



# Longlands Primary School

Friday 14th February 2025



## *A Message from the Headteacher:*

*Dear Parents and Carers,*

*Welcome to our Spring Term 1 Curriculum Newsletter for the 2024/25 Academic Year. This year is flying by as we are already half way through the year!*

*Throughout this newsletter there are examples of the wonderful work being done across the school by our brilliant pupils. We are so proud of their achievements this half term, both academically and personally, and I know that our community are proud of them too!*

*We hope you have a lovely half term break and we look forward to seeing you back in school for the second half of the Spring Term.*

*Kind regards,*

*Mr Baines*

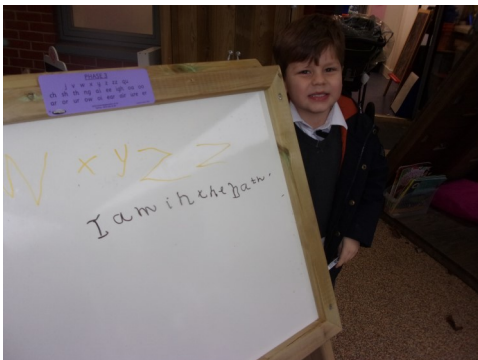
## EYFS

This half term, the children have really enjoyed their topic on Space. The children are able to order the planets and understand that those closest to the sun are hotter than those further away. We have read so many amazing books and learned lots of songs to help us with our learning.

You can see a recording of one of the songs on Google Classroom!

In phonics, they have been learning lots of level 3 sounds and are becoming really good at reading and writing and lots of children are now able to write sentences all by themselves! They wrote adjectives to describe characters in stories, they made posters when learning about the book 'Beegu' which was all about a little lost alien. Using salt dough, the children made their own aliens and painted them all different colours. We learned that nobody has ever discovered any aliens but that doesn't mean they don't exist.

In maths, the children have learned about capacity and can say when something is full, half full or empty and can also say that something has a greater capacity because there is more space inside.



.....continued EYFS

This week we have been learning all about our planet Earth and that we need to look after it. We read the book 'A Planet Full of Plastic' and learned about how to look after the Earth by looking after the trees, recycling, using renewable energy and lots of other things. The children designed machines to collect plastic from the ocean and made posters to show how to look after the Earth.



Posters for how to 'Save the Earth'

We thought about mental health and also learned how to stay safe online.

The best thing this half term has been our new playground. The children have thoroughly enjoyed using the new space and the stage and the water area have been special favourites.



Next half term we will be learning all about dinosaurs.

**Mrs Allen, Miss Sheridan and Mr Murphy**

## Key Stage 1

Key Stage One started the Spring term off with an exciting trip to RHS Wisley. The children enjoyed learning about the parts of a plant and their jobs, as well as taking a walk through the forest looking at different trees. The children learnt about the plant life cycle, using actions to show the different stages of seed, bud, flower and fruit. They also took part in an informative workshop planting a nasturtium seed and a peperomia cutting. The children learnt how to care for these and were able to take them home after the trip. The children represented the school beautifully and enjoyed the day out. Following the trip, the children have done further learning on plants in their Science lessons. They have labelled plants, chitted potatoes ready for planting next term, planned an investigation for growing cress and started growing beans.



In English, KS1 have been using the story of *The Secret Sky Garden* to inspire and inform the work this term. It is a lovely story about Funni creating a garden in an abandoned car park, but constantly thinking that something is missing. Zoo spots the garden flying home and they become friends. It is all about how friendship can blossom and bloom. We have written our own story based on this, as well as debating in a conscience alley, making persuasive posters and describing a special person. We have had a focus on suffixes, adjectives, adverbs and persuasive language this term and the children have been working really hard on improving their handwriting too.

For Art this term, the children have been working with clay. They started the term by creating a design for a clay pot. They used this design over the next few weeks to mould, make and decorate their own clay pot. They then glazed them, ready for cress seeds to be planted after half term! The children thoroughly enjoyed learning new skills including shaping clay, as well as using different tools to add designs. They look beautiful and brighten up the classrooms!

.....continued Key Stage 1



Gymnastics has been the focus in PE this term, with the children working on forward and backward rolls, cartwheels and headstands. The children have also been working on vault, with the aim of landing on their feet on the vault. The climbing wall apparatus has also been enjoyed this term, with the children practising their climbing skills and thinking of different shapes that they can make, such as star or pencil shapes. It has been lovely to see amazing progress being made by the children in such a small space of time.



Finally, the children have been busy with their maths challenges, learning about place value and addition and subtraction (Year 1) and money and multiplication and division (Year 2). They have been working hard on their reasoning skills and using the correct mathematical language within their sentences.



It has been a wonderful, but busy term of learning. The children have made their teachers extremely proud.

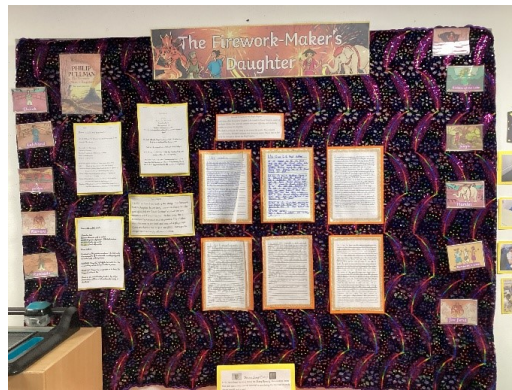
We hope you have a restful break and we look forward to seeing you back ready for Spring 2!

**Miss Brook, Miss Artis, Miss Taylor, Mrs Laughland and Mr Morand**

## Lower Key Stage 2

What an exciting term this has been for Years 3 and 4.

In English, our learning has been centred around our core book, *Firemaker's Daughter* by Phillip Pullman. In the book, the main character Lila strives to be a firemaker like her father although he is against it. She travels on a mission to find the Royal Sulphur and prove her worth as a firemaker alongside her friends Hamlet and Chulak. Inspired by this text, the children have written wonderful pieces of work such as diary entries, instructions, emotive letters and playscripts.



In History, the children have been learning about the Shang Dynasty. They have looked at when this period stands within history. They have also learnt about the hierarchy of the different people that lived during that time and what their lives would have been like. They created posters and presented these to the class.



In Art, the children have created Chinese Zongs. These were cups that were made from jade at the time of the Shang Dynasty and they represented wealth and power. The children designed their own versions then created them using clay and carved a design on them using clay tools.

.....continued Lower Key Stage 2



*In PE, the children learnt the style of Chinese traditional dance. They used the skills they learnt to choreograph their own dances in groups.*

**Miss Gayson, Miss Almond, Mrs Payton and Mrs Baines**

## Upper Key Stage 2

What a fantastic half-term it has been for Year 5 and 6! Our students have been immersed in some incredible learning experiences.

In English, they have explored the captivating stories of *1001 Arabian Nights* and the thought-provoking poetry of *Dark Sky Park*.

In maths, they have tackled algebra with enthusiasm, building their confidence in problem-solving.

History lessons have taken us back in time as we delved into the fascinating world of early Islamic civilisation, uncovering its rich culture, inventions, and influence on the modern world. They took part in a workshop on this topic and had great fun bringing this historical period to life.

Meanwhile, in PE, students have demonstrated outstanding gymnastic and dance skills, impressing us with their creativity and coordination.



In music, the children have learned and performed the song *Madina Tun Nabi*, using a range of instruments and incorporating movement to bring the song to life.

We are incredibly proud of their hard work and achievements this half-term and look forward to all the exciting learning ahead after the break!

**Mrs Harris, Miss Childs and Mr Allen**

## NSPCC Number Day

Thank you to everyone for taking part in Number Day! Longlands Primary School raised £317.

The costumes were amazing and there was a variety of activities taking place across the school, from number puzzles to unravelling mathematical mysteries.

The children thoroughly enjoyed their day whilst also learning about the fundamental work of the NSPCC.

It was very difficult to choose the winners of the best dressed as clearly plenty of effort went into costume designs. This year, the prizes went to Lola (EYFS), Kiki (KS1), Frankie (LKS2) and Grayson (UKS2).

Happy Number Day from everyone at Longlands!



# Children's Sleep Awareness Month – Waking Your Family Up to Better Sleep



***February 2025: the very first Children's Sleep Awareness Month!*** 🌟

If you're a parent, caregiver, teacher, or anyone who works with children, you've probably noticed how important sleep is. And yet, did you know that up to **50% of children struggle with sleep at some point? That's rises to 80% when there's a diagnosis of SEND.** That's huge! Poor sleep can leave kids cranky, unfocused, and even impact their health in the long run. Plus, let's be honest – when kids don't sleep well, parents don't either which makes for an unhappy household!

That's why we at The Sleep Charity are launching this month-long campaign to shine a spotlight on **kids and sleep**. Think of it as a time to learn, share, and take action to help every child get the rest they need to grow, thrive, and just be their awesome selves.

## **Why Children's Sleep Awareness Month?**

Sleep is often the missing piece in the health puzzle. We all talk about eating veggies and getting exercise, but sleep? It's the unsung hero of a healthy, happy childhood.

<https://thesleepcharity.org.uk/>

Following this information if you would like any further advice please feel free to contact Mrs Francis (SENCO) at [efrancis@longlands.bexley.sch.uk](mailto:efrancis@longlands.bexley.sch.uk) or call the school on 020 8300 2368



## DO YOU KNOW YOUR BIGGEST SUPERPOWER?

It can help you do your  
sums more quickly...

The answer is...  
**SLEEP!**



thesleepcharity.org.uk  
@ f X In



## DO YOU KNOW YOUR BIGGEST SUPERPOWER?

It can make you run faster and  
give you better reflexes...

The answer is...  
**SLEEP!**



thesleepcharity.org.uk  
@ f X In



## DO YOU KNOW YOUR BIGGEST SUPERPOWER?

It can make you  
feel happier...

The answer is...  
**SLEEP!**



thesleepcharity.org.uk  
@ f X In



## PRACTICAL SLEEP TIPS FOR CHILDREN

**Everybody can benefit from having a good sleep routine – even grown-ups! A good sleep routine needs to be planned well in advance. Consistency and firmness are also key.**

Firstly you need to consider what time bedtime will be and then work backwards, planning the hour leading up to it in some detail. If your child isn't settling until late you may need to gradually move their bedtime as previously described, the routine will need to be gradually moved too.

- Make sure bedtime is realistic, if your child isn't falling asleep until 11pm there is no point starting a routine at 6pm.
- Create a calm, sleep-friendly bedroom. It needs to promote relaxation so decorate in calming colours, remove gadgets from the room (including the TV) and put toys away. Keep the room dark to block out external light and never have it too warm, 16-18 degrees is ideal.
- Don't send children to their bedroom/bed if they've been challenging. Their bedrooms should be a safe haven and not one where they feel anxious, stressed or worried.
- Dim the lights in the hour before bedtime, close the curtains if needs be and create some darkness to help to promote melatonin (sleep hormone) production.
- Turn all screens off in the hour before bedtime to help calm your child and to support the production of melatonin (the sleep hormone).
- Offer quiet activities that are motivating to your child. Fine motor skill activities are perfect to aid relaxation eg jigsaws, colouring in, threading, building with bricks etc.
- Consider introducing supper time. Slow releasing carbohydrates are great for keeping little tummies full. Dairy products are also very calming at night time. Avoid anything sugar loaded or containing caffeine.
- Baths are great if your child finds them relaxing. If however they are fearful of them or get overexcited they may not help in the bedtime routine. Ideally a bath should take place 30 minutes before bedtime as this aids relaxation by increasing the body temperature. It is the slow decrease in body temperature that helps us to feel more relaxed and nod off more easily.
- Get ready for bed in the same order – for example, pyjamas on, tooth brushing, toilet etc.
- Once in bed spend some time reading a bedtime story with your child.
- Give hugs and kisses and tell your child 'it's night time, go to sleep'.
- Wake them up at the same time each morning to help to strengthen their body clock.

For more information and advice, visit The Sleep Charity at  
[thesleepcharity.org.uk](https://thesleepcharity.org.uk) or contact us on [info@thesleepcharity.org.uk](mailto:info@thesleepcharity.org.uk)

Kale Lodge, Woodfield Park, Tickhill Road, Balby, Doncaster DN4 8DN

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## Climbing Frame and Reception Outdoor Area

<https://www.longlands.bexley.sch.uk/gallery/?pid=57&gcatid=6&albumid=124>

We would like to express a huge thank you to 'The Friends' and Affleck Accountancy for donating money towards our new climbing frame and the upgrade of the Reception outdoor areas.

We have wanted to install a climbing frame for many years (the children have asked in every school council meeting since time began) and the Reception outdoor space was very much in need of a refurb!

The children have loved using the climbing frame and on the whole have been amazing at using it safely and remembering all the rules so we would like to say a huge well done to them.

In the Reception outdoor area the children have been using the new equipment and it has really enriched the time they spend at school as being outdoors is a huge part of the Early Years Curriculum. In the warmer, lighter months children from After School Club will also be using this space so they will also benefit from all the fun, educational resources.

**Mrs Allen**





## **Dates for the diary 2025**

Monday 24th February—Back to school

Monday 24th February—Warhol class assembly

Friday 28th February— FOLS quiz night

Monday 3rd March—Health Education Years 5 & 6

Thursday 6th March—World Book Day

Monday 10th March —EYFS & Year 6—Height & weight screening

Monday 17th March—Kahlo Class Assembly

Tuesday 1st April—Rock Steady Concert

Tuesday 1st April—Parents Evening

Thursday 3rd April—Parents Evening

Monday 7th April—Monday 21st April—School holidays

Tuesday 22nd April –Inset Day

Friday 25th April—FOLS Bingo night

Saturday 21st June—FOLS summer fete



## **Attendance**

Monet	93%
Matisse	96%
Murakami	96%
O'Keeffe	96%
Warhol	98%

Thomas	96%
Kahlo	98%
Basquiat	95%
Malone	96%
Ashevak	96%
Wei Wei	98%

**Have a good half term break, from all at Longlands Primary School**

FEB '25

AN UPDATE FROM



A HUGE THANKS TO EVERYONE WHO HAS SUPPORTED US, TOWARD THE END OF 2024 AND ALREADY THIS YEAR! WE ARE SO DELIGHTED WITH THE EVENTS WE HAVE THIS YEAR AND HOPE TO SEE LOTS OF YOU THERE.



WE ARE OVERJOYED THAT AFTER SO MANY HUGELY SUCCESSFUL EVENTS WE WERE ABLE TO SUPPORT IN THE PURCHASING OF THE NEW PLAYGROUND EQUIPMENT, THIS SUPPORT SIMPLY COULD NOT HAPPEN WITHOUT YOU SUPPORTING OUR EVENTS AND HELPING US RAISE FUNDS!

**Make the Rules** ★★

**WE MADE £441**

as always thank you for your support! FOLS x

**FOLS QUIZ NIGHT**

28.02.2025  
7-10pm - £10  
Entry + booking fee

**£8 per table.**  
Ticket includes a bottle for the table. Please BYD booze and snacks - no nuts!

18+

WILSON'S PUBS

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**UPCOMING EVENTS**

- FEB 28** FOLS QUIZ NIGHT (Entry + booking fee)
- MARCH** DUNNY DOD (No booking fee)
- APRIL 25** FOLS DUNNO NIGHT (Entry + booking fee)
- SEP 21** SUMMER FETE (Entry + booking fee)

All The National College, our Monday/Wednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](https://nationalcollege.com).

## What Parents & Educators Need to Know about

# TIKTOK



### WHAT ARE THE RISKS?

Adults tend to associate online videos with YouTube – but among teens, TikTok is king. The app provides a stream of short clips tailored to users' interests, based on what they've already watched. Around half of British children use TikTok, and while much of the content is benign, Ofcom considers it the app where youngsters "were most likely to encounter a potential harm".

### AGE-INAPPROPRIATE CONTENT

While TikTok's following feed only displays videos from familiar creators, for You is a collection based on a user's previously watched clips. Most of these videos will probably be inoffensive, but the app could potentially show something unsuitable if children then engage with this content, more like it will follow. TikTok's guidelines prohibit the sharing of illegal or inappropriate content, but the huge number of uploads means that a small amount inevitably slips through.

### BODY IMAGE AND DANGEROUS CHALLENGES

According to Ofcom, most online harms for teens are body image related for girls (promoting unhealthy eating, body shaming and so on) and dangerous stunts for boys. Both are prevalent on TikTok. One extreme example of the latter was the 'blackout' trend, which encouraged users to hold their breath until they passed out from a lack of oxygen. This led to two families filing lawsuits against TikTok over the tragic deaths of their children.

### IN-APP SPENDING

TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase gifts for content creators. Coin bundles range from £5.99 to an eye-watering £99, while that may not sound appealing, the app still generated £7.9 billion in user spending in 2023. TikTok's policy is that under-18s can't make in-app purchases, but it's possible to bypass this with a fake birth date.

### CONTACT WITH STRANGERS

With more than 1.5 billion users globally, the potential for contact from strangers on TikTok is high – especially as accounts created by over-18s (or young people using a fake date of birth) are set to public by default. This means that not only is someone's profile visible to everyone else on the app, it also suggests their videos to others and enables anyone to download or comment on them.

### MISINFORMATION AND RADICALISATION

Although the short videos on TikTok tend to be more frivolous than the longer ones on YouTube, clips can still influence impressionable minds in a negative way. Not only is there plenty of dangerous misinformation on TikTok, but Ofcom reports that nearly a third of 12 to 15-year-olds use TikTok as a news source – so you should be wary of misguidance, racist or conspiracy-themed material shaping how they see the world.

### ADDICTIVE DESIGN

With its constant stream of eye-catching videos, TikTok can be addictive to young brains. In 2024, UK children spent an average of 127 minutes per day on the app: that's twice as much as in 2020. Excessive use can interfere with young people's sleep patterns – often leading to irritability – and distract them from other, healthier activities. The instantly skippable nature of bite-size videos may also impact children's ability to maintain focus.

## Advice for Parents & Educators

### ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TikTok account to their child's, and control settings remotely. Parents can then turn on restricted mode (reducing the chances of a child seeing inappropriate content), set screen-time limits, make accounts private and manage whether their child can send messages – and if they can, to whom. Children can't alter these settings without parental approval.

### DISCUSS THE DANGERS

If a child wants to use TikTok and you're happy for them to do so, it's good practice to discuss the potential risks. Ensure that they don't share any identifying personal information, and that they know to talk to a trusted adult if they're worried by interactions on the app. With more teens using TikTok for news, it's also worth talking about misinformation and propaganda, and how to identify it.

### BLOCK IN-APP SPENDING

If a child is using an iPhone or Android device to access TikTok, you can alter their settings to prevent them from making in-app purchases. We'd recommend enabling this feature, as it can be quite easy for a young person to spend a significant amount of real money buying TikTok coins to unlock more features of the app – sometimes without even realising.

### READ THE SIGNS

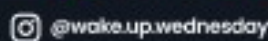
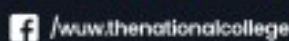
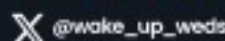
If you're concerned that a child is spending too much time on TikTok, or that they've been emotionally affected by something they've seen, it's important to know how to spot the signs. Increased irritability and a lack of concentration are potential red flags, as is failing to complete homework or skipping meals. Remember, the parental controls are there for a reason, and it's never too late to introduce limits.

### Meet Our Expert

Alan Martin is an experienced technology journalist who has written for the likes of Wired, TechRadar, Tom's Guide, The Evening Standard and The New Statesman.



Source: See full reference list on guide page at <https://nationalcollege.com/guides/tiktok> 2023



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