



Well done Team Langirsh!

We were pleased to receive two letters from Damien Hinds (Minster for Education) this month, recognising the achievements of the entire community on attaining such great phonics and times tables results last summer. With 97% of our Year 1 cohort meeting the expected standard in the phonics check, we are in the top 3% of all primary schools nationally, while our Year 4 pupils scored an average of over 24 out of 25 in their tables to put us in the top 200 schools.

Thank you to all of our parents and carers for their support and enthusiasm. Developing young readers starts at home and most of us can't secure our tables unless we practise daily over breakfast, in the car, whilst doing the shopping.... Well done to everyone involved, especially the children, and keep up the great work!

Picture News Award: Silver

'Many thanks for your entry to this year's Picture Impact Awards 2023. We've now had the opportunity to read through your application and we are delighted to award you with the SILVER level award. We reached this decision as we felt that all your children, led by the school council team, have really broadened their understanding of different values, beliefs and cultures from around the world. We loved the children's comments on how it has impacted them, and we are excited that you have decided to continue with this every year. Well done for the impact you have made; you should feel very proud!'



Our application focussed on the Cultural Day held last term, where pupils' celebrated the varied cultures represented within their own class and the work of our School Parliament to plan this event. This was part of our drive to enhance our pupils' understanding of the Protected Characteristics.

Keeping Safe near the Railways

Thanks to Network Rail 's community safety team who came into school last week to deliver assemblies to Key Stage 1 & 2. They reminded the children about the hazards of the railways and how to keep themselves and their friends safe, messages that link perfectly to our current PHSE units on Keeping Safe. For more information and some fun activities, visit [Home - Switched On! \(switchedonrailsafety.co.uk\)](https://switchedonrailsafety.co.uk)





Thank You!

Thanks to your support, we raised an impressive £1177.26 at the Christmas Fayre last term, ensuring that the Year R calm area could be fully funded and installed. As you can see, our Squirrels love having a quiet place to snuggle up and relax or cool down and take some time out of their busy day.



‘He’s behind you!’



Thanks to previous fundraising efforts, the children enjoyed watching ‘A Christmas Carol’ on the last afternoon of term, when the hall was transformed into a theatre. Thanks to FOLs for this much anticipated annual tradition.

Message from Save the Children

Following on from your kind confirmation to join in with the Save the Children Christmas Jumper day collection, I am writing to say many, many thanks for participating and please pass our profound thanks to all the parents and children. Langrish School raised an amazing £170.20, for which we are extremely grateful.



Hampshire Plate Football

Not to be deterred by Storm Jocelyn, our boys' team braved the conditions to compete against Portsmouth Grammar School in a home match. Unfortunately we were unsuccessful on this occasion but, with strong leadership, teamwork and some super goal keeping, we managed to finish with a respectable 2-1 score line. Well done boys and thanks to the brave parents who came to cheer them on!



Boccia



Boccia is a Paralympic target sport which is played indoors. Competitors must throw, kick or send soft leather balls down a chute in order to gain position closest to the jack. At Langrish, the sport of Boccia has been part of our inclusive PE provision for a number of years and we were therefore keen to get involved with an event at another local school. Four of our Year 5 pupils put their tactics to the test during a visit to Hollywater School in Bordon where they enjoyed competing against some of their pupils.

Achievements Outside of School



Congratulations to Henry in Year 2 who travelled to Wolverhampton this month to join his team in playing in the Junior Premier League National Finals. They were awarded the JPL Southern Cup Winners Trophy - an impressive achievement indeed!



On the 21st January, I went to an international GTI Taekwondo competition and got gold in fighting. I feel that I did really well especially because, in the finals, I was losing by a large margin and I came back in the last moment with strong moves. There was only about 5 seconds left when I got the winning point!

Congratulations Tom, what resilience!



Year 4 visit to Winchester



Year 4 braved the cold weather to visit Winchester Cathedral as part of their history unit. They were looking for clues about the Anglo-Saxons. As luck would have it, this year they were also able to witness a short, monthly service of remembrance where names of the fallen from WWI and WWII are called, bugles play and prayers are said. Congratulations to Year 4 for their respectful attitude during the service, which was acknowledged by several members of the public. They certainly had an exciting day!

I really liked learning how the stone masons would mark their stones and that's how they worked out how much to get paid.

I liked being an archaeologist and finding lots of treasure using very gentle movements.

I enjoyed crawling up the 'pilgrim steps' to see St Swithun's monument - people used to do this as some thought their sins would be forgiven.

My favourite part was decorating the shields in vibrant patterns to help King Alfred.

Friendship Bench

A big thank you to <https://www.lazysusanfurniture.co.uk/>

a Southsea based company, for their donation of our new bench. The children are already enjoying the additional seating at the edge of the playground.





Year 6 visit to Haslemere Museum

Year 6 had a great time at Haslemere Museum this week learning all about mummies! Our workshop was packed full of fascinating facts from what makes an Ancient Egyptian to how you can tell whether a mummy was a pharaoh. We role-played the embalming process, visited the museum's own mummy and put our detective skills to the test to learn more about who he was by analysing his x-rays and decoding his name in hieroglyphics. In the afternoon, we had fun mummifying our toys.



Cross Country Success!



A firm favourite for many in the sporting calendar, the annual cross country competition at Perins School took place earlier this month. We were delighted with the enthusiasm and perseverance shown by our twenty competitors, many of whom finished in the top 10 for their races. Special congratulations to the six older runners qualifying for the Hampshire finals later in the term.



Spring Term Diary Dates:

Monday 5th - Friday 9th Feb

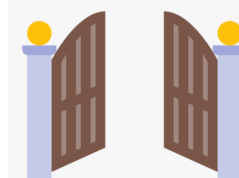
Take One Picture Week

Monday 12th - Friday 16th February: HALF TERM

Wednesday 11 th February	Year 1 weekly Forest School starts (3 sessions)	PM
Thursday 22 nd February	Year 6 weekly swimming starts (5 sessions)	9.00 - 10.30am
Wednesday 28 th February	Year 5 & 6 theatre trip	1.00 - 4.30pm
Tuesday 5 th March	Y5/6 choir to Petersfield Music Festival rehearsal	1.15 - 4.20pm
Friday 8 th March	Year 4 Class Assembly	8.45 - 9.00am
Wednesday 13 th March	Year 2 weekly Forest School starts (3 sessions)	PM
Monday 18 th March	Y5/6 choir to Petersfield Music Festival rehearsal	8.45am - 1.00pm
	Petersfield Music Festival	7.00 - 8.00pm
Wednesday 20 th March	Petersfield Music Festival	7.00 - 8.00pm
Thursday 21 st March	Year 2 Class Assembly	8.45 - 9.00am
Tuesday 26 th March	Year 4 Multiplication Check parent meeting	3.10 - 3.30pm
Wednesday 27 th March	Year 3 Class Assembly	8.45 - 9.00am
	Easter Egg Hunt	PM
	Parents Evening	3.15 - 8.00pm
	Thursday 28 th March	INSET Day - Mrs Riggs' Music Lessons as normal
Friday 29th March - Friday 12th April: EASTER HOLIDAYS		

Making a Positive Start to the Day

Please ensure that you are getting to school before the gate closes at 8.35am so your child can settle into the classroom alongside their peers and not start the day playing catch-up. A calm start to their day helps set the tone for what's to come and allows them to feel in control of their day. Thank you.



Healthy Families Website

New website for Hampshire families: <https://www.hampshirehealthyfamilies.org.uk/> packed with useful



Low Mood in Young Children

Did you know?

When young children suffer from low mood or depression, it is often triggered by difficult life events or their circumstances. For example, bereavement or family difficulties, but also abuse or parental mental ill health. It is always important to liaise with the DSL if a child is showing signs of persistent low mood.

Young children are more likely to show changes in behaviour, such as being irritable or grumpy all the time, interacting less with family and friends, having changes in appetite, or not engaging with play as they used to, instead seeming lethargic.

1 Play Side-by-Side

Children will often give clues about what is bothering them through their play. Young children are more likely to express themselves through play than with words. Simply observing their play might provide indications of ways to support them.

It can also be useful to get down on their level and play side by side. You could make comments on the child's play, such as 'there's a lot of fighting' and they might choose to open up...but don't push for a conversation. Just being there next to them can be a comfort and in turn make the child feel comfortable with you.

2 Healthy Habits

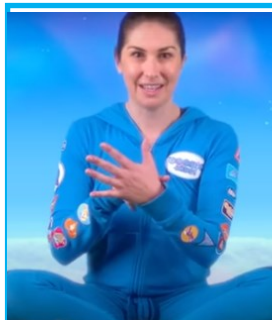
When a child is struggling with low mood or depression, it can be easy to think the things you've been doing 'just aren't working'. On the contrary, persisting with and reinforcing healthy habits are even more important when a child has low mood.

Regular routines, encouraging healthy eating, breathing and muscle relaxation exercises, mindfulness exercises, grounding techniques... these aren't like a 'vaccine' ensuring that a child will never struggle; they are the tools that a child will need even more when they are struggling, so be consistent and persistent with these tools.

3 Positive Attention

Often, the behavioural signs of low mood in children can be challenging... so, take the chance to give positive attention whenever you can. This can be in the form of side-by-side play as mentioned above, or by asking for their help with small things (we all need to feel like we can make a contribution), or simply by giving them your full attention when they talk and letting them know you see them and hear them.

Praise them every time you see them trying at something and praise qualities such as effort, kindness, thoughtfulness, or patience every time you see them.



There are lots of great, guided meditations and breathing activities online, many of which the children will be familiar with from their yoga sessions and self-regulation work in school. Click the images to try some.



Breast Walk Ever Hampshire

**Sunday
12 May
2024**

*Take part
from just
£13*

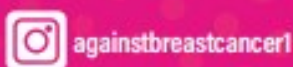
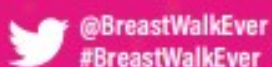
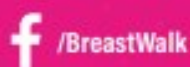

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