



HALTON LODGE PRIMARY SCHOOL

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NEWSLETTER

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Winning House

The winning house this week is **Bridge**.

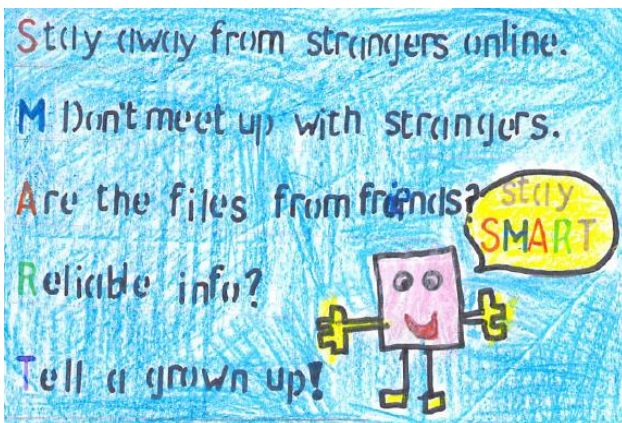
This means that all the children who are in Bridge are invited to come into school on Monday, dressed in clothes of their choice - but sporting something that is red - to celebrate their success.

Internet Safety Day – Design a wallpaper competition winner



Thank you to everybody who entered the design a wallpaper competition, set by Miss Whiting, for Internet Safety Day.

The winning design has been chosen and it will be Duncan Bleasdale's entry – which includes lots of key messages – that will be used as the screensaver on all of the PCs in the computer suite (to remind children of how to stay safe online both in school and at home).



Our E-Safety display in the main corridor has also been refreshed, to include the winning mascot designs from each class which will remind the children about how to stay Internet Smart, Internet Alert, Internet Strong, Internet Kind and Internet Brave.

By walking past and seeing this display almost every day that the children are in school, it is hoped that all of the things the children learnt on this day – and which are regularly revisiting during PSHE and Computing lessons, will stay at the forefront of our pupils' minds, whenever they are online.

Reminder: Class 4 will be holding their Class Assembly at 9:10am on Friday, 9th March (next week).

All parents and other family members of the children in Year 4 are most welcome to come along to watch the assembly, and find out what the children in Mrs Birchall's class have been learning about in school.

Year 5 Crucial Crew Visit

On Wednesday, the children in Year 5 went to Halton Stadium to take part in a series of Crucial Crew workshops.

During the morning, the children took part in a variety of activities, which focused on keeping themselves and others safe. Two key sessions were the first aid session and the fire safety talk - where they learnt the lifesaving skill of how to put someone into the recovery position and how to carry out the 'stop, drop and roll' procedure.

The children thoroughly enjoyed the day and represented the school brilliantly.



The Importance of Reading

Since the start of the year (in September), we have had a strong focus on reading in school – and every class has been thinking about ways to encourage the children to read more at home.

This work is an extension to all the work that we did last year, with the opening of the new school library – which has firmly 'Put Reading At The Heart Of Our School' – and the visits of various children's authors, storytellers and theatre companies.

Thank you to everybody who came along and bought a book from the Scholastic Book Fair over the last week. All of the books that you purchased have resulted in the school receiving just over £200 – which will be invested in new books for the children to enjoy reading in school and at home.

This week we also celebrated World Book Day and developing a love of reading in our children is one of the key steps that will help to ensure that they are successful both in school and later life as:

All children start learning words before their first birthday.

By their second birthday, the majority of children are learning words at a rate of one new word every two hours.

The number of words a child knows by the age of 25 months is a strong indicator of their academic performance at the age of 8.

By the time they start school, the average child knows and is familiar with over 10,000 words.

However, some know less than 3000 words – and it is unlikely that this gap will ever be bridged.



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The richest source of vocabulary development is through reading and, from the age of 7, almost all new words learnt are through reading.

The number of words a child knows by the age of 7, is a strong indicator of how well they will achieve in their GCSEs (at the age of 16).

Poor vocabulary is the primary cause of academic failure.

We know that every parent and carer of the children at our school want the very best for their children. Therefore, in addition to reminding you of the importance of listening to your child read every night, sharing books with them and talking about what is happening in these books and stories, we have also chosen to reprint an article that has been circulating in the local media this week – which will certainly make a lot of us stop, think and re-evaluate what we encourage our children to do (and the things we need to discourage and prevent them from doing):

Silent Tragedy: Every Parent Who Cares About The Future Of His/Her Child Should Read This!



Victoria Prooday is an outspoken advocate of children and hands-on parenting.

There is a silent tragedy developing right now, in our homes, with our children. Through my work with hundreds of children and families as an occupational therapist, I have witnessed this tragedy unfolding right in front of my eyes.

Talk to teachers and professionals who have been working in the field for the last 15 years. You will hear concerns on kids' mental health similar to mine. Moreover, in the past 15 years, researchers have been releasing alarming statistics on a sharp and steady increase in kids' mental illness, which is now reaching epidemic proportions:

1 in 5 children has mental health problems

43% increase in ADHD

37% increase in teen depression

200% increase in suicide rate in kids 10-14 years old

How Much More Evidence Do We Need Before We Wake Up?

No, "increased diagnostics alone" is not the answer!

No, "they all are just born like this" is not the answer!

No, "it is all the school system's fault" is not the answer!

Yes, as painful as it can be to admit, in many (not all) cases, WE, parents, are the answer to many of our kids' struggles!

It is scientifically proven that the brain has the capacity to rewire itself through the environment. Unfortunately, with the environment and parenting styles that we are providing to our children, we are rewiring their brains in the wrong direction and contributing to their challenges in everyday life.

Yes, there are and always have been children who are born with disabilities and despite their parents' best efforts to provide them with a well-balanced environment and parenting, their children continue to struggle. These are NOT the children I am talking about here.

I am talking about many others whose challenges are greatly shaped by the environmental factors that parents, with their greatest intentions, provide to their children. As I have seen in my practice, the moment parents change their perspective on parenting, many of these children change.

What is Wrong With Our Children?

Today's children are being deprived of the fundamentals of a healthy childhood, such as:

- Emotionally available parents*
- Clearly defined limits and guidance*
- Responsibilities*
- Balanced nutrition and adequate sleep*
- Movement and outdoors*
- Creative play, social interaction, opportunities for unstructured times and boredom*

Instead, children are being raised by:

- Digitally distracted parents*
- Indulgent parents who let kids "rule the world"*
- Sense of entitlement rather than responsibility*
- Inadequate sleep and unbalanced nutrition*
- Sedentary indoor lifestyle*
- Endless stimulation, technological babysitters, instant gratification, and absence of dull moments*

Could anyone imagine that it is possible to raise a healthy generation in such an unhealthy environment? Of course not! There are no shortcuts to parenting, and we can't trick human nature. As we see, the outcomes are devastating. Our children pay for the loss of well-balanced childhood with their emotional well-being.

How to Fix It?

If we want our children to grow into happy and healthy individuals, we have to wake up and go back to the basics. It is still possible! I know this because hundreds of my clients see positive changes in their kids' emotional state within weeks (and in some cases, even days) of implementing these recommendations:

Set limits and remember that you are your child's PARENT at this time, not a friend.



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Offer kids well-balanced lifestyle filled with what kids NEED, not just what they WANT. Don't be afraid to say "No!" to your kids if what they want is not what they need.

Provide nutritious food and limit snacks. Avoid toxic foods.

Spend one hour a day in green space: biking, hiking, fishing, watching birds/insects.

Have a daily technology-free family dinner.

Play one board game a day.

Allow for unstructured play.

Involve your child in one or more chores a day (folding laundry, tidying up toys, hanging clothes, unpacking groceries, setting the table etc).

Implement consistent sleep routine to ensure that your child gets lots of sleep in a technology-free bedroom.

Teach responsibility and independence. Don't over-protect them from small failures. It trains them the skills needed to overcome greater life's challenges.

Don't pack your child's backpack, don't carry their backpack, don't bring to school their forgotten lunch box/agenda, and don't peel a banana for a 5-year-old child. Teach them the skills rather than do it for them.

Teach delayed gratification and provide opportunities for "boredom" as boredom is the time when creativity awakens:

Don't feel responsible for being your child's entertainment crew.

Do not use technology as a cure for boredom.

Avoid using technology during meals, in cars, restaurants, malls. Use these moments as opportunities to train their brains to function under "boredom".

Help them create a "boredom first aid kit" with activity ideas for "I am bored" times.

Be emotionally available to connect with kids and teach them self-regulation and social skills:

Turn off your phones until kids are in bed to avoid digital distraction.

Become your child's emotional coach. Teach them to recognize and deal with frustration and anger.

Teach greeting, taking turns, sharing, empathy, table manners, conversation skills,

Connect emotionally – Smile, hug, kiss, tickle, read, dance, jump, or crawl with your child.

We must make changes in our kids' lives before this entire generation of children will be medicated! It is not too late yet, but soon it will be...

Friends Of Halton Lodge (FOHL)



There will be a meeting for any parents, grandparents and family members who wish to support any of the FOHLs planned activities for this academic year – at 1:30pm on Friday, 9th March. The aim of this meeting will be to finalise the calendar of events for the remainder of this school year.

If you have any ideas you wish to share, please come along.

Please note: There will be no Family Assembly next week.

All Stars Cricket at Runcorn Cricket Club

This programme is open to all children aged 5–8 years and costs just £40 (which includes 8 coaching sessions and a personalised kit – containing a bat, ball, bag and t-shirt).

Places will very quickly be taken up so, if you are interested, please register your child as soon as possible.

ALL STARS
cricket

Big Moments

All Stars Cricket gives children the chance to play, learn great skills and meet new friends!

Runcorn CC
Runcorn Sports Club, Runcorn, WA74SD
6:00pm - 7:00pm, Mondays (May 14th - July 2nd)
Contact: michael.judge@yahoo.co.uk
Register at allstarscricket.co.uk

Includes Personalised Kit!

BUGSY MALONE

Due to delays to rehearsals, Bugsy Malone will NOT be taking place on Thursday 15th March (as originally planned). A new date will be set and sent out to all parents in due course.



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