERY full. The children have around 20 minutes to eat their lunch in order for us to clean rooms or get the next group into the hall. So please can you think carefully about what they can eat in 20 minutes, as well as things they can open independently.

Masked Reader

The Masked Reader videos are starting to be revealed daily on Twitter, please take a look.

<https://twitter.com/LenhamPrimary>

Comic Relief

Friday 19th March is Red Nose Day, which raises money for Comic Relief. Unfortunately this year we cannot sell any noses, but we would still like to do something fun, so we are having a Pyjama day. The children can come to school in their PJs in exchange for a £1 donation to Comic Relief. Please remember that the children will be outside at playtime and lunchtime so they will need to be dressed appropriately. Please cut and paste this link to access our donation page on ParentPay.

<https://app.parentpay.com/ParentPayShop/Foc/Default.aspx?shopid=2821>

Zones of Regulation

To help the children in school manage their emotions and help them develop self- regulation and navigating social situations we have introduced Zones of Regulation.

Here are some skills taught during The Zones of Regulation:

Identifying your emotions by categorizing feelings into four zones (more on this below)

Self-regulation: Achieving the preferred state of alertness (zone) for a situation. This is all about regulating your body and emotional regulation.

Identifying triggers: Learning what makes you "tick" and why

Coping strategies: Various techniques and strategies that help achieve emotional regulation and manage strong emotions

Size of the problem: Introduces the idea that the size of your reaction should match the size of your problem, how to identify the size of your problem, and strategies for problem-solving.

Expected behaviour vs unexpected behaviour: This also covers perspective of how *your* behaviour affects the thoughts and feelings of the people around you.



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The Zones of Regulation uses **4 colours** to help children self-identify how they're feeling and categorise it based on colour.



The Green Zone

The green zone is used to describe when you're in a calm state of alertness.

Being in the green zone means you are calm, focused, happy, or ready to learn. This is predominantly the state you *want* your child to be in.

It's also the state most needed in the classroom in order to learn.



The Yellow Zone

The yellow zone describes when you have a **heightened sense of alertness**. This isn't always a bad thing, and you still have **some control** of your actions when you're in the yellow zone.

Being in the yellow means you may feel frustrated, anxious or nervous. But, it could also mean you're feeling excited, silly, or hyper – **which is okay in the right situations**.



The Red Zone

The red zone describes an extremely heightened state of intense emotions. When a person reaches the red zone, they're no longer able to control their emotions or reactions.

Being in the red zone means you're feeling anger, rage, terror, or complete devastation and feel out of control.



The Blue Zone

The blue zone, on the other hand, is used when a person is feeling **low states of alertness or arousal**.

When you're in the blue zone you may be feeling down – **sad, sick, tired, or bored**. You're still in control, as you are in the yellow zone, but with low energy emotions.

We have been using the characters from Inside Out to help the children understand their feelings. As we go through the week we will discuss strategies the children can use to help change/ control their zones. The children will also be letting us know after every playtime how they feel.

We are proud of a friendly environment that promotes the PRIDE values inspired by the Olympic legacy, where everyone takes pride and is proud of their achievements

Take PRIDE;

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Easter Fun Kit

As with other PTFA activities at the moment, sadly our annual Easter Bingo is not possible this year. But we think we have come up with a great alternative! We have designed a fun packed craft and activity box for the children to complete during the Easter break.



If you wish to get involved please follow this link <https://www.pta-events.co.uk/lenhampta/#.YEEQMWj7TIU>

Each box is £5 and will include the following -

1. Materials to create an Easter key ring.
2. Materials to create an Easter decoration.
3. Materials to create an Easter card.
4. Easter word search, spot the difference & pencil maze.
5. Easter Egg Picture Hunt map (located within Lenham village only)
6. Everything will be packaged in a lovely cardboard box with tissue paper and cord.



You can send us a photo of the completed box and hunt map, then a prize will be awarded after the Easter break to one child per class for the most creative efforts!

Please send your photos to 8862168.8862168.Pta@lenham.kent.sch.uk

The COVID bit... All packs will be delivered in a sealed plastic bag and all contents of boxes will be left inside these bags for a minimum of 72 hours prior to delivery. You will receive your boxes ready for lots of fun during the Easter break.

A big thank you from the PTFA for your support



All images are to provide guidance of items included only and do not reflect quantities included per box

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Term Dates for Academic Year 2020-2021

- Term 4** Mon 22nd February - Thurs 1st April
- Term 5** Mon 19th April – Fri 28th May (*INSET day Friday 28th May*)
- Term 6** Mon 7th June- Wed 21st July (*INSET day Friday 9th July*)

There is no Toastie Club on the last day of any term EXCEPT 1st April

Term Dates for Academic Year 2021-2022

- Term 1** Weds 1st September -Fri 22nd October (*INSET day Weds 1st Sept*)
- Term 2** Mon 1st November—Friday 17th December
- Term 3** Tues 4th January—Friday 11th February (*INSET day Tues 4th Jan*)
- Term 4** Mon 21st February - Friday 1st April (*INSET day Mon 21st Feb*)
- Term 5** Tues 19th April – Fri 27th May (*INSET day Friday 27th May*)
- Term 6** Mon 6th June—Fri 22nd July (*INSET day Friday 8th July*)

There is no Toastie Club on the last day of any term

INSET days are for teacher training, and the school will be closed to pupils

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Would you like to Share a Smile?

I wanted to get my children creative and share their amazing smiles with someone special. So I had an idea to create the 'Share a Smile' box.



Each box is £4 and this is how the children can complete their box -

1. Make a hanging decoration (wooden disk, tread and beads inc)
2. Make a positivity badge (badge and fabric pieces inc)
3. Make a beautiful card (card and paper inc)
4. Decorate the box (small cardboard box, tissue paper and wrapping string inc)
5. Give or post the box to someone special and make them smile! (boxes fit through the letterbox so can be posted as a 'large letter' using standard Royal Mail stamps)

All profits go to Lenham Primary School PTFA

The COVID bit... All packs will be delivered in a sealed plastic bag and all contents of boxes will be left inside these bags for a minimum of 72 hours prior to delivery.



If you wish to get involved please follow this link - <https://paypal.me/pools/c/BxdvRsb2yr>

You are very welcome to purchase more than one pack, please read the instructions via the above link. Remember to include your child's name and delivery address on your payment (if you live outside of Lenham and Harrietsham orders will be delivered via the school).

Photos above & below show boxes completed by Years R & 2



Thank you so much, Emma Chittock

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TOASTIE CLUB



We are hoping to return to 'normal' with Toastie Club after Easter. We are aiming for a 6pm finish, and to be able to provide food, now that deliveries are more regular. The cost will be £7.25 per child per session.

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Club 7:45am Fees payable £3.85	Breakfast Club 7:45am Fees payable £3.85	Breakfast Club 7:45am Fees payable £3.85	Breakfast Club 7:45am Fees payable £3.85	Breakfast Club 7:45am Fees payable £3.85
Sports Hall Athletics Yrs 5 & 6 Mr Holliday 3:15-4:30 No fees payable 8th March—29th March	Sports Taster Yrs 1 & 2 Mr Holliday 3:15-4:30 Fees payable £6 term 9th March-27th April	Racket Club Yrs 5 & 6 Mr Holliday 3:15-4:30 Fees payable £6 term 10th March-28th April		
Toastie club 3:15-5:30 Fees payable £5.75	Toastie Club 3:15-5:30 Fees payable £5.75	Toastie club 3:15-5:30 Fees payable £5.75	Toastie club 3:15-5:30 Fees payable £5.75	Toastie club 3:15-5:30 Fees payable £5.75

Unfortunately we are unable to offer a refund if your child does not attend a session as we would have already arranged staff cover (unless the cancellation is made in writing by 9am Friday of the preceding week). Fees need to be paid in advance by Parent Pay or Pay Point. **No Toastie Club last day of term EXCEPT this term, where Toastie Club will run on 1st April.**

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WEEKLY MENU



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Quorn Bolognese Twists ^{1,4,7,9} Sweet Potato & Chick Pea Curry & Rice ^{7,9} Jacket Potatoes with a Choice of Toppings ^{2,8,9} Green Beans Sliced Carrots Chocolate Mousse ⁷ Mr Nourish Biscuit ¹ Fruit Pots	Sweet & Sour Chicken Cheese & Tomato Wrap Stack ^{1,7,9} Jacket Potatoes with a Choice of Toppings ^{2,8,9} Rice Seasonal Vegetables Toffee Apple Pudding ^{1,9} & Custard ⁷ Mr Nourish Biscuit ¹ Fruit Pots	Roast Gammon & Gravy Vegan Sausage Roll ^{1,9} Jacket Potatoes with a Choice of Toppings ^{2,8,9} Rustic Roast Potatoes Diced Carrots, Cabbage Strawberry Cheesecake ^{1,2,9,15} Mr Nourish Biscuit ¹ Fruit Pots, Yoghurt ⁷	Cottage Pie ⁷ Tomato Pasta Bake ^{1,7,9} Jacket Potatoes with a Choice of Toppings ^{2,8,9} Sweetcorn Broccoli Fruit Loaf ^{1,2,9} Fruit Pots Yoghurt ⁷	Fish Fingers ^{1,8} Baked Bean Burger in a Bun ^{1,5,7,9} Jacket Potatoes with a Choice of Toppings ^{2,8,9} Chips, Baked Beans Peas, Coleslaw ⁹ Banana Bar ^{1,15} Fruit Pots Yoghurt ⁷
WEEK 2	Margherita Pizza ^{1,2,9,11} Chick Pea Biryani ⁹ Jacket Potatoes with a Choice of Toppings ^{2,8,9} Jacket Wedges, Sweetcorn Peppers Peach Crumble ¹ & Custard ⁷ Mr Nourish Biscuit ¹ Fruit Pots	Barbeque Pork Tomato Bows ^{1,9} Jacket Potatoes with a Choice of Toppings ^{2,8,9} Rice, Cauliflower Peas Ice Cream ⁷ Mr Nourish Biscuit ¹ Fruit Pots	Roast Turkey & Gravy Caribbean Pastie ^{1,9} Jacket Potatoes with a Choice of Toppings ^{2,8,9} Mashed Potatoes, Broccoli Diced Carrots Chocolate Brownie ^{1,9} Mr Nourish Biscuit ¹ Fruit Pots, Yoghurt ⁷	Penne Bolognese ¹ Cauliflower & Potato Cheese ^{1,7,9} Jacket Potatoes with a Choice of Toppings ^{2,8,9} Seasonal Vegetables Orange, Apple & Watermelon Pots Yoghurt ⁷	Chicken Bites ^{1,7} Cheese & Spinach Pinwheel ^{1,7,9} Jacket Potatoes with a Choice of Toppings ^{2,8,9} Chips, Baked Beans Peas, Carrot Sticks Caramel Cookie ^{1,7} Fruit Pots Yoghurt ⁷
WEEK 3	Shepherdess Pie ^{1,7} Vegetable Nuggets ^{1,9} Jacket Potatoes with a Choice of Toppings ^{2,8,9} Baked Wedges, Sweetcorn Peppers Sultana Cake ^{1,9} & Custard ⁷ Mr Nourish Biscuit ¹ Fruit Pots	Chicken Pie ¹ Cheesy Fusilli ^{1,7,9} Jacket Potatoes with a Choice of Toppings ^{2,8,9} New Potatoes Seasonal Vegetables Mandarins & Ice Cream ⁷ Mr Nourish Biscuit ¹ Fruit Pots	Roast Pork & Gravy Roast Pepper Tart ^{1,2,9,11} Jacket Potatoes with a Choice of Toppings ^{2,8,9} Rustic Roast Potatoes Broccoli, Diced Carrots Fruit Jelly Mr Nourish Biscuit ¹ Fruit Pots, Yoghurt ⁷	Beef & Potato Curry Tomato & Herb Twists ^{1,9} Jacket Potatoes with a Choice of Toppings ^{2,8,9} Rice, Sliced Carrots Green Beans Chocolate & Banana Whirl Bun ^{1,2,9} Fruit Pots Yoghurt ⁷	Fish Fingers ^{1,8} Bruschetta ^{1,2,7,9} Jacket Potatoes with a Choice of Toppings ^{2,8,9} Chips, Baked Beans Peas, Grated Carrot Crispy Cake ^{2,8} Fruit Pots Yoghurt ⁷
WEEK 4	Macaroni Cheese ^{1,7,9} Rice & Bean Burrito ^{1,9} Jacket Potatoes with a Choice of Toppings ^{2,8,9} Baked Wedges, Green Beans Sliced Carrots Chocolate Sponge ^{1,9} & Chocolate Sauce ⁷ Mr Nourish Biscuit ¹ Fruit Pots	Sausages with Gravy ^{1,9} Quorn Sausage ^{1,2,9,11} Jacket Potatoes with a Choice of Toppings ^{2,8,9} Mashed Potato, Cabbage Baked Beans Yoghurt & Granola ^{1,2,15} Mr Nourish Biscuit ¹ Fruit Pots	Roast Chicken & Gravy BBQ Pulled Jackfruit in a Bun ^{1,5,7,9} Jacket Potatoes with a Choice of Toppings ^{2,8,9} Rustic Roast Potatoes Seasonal Vegetables Lemon Drizzle Cake ^{1,9} Mr Nourish Biscuit ¹ Fruit Pots, Yoghurt ⁷	Mild Mexican Mince ⁴ Cheese & Broccoli Twists ^{1,7,9} Jacket Potatoes with a Choice of Toppings ^{2,8,9} Rice Cauliflower Carrots Honeydew Melon, Apple & Orange Pots Yoghurt ⁷	Salmon Fish Cake ^{1,8} Margherita Pizza ^{1,2,9,11} Jacket Potatoes with a Choice of Toppings ^{2,8,9} Chips, Baked Beans Peas, Coleslaw ⁷ Fruity Flapjack ^{1,15} Fruit Pots Yoghurt ⁷

Dishes marked with any of the following numbers contain the matching allergen:

- 1 Wheat Gluten 2 Crustaceans 3 Soybean 4 Mustard 5 Sesame 6 Sulphites/Sulphur Dioxide 7 Milk 8 Fish 9 Egg 10 Peanuts 11 Molluscs 12 Celeriac/Celery 13 Nuts 14 Lupins 15 Oat Gluten 16 Barley Gluten

Key:
Vg Vegan
V Vegetarian

Available Daily: Selection of Salads 9, Homemade Bread 1, 3, 7, 9.
Some of our schools may use pre-prepped potatoes or vegetables on occasions. These may contain sulphites and celeriac. Please discuss with your manager.

REMEMBER...
Reception, Year 1 and 2 are entitled to free school meals. This includes independent schools.

