



NEWS & VIEWS

Achievement & Enjoyment

Headteacher Mr S Bowsher



Mrs Jaycock's Comment:

It has been another exciting week at Larchwood. Wednesday marked the start of Chinese New Year and 2025 is the year of the snake. On Thursday, years one and two enjoyed a dance workshop with Don Rae. It was absolutely fantastic. The children were amazing and took part in dragon, lion and ribbon dances. You can see some photos of this at the end of News and Views.

We have seen a rise in colds and coughs this week so we have refilled our hand sanitiser stations and are reminding all children to 'Catch it, Bin it, Kill it'. Please reiterate this message at home so we can keep everyone as healthy as possible.

As well as looking after our physical health, it is important to look after our mental health. Next week is Children's Mental Health Week. The theme this year is 'Know Yourself, Grow Yourself'. We will be talking to children about self-awareness and what this means to them. We want to celebrate children building resilience, embracing self-awareness and forming strong connections with others. Pabulum, our caterers, will be supporting this by highlighting the 'Good Mood Food' on their menu.

Children's mental health week is a good time to remind you about our partnership with the NHS Mental Health Support Team. Many of our families have accessed support since this started and the feedback has been really positive. If you are worried about your child's low mood, anxiety or behavioural difficulties, please speak to Mrs Jaycock about a referral.

Vacancies at Larchwood

We currently have two staff vacancies at the school. We are looking for a midday assistant to join our team and an LSA to work with the Reception team to help support one of the children. If you are interested, please speak to either Mrs Jaycock or Mr Bowsher or visit the [Essex School Jobs](#) website and search for Larchwood.

Times Table Rock Stars (TTRS) Battle of the Bands

This week our third round of TTRS battles took place. 5L won against 6R, 4B won against 3M, 4T beat 3C and 6H beat 5P. The leader board looks like this but there is still time to turn it around.

	W	D	L	Points
4B	3	0	0	9
6H	3	0	0	9
5L	2	0	1	7
4T	2	0	1	7
3C	1	0	2	5
6R	1	0	2	5
3M	0	0	3	3
5P	0	0	3	3

Week 4 battles:

3M vs 5L

3C vs 5P

4T vs 6H

4B vs 6R



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Miss Chambers' Marathon Run

Miss Chambers, who is our PE subject leader, has decided to take on an amazing challenge! On Sunday 6th April, she will be taking part in the Brighton Marathon. She has decided to use this as an opportunity to raise some money for the Larchwood Primary Parents Association (LPPA) so that it can benefit our children. The money raised will go towards some new playground equipment for all the children to use and for them to keep active. If you would like to sponsor Miss Chambers and keep her motivated during the training period, you can do so [here](#). We will keep you updated on how she is getting on.

Word of the Week

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Focus	Comment	Fraction	Secure	Access	Scheme	Considerable



Mr Bowsher's Superstar Award

Lola in 6R for demonstrating the value of friendship.



Stars of the Week

RA	RT	1B	1G	2W	2P	3C
Nixon	Mollie	Speedy-Junior	Brodey	Sebastian	Joshua	Lyla
3M	4B	4T	5L	5P	6H	6R
Kadheera	Grace	William	Aarian	Mason	Anne	Laila



Reading at Home

Well done to Year 5L, 5P, 4T and 6R who had 100% of children reading at least 4 times this week. 5L had the highest percentage of children that read 5 times.

Class	Table shows numbers of children and percentages who read from Monday 27 January to Friday 31 January			Percentage Read 4 & 5 times %
	Less than 4	4	5	
RA	1 (4%)	5 (17%)	22 (79%)	27 (97%)
RT	2 (7%)	5 (17%)	22 (76%)	27 (90%)
1B	4 (18%)	4 (18%)	14 (64%)	18 (62%)
1G	4 (15%)	3 (12%)	19 (73%)	24 (85%)
2P	3 (11%)	3 (11%)	21 (78%)	24 (89%)
2W	3 (11%)	6 (21%)	19 (68%)	25 (86%)
3C	4 (14%)	5 (17%)	20 (69%)	25 (86%)
3M	2 (7%)	4 (14%)	22 (79%)	26 (93%)
4B	1 (3%)	3 (11%)	24 (86%)	28 (96%)
4T	0 (0%)	5 (22%)	18 (78%)	23 (100%)
5L	0 (0%)	3 (12%)	22 (88%)	25 (100%)
5P	0 (0%)	5 (19%)	21 (81%)	26 (100%)
6H	2 (7%)	5 (18%)	21 (75%)	28 (93%)
6R	0 (0%)	8 (27%)	22 (73%)	30 (100%)
Total				92%



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Diary Dates

Below are some of the of the important dates coming up this term.

Monday 3 February	Children's Mental Health Week
Wednesday 12 February	Parent Consultations 15.30-18.00
Thursday 13 February	Parent Consultations 17.30-20.00
Friday 14 February	Break up for half term
Monday 24 February	Return to school
Thursday 6 March	LPPA quiz night
Friday 7 March	Larchwood World Book Day
Friday 7 March	Come and read with your child morning
Friday 14 March	LPPA non-uniform day
Wednesday 19 March	Don Rae with Year 3
Friday 21 March	LPPA Easter pop-up shop
Tuesday 1 April	Reports go home
Thursday 3 April	Easter discos
Friday 4 April	Break up
Tuesday 22 April	Return to school



Weekly Attendance

Well done to 3M this week for the best attendance.

Weekly Attendance – week commencing Monday 20 January 2025

Class	RA	RT	1B	1G	2W	2P	3C	Whole school
Attendance	90.0%	93.7%	85.3%	90.0%	94.9%	92.8%	90.0%	
Class	3M	4B	4T	5L	5P	6H	6R	91%
Attendance	95.0%	87.7%	87.3%	90.3%	94.4%	90.7%	92.7%	

1 st	2 nd	3 rd
3M	2W	5P



Yearly Attendance

Yearly Attendance – from 3 September 2024

Class	RA	RT	1B	1G	2W	2P	3C	Whole school
Attendance	95%	94.1%	92.9%	97%	95.2%	93.9%	94.5%	
Class	3M	4B	4T	5L	5P	6H	6R	94.7%
Attendance	95.7%	95.4%	96%	94.8%	95.2%	92.7%	94.1%	

1 st	2 nd	3 rd
1G	4T	3M



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Children's Mental Health Week
3rd - 9th February 2025

GOOD MOOD FOOD

What keeps our tummies happy?
 A good and healthy tummy needs fruit and vegetables. Our brains and tummies talk to each other to tell us when we feel hungry or full.
Keeping your tummy happy, keeps your brain happy!
 Look out for broccoli, carrots, oranges & grapes on the menu!

Water = Hydration!
Did you know your brain is made up of 75% water?
 Drinking enough water stops us from feeling tired and helps keep us alert in classrooms. You should aim to drink 6-8 cups of water a day.
Have you drunk enough water today?

Calcium = Strong Bones & Teeth
Did you know the key mineral in yoghurt, cheese and milk is calcium?
 This is needed for strong bones. Keeping our bones strong helps us exercise.

Omega 3 = Happy!
Did you know Salmon is an oily fish? It is packed with omega 3s.
 Omega 3s are healthy fats which are key to developing young brains like yours!

Glucose = Brain Power!
Did you know glucose can be found in vegetables, wholemeal pasta, wholemeal bread and potatoes!
 Not just in desserts and sweet treats! These foods release energy to our brains slowly, meaning we feel energised for longer.
 Look out for wholemeal pasta and cauliflower on the salad bar + wholemeal bread which is available every day!

Look out for what's in season on your menu this month!
Try these at lunchtime:
 Cabbage
 Cauliflower
 Potatoes
 Carrots & Apples

pabulum
 HONESTLY GOOD FOOD