



News From Our Headteacher, Sam Barham

Dates For Your Diary

February Half Term:

Last day of school – Friday 12th of February 2021.

First day back – Monday 22nd of February 2021.

National Careers Week - 1st -5th March 2021-

World Book Day -Thursday 4th of February 2021

Options Event (Virtual)- WC 15th March 2021- KS4

Deadline for Year 11 college applications - March 31st 2021

Easter Break:

Last day of school – Thursday 1st of April 2021

First day back – Monday 19th of April 2021

May Bank Holiday- Monday 3rd of May 2021

May Half Term:

Last day of School – Friday 28th of May 2021

First day back – Monday 7th of June 2021

Dear Parents and Carers

As I write this to you I am looking out of my office window at a sunny sky. Around school and out and about in the local community, trees are starting to grow buds and before too long, blossom will begin to appear. The days are also slowly starting to stretch out again. I am grateful for this promise of Spring and its signal of change; my hope is life for all of us begins to return to some level of normality which includes students fully returning to school soon.

The cold weather and the impact of the restrictions has meant we have not been able to venture far. You may be feeling a little tired of doing the same walks with your family and it may be becoming just that little bit harder to motivate each other to get outside and be active. Devon have been promoting 'Celebrate what's on your doorstep' offering some useful resources to help you get outside and explore your local area: Devon's [Explore Devon website](#) is filled with some amazing local walks, trails and sites to visit during lockdown. You can also find more cycle routes and trails, as well as other useful travel information at [Travel Devon](#). I am hoping to explore my local area during lockdown with my family and am wishing us all bright and warmer weather.

I hope you have a wonderful half term. On Sunday 14th February it is St Valentine's Day which is an annual festival to celebrate love, friendship and admiration. I want to take this opportunity to share my admiration for you for what you are continuing to manage so resiliently through this Pandemic.

Take care and best wishes
Sam Barham



A huge thank you to Friends of Lampard for writing a successful bid to ASDA to provide a stationary pack for every student in the school to help them with their work at home.

**WORLD BOOK DAY
THURSDAY 4th MARCH 2021**

We will be celebrating World Book day once again this year! Students at home and in school will be invited to dress up as their favourite book character for the day. There will be lots of fun events taking place – a letter will be sent home soon with more information.

Lower School News

School has looked a bit different this half term, but Lower School students have been busy as always working on exciting things whether in school or at home. A big thank you to parents and carers for sharing video and photos of home learning, despite some of the current challenges, our students can feel connected and see everyone is taking part in some of the same activities.

Otters class have been exploring the text "Betty's Binoculars" where they have been acting, creating and sharing their own adventures with binoculars they have made, both in school and at home!



Exe, Umber and Taw class have been getting outside for their "Daily Mile" challenge, even when the weather has not been on their side. Rain or shine Lower School are outside learning with their friends in the Forest School Area.



Students have been building, problem solving and working as a team before enjoying a well earned hot chocolate and a biscuit!

Middle School News

Friends, Romans, Countrymen!

Middle School are really enjoying their Roman topic, designing and making their own armour and going on an archaeological dig!



Romans Used Salt To Keep Fish.



She If fish. Were Kept. Aliv. In. big. Tanks.

The you. Fruitin. Vine. G. at Juice. Or Honey.

LO How The Romans Preserved Food. 28.1.21

PIC•COLLAGE

Middle School have also looked at the digestive system in science, using tights as the small intestine and making their own models.



There has also been opportunities to work together in PSHE out in the Forest School.



Tamar Class!

Tamar Class have been learning 'Make You Feel My Love' by Adele. Kyle and Brendon have recorded a beautiful, heartfelt rendition which will surely make you all smile.

Upper School News

This term we are busy planning how to deliver some of our usual events but in a slightly different way. We are currently making the arrangements for our **Mock Interview days** which, this term, will give students an opportunity to practice interviews with a member of SLT. This will be using Teams or on the telephone and a letter will be sent out to you shortly. We will be arranging another mock interview day with employers in the summer term.

We are planning to hold a virtual KS4 Options Event so Year 9 and Year 10s can pick their options again for next year. The information about this will be available soon.

Upper School students have taken part in the RSPBs 'Big Schools Bird Watch.' They have been surveying the birds that have been found in our gardens (at home and at school) and used data handling skills to record this. Here is some of the lovely art work Heddon class produced after learning about garden birds.



Students across the school celebrated Children's Mental Health Week 1st -7th February and have 'expressed themselves' with art work around the phase.



Have a restful half term.

From Ms Winter and the Upper School Team

For Your Information

Peninsula Dental
Social Enterprise

well connected



HOW TO KEEP YOUR CHILD'S TEETH HEALTHY

Love their smile



Kids love sweet things so getting them to eat less sugar is tricky. Plus, with sugar hidden in so many everyday foods and drinks, it can be hard to know what's healthy and what's not. However, it's important we do our best because sugar isn't just bad for kids' teeth. In the long term, it can also lead to more serious issues like obesity, heart disease and type 2 diabetes. But there are lots of easy and simple ways you can help reduce the amount of sugar your kids are eating.

How much Sugar is too much?

It can be difficult to know how much sugar we should have each day. Below are the national guidelines for recommended sugar intake for children:

4- 6 years old Maximum recommended added sugar intake per day: 19 grams.

This is equal to **4 teaspoons of sugar**

7-10 years old Maximum recommended added sugar intake per day: 24 grams

This is equal to **5 teaspoons of sugar**

11+ years old Maximum recommended added sugar intake per day: 30 grams

This is equal to **6 teaspoons of sugar**



A can of fizzy drink has 7 teaspoons of sugar



A sweet muffin has 5 teaspoons of sugar



A bowl of ice cream has 8 teaspoons of sugar

All these snacks contain more than the maximum daily amount recommended for an 8 year old

STAY SCAM AWARE

Trading Standards is warning us all to beware of scams following reports that fraudsters are sending fake texts offering a Covid-19 vaccine.

Among the difficulties Covid-19 has brought into our lives, it has given rise to an increase in scams as fraudsters try to exploit our uncertainty.

In one Covid-related scam, fraudsters are sending text messages containing a link to what police call an "extremely convincing" fake NHS website.

The scam message reads 'we have identified that you are eligible to apply for your vaccine' and prompts you to click on a link for further information or to 'apply' for the vaccine.

Once on the website you are asked to input your bank details to register for a vaccine. Remember, the NHS will never ask for payment details.

There are lots of other Covid-related scams too, such as:



Test and Trace scams – criminals contact potential victims claiming to be from the Test and Trace service but are really trying to get their personal information or trick them into handing over money.



Doorstep crime – there are many genuine groups assisting the most vulnerable, however, be alert for individuals who may take your money under the false pretence of helping.

Tips to help you stay safe

- If you get a text or email that asks you to click on a link or provide information such as your name or payment details, delete it.
- Never give out your bank/card details, PIN or passwords over the phone, online or on your doorstep.
- Don't ring the number a caller has given you to check it's genuine. Always look the number up for yourself.

What to do if you've been scammed
Report scams and get advice through Citizens Advice. Call 0808 223 1133 or visit www.citizensadvice.org.uk/consumer/scams/what-to-do-if-youve-been-scammed/

Report the scam to Action Fraud on 0300 123 2040 or at www.actionfraud.police.uk/reporting-fraud-and-cyber-crime

For more information visit www.devonsomersettradingstandards.gov.uk/scams-rogue-traders-and-doorstep-crime/

tsconnect
Trading Standards | Devon | Somerset | Torbay



Parenthood...

The most rewarding job in the world

And also the toughest

Need some advice about your child's behaviour or emotions?

Contact YoungMinds' Parents Helpline
0808 802 5544
youngminds.org.uk/parents



YOUNGMINDS

How can I support my child during lockdown?

- **Talk with them about what's going on, keeping communication as open as you can.** Let them know that it's okay to feel however they feel – whether that's scared, worried, angry, sad or something else. You can find our tips on starting a conversation with your child on our website.



- **Try to answer your child's questions and reassure them in an age appropriate manner.** While you don't need to know all the answers, talking things through can help them feel calmer.
- **Encourage your child to do the things that help them when they're finding things difficult.** This will be different for everyone – it could include things like doing exercise or going for a walk, watching a favourite film, reading a favourite book, cooking or baking, talking to friends, or drawing or writing.
- **Reassure them this will pass, you're there for them, and you will get through this together.** Having returned to some of their normal activities over the summer, going back into stricter measures might feel frustrating for your child. They may even be worried that things will never get better. Recognise how difficult this is, while also letting them know that the pandemic will not last forever.
- **Spend time doing a positive activity together.** This can help them to feel calmer by giving them a short break from everything that's going on. It's also a great way of providing a space for them to talk through their concerns, without having a 'big chat'. You can have a look at our [activity ideas](#) for younger children, and for [teenagers](#), to help you.
- **Keep as many regular routines going as possible to help your child feel safe and secure.** This can include things like having regular times for going to bed, waking up, eating meals and doing hobbies.