

NEWSLETTER Thursday 14th March 2024

Dear Parents,

Our busy weeks mean the term seems to be flying by for all of us at school! I can hardly believe we are already heading towards Easter! Please read on for our latest news.

LANDSCOVE LEARNERS

Class One have really enjoyed learning all about 3D shapes during the last week.



For **Class 2's** DT learning this term, their aim is to 'Make a Moving Monster' which is all about mechanisms. Last week, the children learnt about pivots and linkages. They looked at examples of moving objects like toys. A lot of fun and fiddly fingers were noted when the children practiced making linkages and pivots using split pins to make pieces of card move. We can't wait to see how this project turns out!



Class Three thoroughly enjoyed their trip to Exeter Mosque last week. They learned about the features of the mosque, the five pillars of Islam and importance of the Quran. The children were fascinated to learn about Ramadan. Some children were surprised that Muslims do not even drink water when fasting during Ramadan. Others were shocked that the Imam had memorised the entire Quran in Arabic by the age of 11! The children had lots of interesting questions and thoughts to share!



Class Four had a wonderful (but very cold!) day at Forest School on Friday. They completed a blindfolded obstacle course, den building, whittling, forest games and made 'smores' around the camp fire! A fabulous team building and problem-solving day.



WORLD BOOK DAY

We all had a fantastic day celebrating World Book Day, it was lovely to see all your wonderful costumes and hear about your favourite books! We all loved Mr A's Professor Lupin costume!!

This year Landscope held a book swap, where children brought in a book and exchanged it for one they haven't read before! Everyone was very excited to see all the book choices and choose their new read. We also did a 'STOP, DROP AND READ' where children were free to mingle in the different classes and read their new books! Great Reading Landscope!



ETHOS & VALUES

We hope you enjoyed our Mothering Friday service and all had a wonderful weekend!



Welcoming Springtime Community Walk

*Saturday 23rd March 10am
from Landscope Village Hall*

*A gentle 1-2 mile walk followed by
Tea, Coffee and cake.
(Refreshments to purchase)*

*All ages welcome, kids accompanied by adults.
Suitable Footwear.
Well behaved dogs on leads*

COMMUNITY:

Thank you so much to everyone who came and supported Song Machine at the Landscope Breakfast Market on Saturday 2nd. All your lovely children were amazing as usual, and they had a fabulous time singing their hearts out!

Miss Capaldi has added a few more videos to the Song Machine website page if you missed it. You can also find the dates of any upcoming performances, and all the songs they're currently learning so our song machiners can practice at home!



SAFEGUARDING & ATTENDANCE

Attendance: (Our school target is 97%)	
Whole school	93.5%
Class 1	94.7%
Class 2	95.1%
Class 3	91.4%
Class 4	93.9%
Well done to Class 4!	

If you are concerned about a child's wellbeing, please contact the school or in non-school hours contact MASH on 0345 155 1071.

Our designated safeguarding officer is Mrs. Ryder and the deputy safeguarding officer is Mr. Ansermoz

This week's free online safety guide focuses on supporting children's mental health: 10 conversation starters for parents. Talking about mental health to children is sometimes hard. The guide takes a look at a number of tips such as talking about mental health naturally, being open and honest and asking twice.

Please follow the link below.

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

SUPPORTING CHILDREN'S MENTAL HEALTH

10 Conversation Starters for Parents

Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects that we perceive our child is too young or not ready for. But rather than keeping children in the dark, this guide is designed to help you confidently talk about mental health, so they feel comfortable talking about their own worries and end any stigma before it begins.

NOS National Online Safety
#WakeUpWednesday

- 1 LISTEN**
This sounds obvious, but it is not something we are always great at. Active listening is where we listen without interrupting or making judgements and shows interest in what is being said. If your child feels listened to in the 'smallest of problems' they will become confident that you will listen when the 'biggest of problems' arise.
- 2 ASK TWICE**
The campaign from Time to Change is great. <https://www.time-to-change.org.uk/support-ask-twice-campaign>. Be tentative about your child's wellbeing. Children instinctively know when your questions and support come from a place of wanting to help and care.
- 3 THERE IS NO SUCH THING AS A STUPID QUESTION**
This advice also relates to the first point. If your child can ask you any questions about the smallest of things and you listen and answer without shaming or belittling, then they will have more confidence to ask the biggest of questions.
- 4 BE OPEN AND HONEST**
Children appreciate honesty, particularly if you are having to share information or talk about a difficult subject. For example, you may be talking about death or loss: 'It's very sad that Nana has died' or 'I feel sad that Nana has died'. How you talk about a subject will differ depending on their age and developmental maturity. Talking about death to a younger child for example will be different to that of an older teen, as their experience and understanding of death is different.
- 5 KNOW WHEN TO SEEK HELP**
Assess the severity of the mental health difficulty you are noticing. Is the difficulty making it hard for your child to function regularly throughout everyday life? How frequently is your child affected, how long does it last and how persistent is it? Are they having problems controlling the difficulty? Talk to your child about your concerns and that it is likely they will need further support beyond family and friends.
- 6 TALK ABOUT MENTAL HEALTH NATURALLY**
Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised. If the usual 'are you ok?' is not creating an opportunity for dialogue then say something like 'I know when something like that has happened to me I felt like this... is that how you are feeling or are you feeling something else?'
- 7 EMPATHISE**
'It makes sense that you would feel this way, it is understandable'. Children often worry about things that we, as adults, might see as trivial or silly. However, for them at their age and stage it is a big concern and they need our kindness and care when they show their vulnerability and share their worries.
- 8 HELP YOUR CHILD FEEL SAFE**
Teens particularly feel that by talking about their worries or concerns that this will make things worse. Reassure your child that you will discuss a plan of action together and what may or may not need to happen next. If they are a younger child, it is likely you will need to lead the conversation and explain next steps.
- 9 MIND YOUR LANGUAGE**
Be mindful of the language you use at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language which is harmful. Using the word 'mental', 'man-up' or other such words in a derogatory way won't encourage your child to talk about their mental health for fear of being belittled.
- 10 IT IS OK TO SAY 'I DON'T KNOW WHAT TO DO NEXT'**
Adults do not have all the answers but often children think they do. It is ok to acknowledge that what your child is experiencing is not something you have come across before or know anything about, but that you will work it out together and seek help together.

Meet our expert
This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.

Sources of Information and Support
Your GP
Young Minds <https://youngminds.org.uk/v>
<https://www.nhs.uk/conditions/stress-anxiety-depression/>
<https://www.actionforchildren.org.uk/news-and-blogs/parenting-tips/2016/november/a-simple-guide-to-active-listening-for-parents/>
<https://www.themix.org.uk/mental-health>

www.nationalonlinesafety.com Twitter - @natonlinesafety Facebook - /NationalOnlineSafety
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<https://nationalcollege.com/guides/supporting-children-s-mental-health-10-conversation-starters-for-parents-online-safety-guide>

RECORDER LESSONS – we have some spaces available if you are interested.

Recorder is a great instrument to start on as it's easy to blow and fairly quick to begin recognisable tunes. With careful tuition a sweet sound can be made, and your child will be well on the way to progressing through the grades to high achievement playing if they wish. If you would like your son or daughter to take up recorder (minimum age 6), please contact me to discuss: - Hesther Somerville ALCM, CTABRSM

Tel: 01803-762 703 / 0777-950 0905 Email: info@hesthersomerville.co.uk



DATES FOR YOUR DIARY

19th March	Class 4 class assembly for parents 3pm school hall
22nd March	Class 2 Forest School day
25th March	Y5/6 Hockey tournament
26th March	Easter in a day & Easter collective with Rev Gina
27th March	World Piano Day concert 3pm – school hall – parents invited
28th March	Class 3 Forest School Day
28th March	Break up – 3.30pm finish

That's all the news for now. Have a good weekend.

Jill Ryder.