



## Harvest Festival



After our Harvest Festival, lead beautifully by our Year 1 children, all our pupils enjoyed loading their donations into bags and sending them off to our local food bank. We were pleased to receive the following email telling us how welcome these gifts were:

*On behalf of myself and the committee, we wish to wholeheartedly thank you once again for the school's generous donations following your Harvest Festival. Our stocks have been low over the summer months and service user numbers are still increasing, so it has been a huge help to start to restock our shelves.*

*Kay Thomas, Manager for Petersfield Food Bank*

Thank you for all the donations and well done Year 1!



If you, or a family you know, are struggling, please contact the Pact Food Bank in Petersfield ([pactfoodbank.org.uk](http://pactfoodbank.org.uk)). They can offer vouchers for the market, in addition to the longer-life food items they hold themselves, and staff are on hand to offer advice.





## After-school Clubs

At the end of the Summer Term, all classes were asked which clubs they would like to attend in the new school year. This year's plan was then drawn up to ensure a broad range of opportunities were available for all year groups with clubs matched to seasons and availability/passion of staff. This half term has seen over 100 children take part in quidditch, football, tag-rugby, skipping and recorder clubs. The new timetable for November until Christmas has already been sent out, so be sure to take a look and sign up; it's been great to see so many children trying something new!



'Quidditch is fun because it's a new game and we get to play with different children of different ages and abilities which makes each game fun.'



'I love skipping! I learnt it so fast!'

'Tag rugby is great because we get to run around and we learnt how to pass the ball.'

'It's so much fun to score goals!'

## Learning Targets & Reading

With the first half-term drawing to a close, you should now have noticed your child's targets being set and reviewed in their Reading Record. As highlighted during our September Meet the Teacher sessions, writing targets will be identified monthly on the non-negotiables booklets inside front covers. Teachers will also start to highlight once statements are embedded and appearing naturally in written pieces so you can see where your child is on their writing journey. In maths, targets have been identified in the same way but you may not see these highlighted until later in the year when children reflect their understanding through assessments.

Children should be continuing to read daily in all year groups with Key Stage 1 parents logging this for them and Key Stage 2 children reflecting on each book as they complete it with reference to a relevant Bloom's question. Early monitoring of the Reading Records shows some great habits being established for the year ahead; don't forget to have a go at the Autumn Reading Challenge too, these book scans can be logged in the same way.



## School Parliament Update

# School Council Eco council

The school council have been busy planning future events for the year ahead. They have discussed different charities, such as Children in Need, and are aiming to complete a 'Picture News' award by July. We are linking this to the 'protected characteristics' and are hoping to complete a school-wide project. The School Council have also adapted the child version of the 'Anti Bullying Policy' and shared this with their class; the updated version is available on the website now.

The Eco Councillors have all set up paper pledges with their class to reduce the amount of paper used in school.

They have also spoken to each of their classes about having a plastic free Friday, encouraging children who bring in pack lunch to bring in less or no single-use plastic that day in their lunch boxes.

## Junior Road Safety Officers (JRSO's)

The JRSOs have received their first online training this half term, looking at how to be safe around roads when walking and cycling. The JRSOs are planning an assembly next half term called 'Be Bright be Seen' as the evenings start to get darker, they will encourage and remind children to be safer around the roads.

## Staff Training: Yoga and Mindfulness

- Improves balance
- Improves motor skills
- Increases body awareness
- Develops strength and flexibility
- Improves focus and attention
- Improves self esteem
- Low cost and accessible
- Regulates big emotions
- Boosts mood
- Develops discipline and respect
- Decreases symptoms of anxiety
- Improves relationships
- Encourages connection
- Inspires imagination

At the beginning of October, we welcomed Natalia into our weekly staff meeting to share the benefits of yoga and different breathing techniques with children. She led us in various activities while ensuring we understood the theory behind their uses and benefits to the children. As a staff we have then begun to map where we would like to teach the various elements covered in order to support our children's physical development and self-regulation strategies. This ties into our School Development Plan for the year: developing our mental health



To calm

Starfish breathing

Buzzing bee / humming

Ocean breath / 4-7-8

Smell the flower, blow out the candle



To balance

Three part breath

Volcano breath

Intention breathing

Alternate nostril breathing



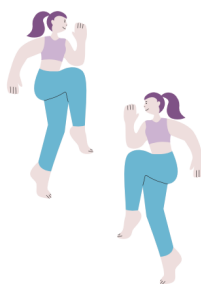
To energise

Bunny breath

Stretching / universe breath

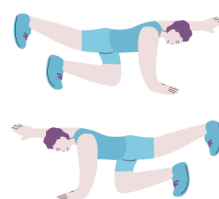
Warrior breath

Elephant / Woodchopper



### Cross Crawl Technique

- Strengthens neural pathways
- Builds physical coordination
- Stimulates cerebral activity
- Develops hand-eye coordination
- Stabilises the core and pelvis
- Mobilises the shoulders
- Reintegrates brain and nervous system
- Proprioception





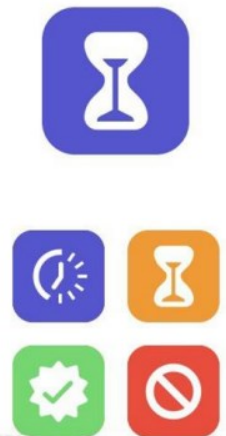
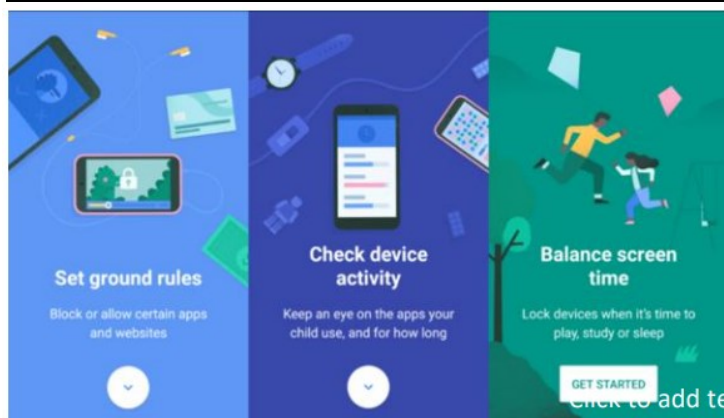


## Internet Safety - working together with TPS

### Tips & Support for Parents

1. No phones in bedrooms overnight - charge phones/devices outside of the bedroom
2. App age limits – most are age 13
3. Set up screen time limits - device free dinners, etc...
4. Turn on Wi-Fi filters at home/their devices (e.g. BT Parental Controls, etc...)
5. Model the kind of behaviour you'd like your children to emulate
6. Do not provide your child with a smartphone until Year 9 – cheap, basic phones can work well for Year 7 and Year 8
7. Think of a smartphone like junk food
8. Monitor phone usage, app downloads, chats, and text conversations

Center for Humane Technology - <https://www.humanetech.com/digital-wellbeing-covid>



### Google Family Link

<https://families.google.com/>

### Apple Screen Time

The above slides were shared as part of the recent Year 7 welcome meeting for parents at TPS. We hope you find them useful in supporting your child to manage their screen time and monitor what they are doing online. [Click here for advice from the NSPCC on setting up parental controls on your home network and portable devices.](#)



## Bedales Football Tournament



During the Bedales football tournament, Years 5 and 6 had to play many schools around Hampshire. We played 10 games and we won 8 of them! Both Langrish teams did very well, scoring over 20 goals in total. Some of our team even scored outside of the box long shots, including free kicks. We won some matches with high scores such as 6-2. We enjoyed our time in the tournament and everyone put in 100%.

Written by Georgia and Wiktor (Y6)



On Wednesday 10<sup>th</sup> October, our Year 3 and 4 football teams travelled to Bedales school for a friendly football tournament. Hoping to recreate the success of the older teams the week before, the players set out, full of enthusiasm and energy. Our first match, Langrish Blue vs Langrish Yellow, saw all of our players take to the pitch and have a good run around. Our goalkeepers deserve a particular mention as they saved three penalties throughout the tournament, awarded due to wandering hands from our team. Keeping our arms down will definitely be something we will be working on! Well done to all of our players who represented Langrish on this occasion.

## Year 3 visit the Mary Rose



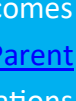
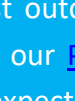
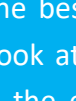
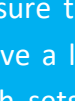
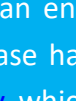
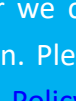
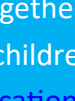
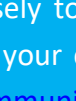
Year 3 enjoyed a fabulous trip to Portsmouth's Historic Dockyard to visit the Mary Rose museum in conclusion to our topic, "Why Did The Mary Rose Sink?" The trip was a great opportunity to be hands on with a large number of replica artefacts recovered from the wreck. It was fascinating to gain a greater understanding of what life was like for the crew. We also had a chance to view the recovered ship itself and really appreciate the scale of the construction. Staff at the museum regularly commented on how wonderfully behaved our children were and they did a great job of representing Langrish Primary School. Well done Year 3!





## Online Safety Presentation

### Children's Digital Playground (6-12)



#### What are your children doing online?

- Watch videos on YouTube or Tik Tok
- Play a range of online games from Roblox and Fortnite to Toca Boca mobile games
- Older children use apps such as Instagram to share their stories online and live-stream
- Some may also be using platforms like Twitch to watch others playing games.



Please click the image to access the parents' presentation from earlier this month. You will also find a useful document responding to common questions raised by parents during the session.

## Parent Communication Policy

Thank you for your support this term; by working closely together we can ensure the best outcomes for your children. Please have a look at our [Parent Communication Policy](#) which sets the expectations for response times and the best way to get in touch. Generally, catching the class teacher at the end of the day is the most efficient way of raising any queries, while emailing the school office to pass on information ensures messages don't get lost or forgotten. While you are welcome to email other questions, it takes time for staff to reflect and respond appropriately alongside their other responsibilities; this may mean a slower time frame than you might expect. Many thanks.

## Upcoming Diary Dates:

### Monday 23<sup>rd</sup> - Friday 27<sup>th</sup> October: HALF TERM

Friday 10 <sup>th</sup> November	Year 6 Remembrance Assembly	8.45 - 9.00am
Tuesday 14 <sup>th</sup> November	Years 1 - 6 Anti-bullying workshops by Perform	
Friday 8 <sup>th</sup> December	School Christmas Fayre—children only	1.15 - 2.45pm
Monday 11 <sup>th</sup> December	Christmas sing-a-long for all our families	2.30 - 3.00pm
Wednesday 13 <sup>th</sup> December	Infants Nativity to parents	9am & 2.15pm
Thursday 14 <sup>th</sup> December	Christmas Jumper/lunch Day & Christmas parties	
Friday 15 <sup>th</sup> December	Pantomime on site	1.45 - 3.00pm

### Monday 18<sup>th</sup> December - Wednesday 3<sup>rd</sup> January: CHRISTMAS HOLIDAYS

Thursday 4 <sup>th</sup> January	Spring Term begins - no music lessons today	8.25am
Wednesday 24 <sup>th</sup> January	Year 6 trip to Haslemere Museum	9.00am - 2.30pm
Thursday 25 <sup>th</sup> January	Petersfield Music Festival rehearsal (Y5/6 choir)	AM
Monday 5 <sup>th</sup> February	Take One Picture Week	
Thursday 8 <sup>h</sup> February	Years R, 1, 2 & 6 SCARF workshops	

### Monday 12<sup>th</sup> - Friday 16<sup>th</sup> February: HALF TERM



UNDERSTANDING YOUR CHILD  
SOLIHULL APPROACH



## WELCOME BACK TO SCHOOL

*EXCITED, NERVOUS, ANXIOUS?  
NOT SURE HOW THEY'RE FEELING?*

EMOTIONAL HEALTH CAN MAKE A BIG DIFFERENCE  
TO CHILDREN'S PROSPECTS IN SCHOOL AND BEYOND

In Hampshire, we believe in supporting children's emotional health development, and that's why we've invested in online courses in understanding your child for parents.

By understanding how your child's brain develops and responds emotionally, you can better support their needs as they navigate the big milestones in school.



- Learn to better read and understand behaviour
- Help them to communicate how they feel
- Gain psychologist-informed ideas to support your child



**GO TO [INOURPLACE.CO.UK](https://www.inourplace.co.uk)**

AND ENTER THE CODE FAMILY  
FOR FREE ACCESS TO THE ONLINE COURSES