

Low Ash News

Autumn Term Overview

December 2023

Kindness Award Winners – Autumn 2



In this edition

- Trips
- Clubs
- School events
- ...and much more

Don't forget – you can click on the link to view all of the Facebook posts.

[Low Ash Primary School | Bradford | Facebook](#)

OPAL (Outdoor Play and Learning) - written by Finn and Lottie

At Low Ash Primary School, we have many things to play with outdoors like scooters, the imagination garden, a hammock, sand pit, gym equipment, and much more. Inayah in 5B said, "I like helping out with the guinea pigs in the inner garden and also it is very quiet. It's a place to relieve stress and have a chill and chat to our pastoral team."

One of our students, Poppy, plays with the smaller children and makes sure they have someone to play with.

The quiet area in the playground is a great place to chill out too. In the quiet area, instead of shouting and running, children have a chance to read and even do some doodling. School seems a lot happier outdoors at the moment!

The mini cars are very popular as children are having lots of fun on them because they can use their imagination and have the time of their lives. Also, the penalty shootout area is fantastic. We also have the wellies rack to be able to go on the field and garden in winter. At the bottom of the field, we have a mud kitchen and cooking pans, a sink that doesn't produce water and a tub of water that we used to make mud pies.



Mental Health – written by Woody, Evie, Amber and Sophia

At Low Ash Primary School, we have things to help our mental health, such as our kind and caring pastoral team. Mr Padden said he has loved getting to know everyone including teachers.

We have many places to sit and chill, like the quiet neighbourhood which is a place where no one is screaming or shouting. It is where you can go out and draw, read or write. The inner garden is also amazing for your mental health. You can look at the guinea pigs, sit and read and also do some gardening with Mrs Kellett who is also part of the pastoral team.



These are emotions everybody feels sometimes, including teachers.

At school we have a mental health week which is on the 10 to the 17 of October. In Mental Health Week, we talk about whether or not we have healthy minds. We talk about it in assemblies and class.

Mental health is important to your body because it can cause so many problems if you don't treat yourself right. For example, if you were upset and someone asked you "Are you ok?" and you said yes, that wouldn't be the right thing to do whereas if you said how you were actually feeling then that could help the problem go away. It is totally ok to feel emotions and talk about them and don't be afraid to.

There are lots of ways to help your mental health:



Diary

Some people in our school have other ways to help their mental health:



Talking

Sabah likes thinking about art, listening to music to calm down and painting or playing games to keep happy.



Outdoors

Harrison likes to hit safe things when angry, talk about the problem or walk away.



Deep breaths

Sports - written by Amber and Sophia

Here are some student comments about all the sporting activities - “never give up” and to “always chase your dreams.” This term, there have been dodgeball, football, badminton and basketball tournaments.



This tournament took place at Goals Soccer Centre. The girls from years 4, 5, and 6 came joint 1st place with Idle and Thackley. Well done girls!

At tournaments, our teams are very committed and dedicated to sports. Our pupils take part in tournaments for fun and competitively and have good sportsmanship. Students in Year 4 and 5 have said, “Even if you don’t win all the time, it doesn’t matter because in the end we are all winners and it’s the participation that really matters.”

During the PE lessons, we interviewed students about what they are learning and what they enjoy about it. One student said they enjoy tag rugby because they got to learn how to play it and loved the side passes and all the running they did.

Trips – written by Lewis

At Low Ash, we go on many trips. Year 4 had a great adventure into the British countryside - going to the fascinating building of Ingleborough Hall. A student noted, "I enjoyed my time at Ingleborough despite the fact it was very wet." He continued, "I really enjoyed going caving as I had never done it before."

Meanwhile, Year 6 enjoyed a great all day visit to educational Murton Park WW2 centre. They listened to the air raid alarm, washed some clothes, did some house cleaning jobs, baked war recipies, put out a fire and had gas mask drills – they were evacuees for the day.



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Last week 6LC spent the day experiencing what life was like for evacuees during WWII at Murton Park. They learnt loads and had lots of fun!



Year 5 took a step into the past and became Victorian school boys and girls, dressing like they would back in the 1800s and experienced what everyday life would be like for Victorian children.

Year 5 also went on a trip to the local church St Cuthbert's where they were dressed up as Victorian students again. They took part in a variety of fun activities to celebrate a Victorian Christmas. A student who went on this trip said, "I had a good time at the church but I have to say the thing I really enjoyed was going into the kitchen and baking scones. I would also say I liked eating them after! I would rate them 7/10 because they were a bit dry but delicious!"

Year 1 also had a great trip to the Industrial Museum where they explored old toys and what life was like in the past.

Clubs – written by Ellie and Shaelan

We have had lots of exciting clubs this term. For example, we have had OPAL. This is an outdoor play club run by Mr Singh. All the pupils adore it. Mr Singh said, “All the children love to come to this club to have an extra few minutes to play with friends.”



Multi skills is a load of games in one club which people like to play. But it's not just games like football- it's also games like Cat and Mouse. Scooter club is a club where children ride on scooters around our playground. Loads of people love it. There are lots of clubs for pupils to pick. It is not just an advantage them but for parents too. Parents can send their child to clubs and not send them to a childminder and their children can have fun!



Spotlight on: Choir

Many pupils love after school clubs - especially choir.

They do lots of activities including Carols by Candlelight, performing at nursing homes and lots more! Mrs Scaife runs this fantastic club. Some songs they do are: When Christmas Comes to Town, Come and Join the Celebration and Colours of the Wind.

Mrs Scaife performs and sings as a hobby so she is a perfect candidate for this job. Mrs Scaife is a kind and caring person with a voice like an angel. Evie says that choir is 11/10 because everyone is kind and caring; she loves performing at Carols by Candlelight and in the two nursing homes.

School Events – written by Mohammed



We have had lots of great events at Low Ash this term.

Here are a few:

Christmas Jumper Day

Pumpkin decorating

School Discos

Carols by Candlelight

EYFS Christmas Event

KS1 Nativity

Rocksteady Concert

The firefighters also paid a visit to our Nursery (see above.) The children were so happy. They let them use a hose. They showed children lots of cool stuff like putting on the siren. Everyone said it was so loud. The Nursery children was so happy that afternoon.



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Well done to our KS1 children who took part in the Nativity. Thank you to everyone who came to watch we hope you enjoyed the show.



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Well done to all our Rocksteady performers. They were all tremendous!



Rethink Food – written by Amelia and Emily

Rethink Food has been excellent this term. This is where people can ‘pay what they feel’ for a variety of food.

It is very helpful for families who need it and to stop food wasting. Other people have said, “I love what you’ve done because some people don’t have enough money to pay for the high prices in supermarkets.”

Shops like Morrisons and Asda have very kindly donated food to us because they want to help too. Everybody gets a chance to go. We want everyone to get a chance to go because you can pay whatever you feel so you will be comfortable buying it.

If parents don’t want to buy anything we are not forcing them to. They can buy when they want or they don’t have to. We always check if the food is out of date or not, most of the food is in date but if one is out of date e.g. broccoli or carrots, then we give a bit to the guinea pigs. Some of the food is also vegetarian!

On Friday after the cart comes in, all of the money we get of it goes towards Year 6 residentials because Year 6 use their own time just to help and sell the food for their residentials. People have been asking, “Why does the cart only come out on Friday?” It only comes out on Fridays because they only get the food once a week on Thursday ready for Friday. Also, it comes out at 3:30 and ends at 4:15.

Rethink Food is a really important part of Low Ash since it helps families. We get lots of different types of food including packets, tins, pasta, fresh veg and more. Parents who would like to buy as they feel and get things cheaper normal supermarkets. Parents who have tried Rethink food have reported how good it is and how helpful it is for families at home. We do love helping everyone we can.



Online Safety – Hacking – written by Alfie

At Low Ash, online safety is a big priority for our students as our pupils learn about it in ICT. Online safety ensures that we keep safe online and to not be doing things that are dangerous or harmful for our mental health. An example of this is not to go on suspicious websites because hackers could control you and look at your private messages. One of the most dangerous things that could happen is that a person could track your device. That is why we learn to trust no anonymous person and to prevent people hacking your phone, computer, PC or console.

I asked Meysam, “What would you do if your phone got hacked?” He replied saying, “I will inform a trusted adult immediately.” He continued, “I will show them the issue and ask if they could help.”

Online safety is important because you need to protect yourself from being hacked as it could end up being hazardous.



Top tip

When you use any device, you have to be aware of the responsibility and trust that comes with it.

There is a whole wide world of people who could be a threat to your safety and well-being as it is school's responsibility to teach you how to protect yourself from that situation. I feel as if the school is doing great at educating us on the dangers of being online.

Make sure you create a difficult password and don't share your password with anyone else! This is the best way to avoid hackers.

Please click here for more advice on how to keep your family safe online.

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/#advice>



Merry Christmas – from all of the Low Ash News Team

