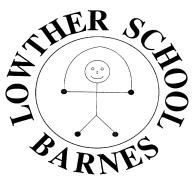


16th June 2017

ISSUE 16

**Sporting success!**

With sports day just around the corner (Friday 23/6/17) it seems fitting to start this newsletter off with a report on some remarkable sporting success for Lowther.

On Friday our KS2 athletics squad took part in a local athletics tournament featuring Harodian, East Sheen, Sheen Mount and St. Elizabeth's. We had countless individual winners of events as well as relay success too. Best of all we won the overall event bringing home the cup and a host of medals! Brilliant!

Following that success we took another squad to the Borough Sports. This event features every primary school in the borough and is ultra-competitive as you can imagine. The team won the trophy for the overall quickest team in the combined relay. An amazing achievement.

The last two years have seen, unprecedented in my time here, sporting success for the school. We believe our curriculum coverage, extra training sessions, the daily mile and the range of clubs we offer, alongside your tremendous support is having a massive impact on the children.

Thank you and well done children! Long may it continue!



SPORTS DAY 2017

This is our planned schedule for Sports Day on Friday 23/6/17. The current weather forecast is looking ok (fingers crossed!).

All the timings below are approximate. Parents are welcome to join us for all or just part of the day. We'd love to see you. Children can come to school in their sports kit for the day and we also recommend the children bring their own named water bottle. It should be a brilliant day!

Schedule for the day

9.10am Whole school warm up

We all get together outside the main hall for a bit of warm-up. Parents are welcome to join in the fun!

9.25am – 12 Team Field events

The children are put in to 48 teams of approximately 7. Each team has children from across the different year groups in the school with the oldest child in the group being the team captain. Children then complete a carousel of 8 different field based activities. There are medals for the highest scoring teams and certificates for the group that shows the best teamwork.

12.1230 Long distance Pursuit Run

There are no medals for this event but we will be showcasing children's improved fitness. Each year group will run a long distance race from two different starting points. Children in Years 1, 2, 3 and 4 will run 2 laps. Children in Years 5 and 6 will run 3 laps.

12.30 – 1.20 Lunch

(Reception will be going for lunch 15 minutes earlier)

You are welcome to come and have a picnic on the field with your child/children if you'd like to

1.20 – 2.45 Year Group running race finals

Each child will run 1 race. Children have qualified for either the A or B sprint finals. Other children will have qualified for the obstacle A or B final. This year the sprint finals and obstacle finals are for each year group (rather than in class groups) There will be medals awarded for the fastest three in each A final. There will be certificates for the winners of the B finals.

2.45 Parents, teachers and children's relay

There will be a KS2 relay race featuring the fastest 3 boys and girls from each year group. There will be a staggered start to this race. There are no medals for this race.

There will then be a teachers and parents sack race relay. No need to sign up, just get involved when we ask for parents to race!

2.50 Medals and close

We will finish our day by awarding the medals and certificates to the winning individuals and teams. We expect the day to finish at 3pm.

Children will then return to class as normal.

3.15 End of school day

Below is a recommended workshop that parents of pupils in years 5 and 6 may be interested in.



Parenting in the pre-teen years

A workshop for parents



"Everybody with a child in year 5, 6 or 7 should do this workshop. It should be compulsory!" Parent



The changes in adolescence are far more radical than many people remember or realise. We all know about body changes but more and more information is coming out about the brain changes in adolescence and how these impact on behaviour, communication, risk taking, cause and effect and relationships.

This entertaining 2 hour workshop will help parents understand some of the issues they may face and how they can lay down good solid foundations now to help keep the lines of respectful communication open for the future.

Thursday 29th June 2017
Twickenham
7.00pm – 9.00pm

Booking essential

For more information or to book [CLICK HERE](#) or go to www.gillhines.co.uk.
Places cost £15 each but a number of £1 places are available to those that need them.

Poetry competition

Well done to all the children across the school who got involved in the poetry competition. The final was great, with some really fantastic performances. I think this is now set as a Lowther annual event!



Healthy Activity Week

We're a healthy school and we can't wait to get cracking on our Healthy Activity week. This year we're having 3 days full of exercise, sport and well-being. Of course Sports Day is the big finale but we hope families can get involved with some of the different things we have going on over the course of the week. Please take note that there are events for parents after school on both Wednesday and Thursday as well as the now traditional parent and family relay race on Sports Day itself. Get yourself involved in something, it should be great fun. Part of Healthy Activity Week will include monitoring of packed lunches and break time snacks — this is something we'd like to see improve across the school.

LOWTHER SCHOOL FAMILY HEALTH AND ACTIVITY WEEK TIMETABLE 21st-22nd June 2017



- ❖ When children are not doing an activity they will be planning, preparing and making their class healthy packed lunch.
- ❖ Everyday children and staff come to school in PE kit.
- ❖ Parents are welcome to come each day with a picnic lunch but it must be healthy! Lunches will be served as normal.
- ❖ After school clubs will continue as normal. Some may include Parent v children matches. See below.
- ❖ Adult team sheet sign up lists and entry to Duathlon to be available week 12th June.

	Wednesday 21 st June	Thursday 22 nd June Sports personality dressing up mufti.	Friday 23 rd June
8.45am	Walk/cycle to school Wake and Shake	Walk/cycle to school Wake and Shake	Walk/cycle to school Wake and Shake
9.00-9.15am	Opening Assembly	Parent and Child Jose tennis sessions all am..	SPORTS DAY
9.15-12.15pm	UKS/2 Mr Tuffney sporting activity Mr Picken sporting activity Aerobics workshop (Lila Palmer) Circus Skills (Charley and co)	Duathlon and Scootathon event Cycle and Run. 9.15-9.45 KS/1 9.45-10.15 LKS/2 10.45-11.15 UKS/2 KS/1 Dance (Remy) Circus skills (Charley and co) Football skills (Marco)	Whole School Multi skills circuits.
11.00-12.00	Yoga Workshops (Amanda Fawcett) Foundation & KS/1		
LUNCH	Skipping practice	Skipping Practice Class Healthy pack lunches on display	Demonstrate skipping skills Picnic Lunches
1.30-2.00pm	Yoga workshops (Amanda Fawcett) 1.45pm-2.15pm- LKS/2	Sponsored Skip 1pm Foundation 1.30pm-KS/1 2pm- LKS-2 2.30pm UKS-2	Races
2.00-3.00pm	2.15pm- 2.45pm UKS/2		Closing Ceremony Prizes for Sports Day. Judging of healthy food challenge.
3.15	Home time	Home time.	Home time
3.30-4.30	Parents v children Basketball match KS2 (MT) Table tennis match (Year 5 and 6) (DG)	Parents v children Running Club (VC) Football match KS2 (DG)	Rest!

Inset Days

We have had a mixture of training, report writing and assessment over the course of our two inset days. As well as that our support staff have also had a huge clear up of the school grounds and the school building. We love what they've done. Please help us by keeping the grounds litter free, uniform free and the fantastic space we are so lucky to have. Thank you for your support with this. We hope the children enjoyed having a long weekend with their family.



The new climbing frame (paid for so generously by your amazing contributions to the PTA) will be ready to roll on Tuesday and - there are just a couple of simple rules to ensure everyone has a happy and safe time using it. Please do follow them. Thank you.



Children **MUST** be supervised directly by an adult if using the frame before or after school.

The main events

There's 5 weeks of term to go—don't forget our online calendar gives you all the dates you need to know. Some of the big ones include

- Yr 3 & 4 Girls Football Tournament
- Yr 4 Shakespeare workshop 19 June
- Yr 4G Orange Tree Theatre 20 June
- Yr 4P Orange Tree Theatre 21 June
- Book Sale 21 June
- Healthy Activity Week 21 to 23 June
- Sports Day on Friday 23rd June
- Whole Class Photo's 26 June
- The Y6 Show on the 30th June
- The Summer Fair on Saturday 1st July
- Year 6 Isle of Wight 3 to 7 July
- Creative Arts Week 3 to 7 July
- Yr 2 Pizza express 4 July
- Reception London Zoo 4 July
- Y3 African Workshop
- Grounds Afternoon 7 July
- Reports are provisionally due out on Friday 7th July
- Yr 5 Gatton Park 11 July
- The LAFTAs on 17th July
- Yr 6 Oxygen Trampolining
- Mrs Webster and other staff leavers assembly on 20th July
- The last day of term on Friday 21st July
- Children return 5 September

Lowther Primary School Open Days 2017



Come and find out more about life at Lowther by visiting us on one of our Open Days. Headteacher, Mark Tuffney, and Deputy Head, Dermot Bracken, will lead tours of the school and give you a chance to find out more about being part of the Lowther School Family.

Tuesday 26th September 9:30am
Tuesday 28th November 2:00pm

Book your place via the school office (0208 748 3984)
www.lowther.richmond.sch.uk

