Curious Responsible Active Respect Creative Brave

Lower Park News 11th October 2024

Contents:
Winning House

Commendation Awards

Reception

KS1

LKS2

UKS2

PTA

Diary Dates

Community noticeboard

The winning house this week is Red House who may wear their own clothes to school on Monday.

Commendation Awards



Reception

Linked with our English text 'The Whale Who Wanted More,' we have been exploring our feelings and emotions in Reception this week. We have discussed what makes us happy and sad and created faces to show a range of emotions.







KS1

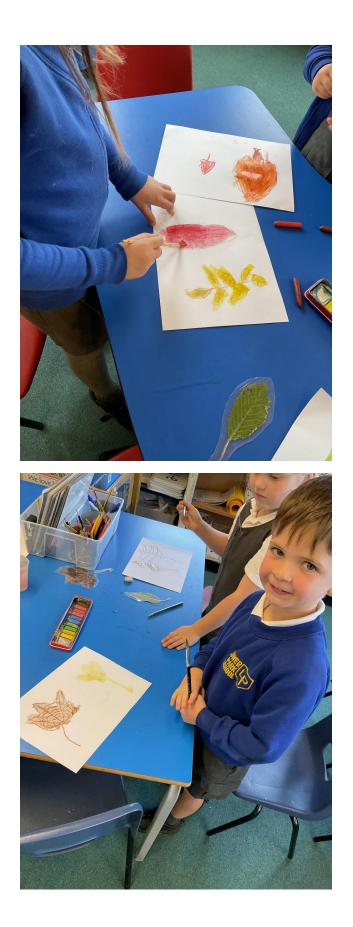
KS1 loved the trip to St George's Church on Tuesday morning to celebrate Harvest. We enjoyed handing our donations in, listening to Bible stories and singing our lovely hymns that we have been practising. We have also been busy in Art this week. We created some Autumnal leaves using wax crayons and watercolours. Have a look at our fantastic creations!













LKS2

As part of Black History Month, in English the children have been continuing to learn about the Windrush Generation and specifically looking at the life of Floella Benjamin. We have learnt about her youth in Trinidad before she came to England with her family. We have looked at the difficulties she and many other faced when they came to England including racism, and how she overcame this to become a presenter on Play School before receiving a Damehood from the Queen. The children have been planning and writing a series of letters to family members as if they were Floella, explaining what life is like in their much colder and wetter new home of England and what they miss about their beloved Trinidad.

Monday 71th October
Porromph2
Prepositions
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Please White to me again Soon.
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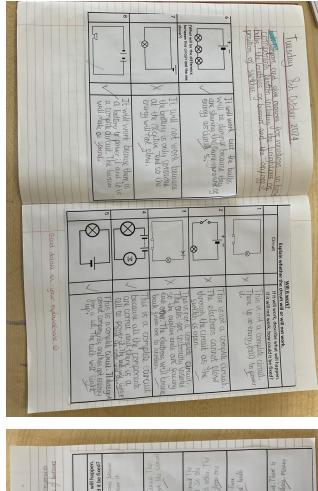


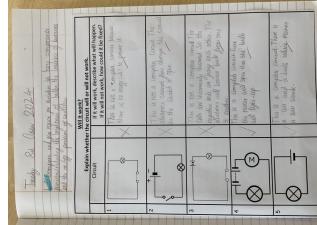
UKS2

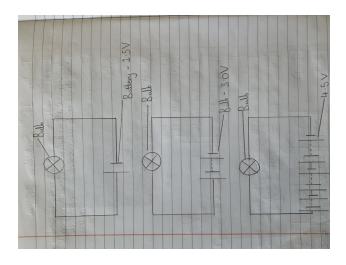
In Science this week, we've been continuing our work on electricity, focusing on understanding circuits. The children have been investigating different reasons why circuits might not work, and it's been wonderful to see their curiosity and problem-solving skills in action.

In Maths, the children have been hard at work on arithmetic in school and at home (Maths Bot). Many children have shown great determination and improvement, so a big thank you for your support in encouraging their hard work at home. If you are still unsure how it works, then please get in touch and we will be happy to help.

As always, we are very proud of their efforts in school.









Bike Shelter Complete!

As those of you whose children come to school on two wheels will know, the bike shelter has been completed with the addition of a new path to prevent muddy feet.

It has been a true Community Project for which we thank the 'Poynton Men in Sheds'!



Harvest

On Tuesday, the whole school walked to the church to celebrate Harvest Festival. We were warmly welcomed by the vicar and the children enjoyed singing songs they had practised and giving their donations. Well done to the guitarists who played Harvest Samba and to the Year 6 pupils who wrote and read prayers.

Thank you to all the parents and carers who supported with walking on the day and to everyone for the kind donations.





Rock Kidz Friday 18th October

Anti bullying workshops for the whole school delivered through music, please feel free to come to school dressed as a rock star!



Dear Parent/Carer,

I

Have you heard the news? Rock Kidz is officially coming to Lower Park on the Friday $18^{\rm th}$ October to deliver the most exciting rock 'n' roll workshop in the UK!

Throughout the school day we'll be transforming the whole school into Rock stars and inspiring them to be the best they can be. Our experienced team will be teaching one of our key messages such as self-esteem, anti-bullying, aspirations and inclusion through our unique Rock Kidz songs.

Merchandise: Wear the message, live the message!

We believe that it is more important than ever for young people to immerse themselves in positive experiences that leave a lasting effect on their wellbeing.

At the end of the workshop day our team will be outside conducting a **'Meet &** Greet' for the school community where there will be an opportunity to meet the team and purchase the **official Rock Kidz Merchandise** for your child. The merchandise features a positive message of the value we've covered in the workshop and aims to serve as an inspirational reminder of the Rock Kidz experience. All purchases can be made with **cash** or **card**. Here is what we will have on sale with prices:

T-Shirts - £12 Caps - £15 Hoodies - £20

Thank you in advance for your support of Rock Kidz. Your purchase helps us to continue our mission to inspire children nationwide.

If you'd like to learn more about our organisation and the work we do visit www.rockkidzonline.com/ontour

We look forward to seeing you soon!

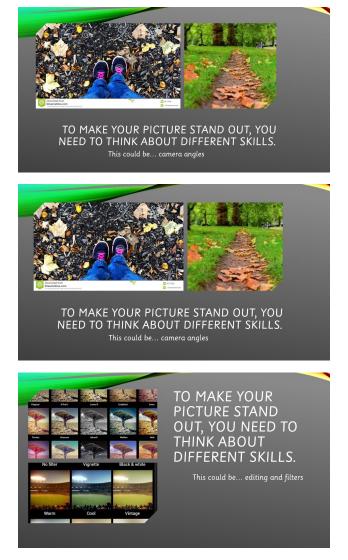
Kindest Regards,

Rock Kidz

Photography Competition







Please email any entries FAO Miss Cork to admin@lowerpark.cheshire.sch.uk by 3rd November.

Good luck!

Lost Property and 'New To You' uniform

Thank you for naming the items - we have seen a significant improvement in the Lost Property pile!

We have a rack of LP branded school uniform in the school hall and a small number of unnamed coats that will be put out on Parents' Evening. Please claim them and if not claimed, they will be recycled.

Parents Evening

A reminder that if children are attending Parents Evening with you they must stay with you at all times. The library will not be open. Thank you for your support.

PTA

Halloween clothes sale

Thank for all the donations we've received so far. Just a reminder that there's a box in reception for any unwanted or outgrown fancy dress clothes for our clothes sale in the playground on Thursday 17th October just in time to get the children ready for the disco on the 24th!

Disco

There's much excitement around school about the discos on Thursday 24th. Fancy dress is encouraged but please no hard plastic accessories such as pretend knives/axes etc!

Please pay for KS1 tickets at reception, the last day to purchase will be Monday 14th to allow us enough time to buy everything we need.

Night out

We'd love to see you at the Kingfisher next Thursday at 8pm if you can make it....great excuse for a night out, see old friends and make some new ones! Purely a social event, no press ganging involved!

Christmas fair

It seems incredibly early to start talking about the Christmas fair but it's just 7 weeks (30th November) away so we've started to make plans. We'll send out a list of collection days next week so you can get ahead of it! As ever we desperately need help, there are **currently 2 of us planning** so we need to be able to share out some of the jobs; these needn't be huge tasks that take hours upon hours, we just need to share the load. The Christmas fair is a huge event that takes more than 2 people to set up so if you can spare an hour or two in the run up please let us know in person, via the office or email <u>ptalowerpark@qmail.com</u>

Dates for the diary



Diary dates for Autumn 2024

Tuesday 15th October and Wednesday 16th October - Parents' evening

Thursday 17th - PTA Halloween clothes sale in the playground after school

Friday 18th October Rock Kidz – anti-bullying workshops children may come to school dressed as a rock star

Thursday 24th October - PTA Halloween Disco

Friday 25th October - School closes for Half Term

Thursday 7th November - PTA meeting 5.30pm

Monday 11th -22nd November – Swimming pool at school for two weeks

8th November - Sibling and individual photos

11th - 15th November - Anti-bullying Week

Saturday 30th November Christmas Fair

Thursday 5th December – Wreath Night

Friday 6th December - Freddie Fit

Monday 9th December - KS1 Pantomime - available to pay on School Money now

19th December – KS2 Pantomime - available to pay on School Money now, full details emailed Tuesday 24th September

Community noticeboard

Autism Central Sessions for *OUR* Parents & Carers - First session 8th October

Autism Central are going to be running sessions for parents and carers of pupils across the Trust schools. These will take place once each term and are open to all parents and carers with children who are at any stage on the autism pathway from early signs right through to significant traits and EHCP level support.

These sessions will take place:

- Marlborough Primary School Tuesday 8th October 1.45 pm 3 pm
- Upton Priory Primary School Thursday 23rd January 9 am 11.30 am
- Marlborough Primary School Thursday 24th April 1.45 pm 3 pm



Where? Marlborough Primary School – School Hall When? 1.45 pm – 3 pm on 8th October 2024

Parent/Carer Coffee Morning

As parents and carers of autistic children, young people, and adults, it can be hard to find help when you're trying to get the right support. Autism Central aims to make it easier to learn more about autism and services available to you. No diagnosis needed.

- ✓ Meet other parents
- Learn more about autism
- ✓ Ask any questions

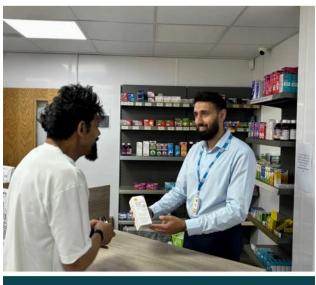
Further information about Autism Central, can be found by accessing the following website: www.autismcentral.org.uk/hubs/north-west-delivered-great-minds-together



Are you a family member or carer of an autistic child or adult?

Leaflet from NHS on self help for winter illness





Help for common winter illnesses

nwas.nhs.uk

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As the colder months approach, common ailments like sore throats, earaches, and rashes often follow.

When these issues arise, it can be challenging to know where to seek help, especially if it's not an emergency. This leaflet offers practical tips and advice on how to manage these minor health concerns on your own.

Sore throat

Sore throats are very common and usually, nothing to worry about. They normally get better by themselves within a week.

To help soothe a sore throat and shorten how long it lasts, you can:

- gargle warm, salty water (children should not try this)
- drink plenty of water
- eat cool or soft foods
- avoid smoking or smoky places
- suck ice cubes, ice lollies or hard sweets but do not give young children anything small and hard to suck because of the risk of choking
- try over-the-counter medicines like throat sprays or lozenges
- rest

Should your sore throat become worse, see your pharmacist or GP. But if you start to have trouble breathing or are unable to swallow, call 999 or go to A&E.



Earache

Earache and ear pain are common, particularly in young children. It can be painful but is not usually a sign of anything serious.

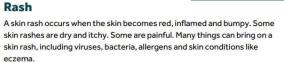
Do

- use painkillers, such as paracetamol or ibuprofen (some painkillers are not safe for everyone. Always check the leaflet or get medical advice before taking them)
- place a warm or cold flannel on the ear

Don't

- put anything inside your ear, such as cotton buds
- try to remove earwax
- let water get inside your ear





You might lower your chances of developing a skin rash if you:

- avoid known triggers, such as allergens and irritants
- don't share personal items or clothing with anyone who has a virus that causes a rash
- use mild, fragrance-free, hypoallergenic soaps, cleansers and moisturisers
- wash your hands immediately after coming into contact with a known allergen or irritant

Rashes in babies and children can also appear often, and they're normally nothing to worry about. But as a parent, you know if your child seems seriously unwell and should trust your judgment. If your child develops a rash along with other symptoms such as a stiff neck, high temperature, or difficulty breathing, call 999 or go to A&E.

Further help

Scan the QR code for an A-Z list of ailments.

If you have tried these self-help tips and still require medical advice, but it is not an emergency, please try one of the below:



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1. Pharmacy

Pharmacists are experts in medicines who can help you with minor health concerns. As qualified healthcare professionals, they can offer clinical advice and over-the-counter medicines for a range of minor illnesses, such as earache, colds, sore throats, rashes, turmy trouble and aches and pains. If you run out of prescription medicine and do not have a prescription, you can get an emergency supply from a pharmacy without a prescription. Take identification, an old prescription, or the medicine's packaging with you, if you have it.

2. NHS 111 online - 111.nhs.uk

Use the symptom checker, which can give you the right advice for your concerns. In some cases, 111 will be able to book an appointment for you at urgent treatment centres, GP surgeries or pharmacies. By using the online service, you'll answer the same questions as you would over the phone, but without the wait time. If you require help for a child below the age of five, always call 111.

3. GP appointment

GP practices are available to assist you, whether this is face-to-face, a telephone call, or a video consultation. Please contact your practice by telephone or online.

Need another format?

If you would like this information in an alternative language or format, such as easy-read or large print, please contact: communications@nwas.nhs.uk

nwas.nhs.uk





Foster carers turn children's lives around - come and foster with us

five-rivers.org

al office: Unit 28 Basepoint Busines: sidore Road, Bromsgrove, 860 3ET





Sleep Workshop

We aim to support you in understanding why your child may be struggling to sleep, possible causes of sleeping issues and importantly, what you can do to help your child and family to get better sleep.

Available to parents of children aged 8-16 who live within the old Borough of Macclesfield (including Wilmslow, Poynton and Knutsford)

All enquries to: parenting@justdropin.co.uk

Just Drop-In Youth Info & Advice Ltd Registered Charity No. 1081416 Registered Company No. 3884673 15 Brook Street, Macclesfield Cheshire, SK11 7AA Tel: 01625 665079 www.justdropin.co.uk

Sleep Workshop Parent Course - Macclesfield

For parents of children aged 8 - 16yrs old, living in the old Borough of Macclesfield.

> Thursday 17th October 6pm - 7:30pm at Poynton Civic Centre

For all enquiries or to book a place, email: parenting@justdropin.co.uk







£5 per ticket Poynton Legion Club SK12 1JY

Tickets are available from: Debbie @ The Hollies - debbie@hollies.org The Greener Grocer Hunnybuns











A not-for-profit, low-cost service for those in Poyntor who need a little help with their weekly shop. Please come along and find out more.

When?

We are open on the first and third Wednesday of each month between 1:30pm and 4:30pm.

Where?

Poynton Baptist Church, 22 Park Lane (side entrance)

Website:

Facebook/Instagram:

www.pbc.org.uk/food Poynton Community Larder food@pbc.org.uk

Email:



What is the Poynton Community Larder? We are a local service that supports those in our community who need a little extra help with their weekly shop. We also aim to reduce food waste.

Who provides this service? Pointon Baptist Church with the help of other people and organisations in the area -see 'our Helping Herces' on the back of this leaflet.

What do we provide?

We charge £4 per shop which entitles customers to select 15 different items including fruit, vegetables and fresh bread, subject to availability. Currently we do not offer chilled or frozen food. We provide nutritious food, and hygiene products at a reduced cost. We also provide a not-for-profit and dignified shopping experience.

How can you help? Volunteers

Volunteers are always welcome. Please get in touch with us if you think you might be interested in joining the team.

Donations of food

We need supplies of tioned and packaged food, and hygiene products. If you can help by donating, please drop off items at Poynton Baptist Church, or at Clay Coffee House which is open Wed-Sat from 8:30am-4:00pm.



5 FACE Are you looking for some new strategies for children aged between 5 and 12? **Facing Defiance** Six week course: 6 online Teach sessions (one hour on Sundays) plus applying the strategies at home during the week £72 (1 or 2 parents can attend) for more info and to book info@facefamilyadvice.co.uk

When and When and We are open on the first and third Wednesday of each month between 1:30pm and 4:30pm at Poynton Baptist Church.

Any family, single person or couple living in Poynton who are struggling to meet increase living costs. Members can self-refer and are not means-tested.





Would you like to improve communication with your teen?



Get professional support to improve mutual understanding and respect Two Part online course £60 Young people do not have to appear or speak on camera

Advanced Communication Skills certificate for teens on completion of the course

for more info and to book facefamilyadvice.co.uk