



Art club, year 3. Pumpkins inspired by Yayoi Kusama

15th November, 2021

This week is Anti-Bullying week and the theme is **'One Kind Word'**. The children are thinking about kind thoughts, kind words and kind deeds. Of course kindness does not only exist in school during the week we are thinking about it, but if you catch your child doing something unusually thoughtful and kind please praise them and thank them for it.

You may notice that on our school calendar, there are many trips and events taking place for your children, however, we have also scheduled a couple of workshops for you in two areas that we hope will be of interest. The first workshop is about **Zones of Regulation**. Some of your children may have spoken to you about the zones and how they are being taught to think about self regulation. If you are interested in finding out more, please come to the session tomorrow morning (**Thursday 18th November**) at 9.20am

Our second parent workshop will be about early reading and the teaching of phonics. This may be of particular interest to parents of children in the early years and Year 1, but all parents are welcome. Our phonics workshop will be taking place on **Thursday 25th November** at 9.20 am and it will be led by our Year 1 teacher, Anna Tyler-Ahmed.

If you are interested in any other workshops that might be of interest to other parents please let us know. We are hoping to run a workshop about Online Safety early in the new year.

We have recently subscribed to a new scheme being offered to school by London Zoo. This is because, not only do they offer excellent opportunities for the children to extend their learning and enrich their topic work, they have also recently started an Education Access subscription scheme for schools in Camden and Westminster. For a subscription fee of £500, all of our classes are able to visit the zoo throughout this year. You may have noticed that some of our classes have already booked a visit for this term as it fits with their topics. If your child's class has not yet booked a visit they will do so in the future.

This is an excellent offer from ZSL and we are very fortunate that this is a local resource that is focused on conservation and protection of endangered species.

NEWS

Parent Meetings

This term we will once again be holding our parent meetings on Zoom. Meetings for **Years 4,5 and 6** are taking place this week on **Thursday 18th November**. Time slots have already been allocated but if you have not secured an appointment as yet, please contact the school office as there are a few left for all classes.

Meetings for all other classes will be taking place next week as follows:

Tuesday 23 November

- Nursery
- Reception
- Year 1
- Year 2

Wednesday 24 November

- Year 3

Afternoon and early evening slots will be available for all classes.

NEWS

Zones of Regulation

Children at Hawley are learning strategies to help them to manage their feelings and behaviours at school.



If you would like to know more come to the hall on **Thursday 18th November at 9.10.**

All parents are welcome

NEWS

Odd Socks Day

To end our Anti-Bullying Week we will be having an



Odd Socks Day on Friday 19th November to celebrate the fact that we are all unique. Please send your children to school in odd socks...and you can wear them too!

End of term festivities

We have been pulling together some of our plans for the end of this term and we are looking forward to our two performances.

This year our end of year show will be **Hansel and Gretel**, which will be performed by **Year 1 and Year 2**.

The show will take place on **Wednesday 8 December (pm)** and **Thursday 9 December (eve)**

There will be some limits on the size of our audience but with two performances we hope that the parents of children involved will be able to attend at least one performance.

We are also pleased to inform you that to round off the term, **Reception Class** will be performing **The Nativity** on **Wednesday 15 December** Further details to follow regarding all performances

STARS OF THE WEEK

Reception - Isabella

Year 1- Alfie

Year 2 - Diar

Year 3 - Hannah

Year 4 - Ted

Year 5 - Toby

Year 6 - Whole class!



*** TIMES TABLES ROCK STARS ***

* * * * *

Year 6 Yousef

Year 5 Zaki

Year 4 Maya

Attendance

Since we returned to school this term, it has been even more important to be in school and not miss any vital learning time. Every week from now on we shall be celebrating the class with best attendance and/or punctuality.

Last week **YEAR 3** were our attendance stars with **98%** attendance for the week. Well done Year 3! Keep up the great attendance and the good learning!



COP26 Climate Change Conference

In school we have been focused on the very important COP 26 Climate change conference taking place in Glasgow. As Government leaders from all over the world came together to tackle climate change, the children were asked to make their own promise to the environment. The children wrote their promises on a leaf and then our very busy Eco Council displayed all our leaves to make a "Tree of Promises". We sent images of our tree to Glasgow to become part of a "Forest of Promises" from schools all over Great Britain.

Our next step will be to sign the Camden School Climate Charter and then the Eco Council will work together to write an Action Plan for our school. If any parents would like to offer their help, we would love to hear from you.



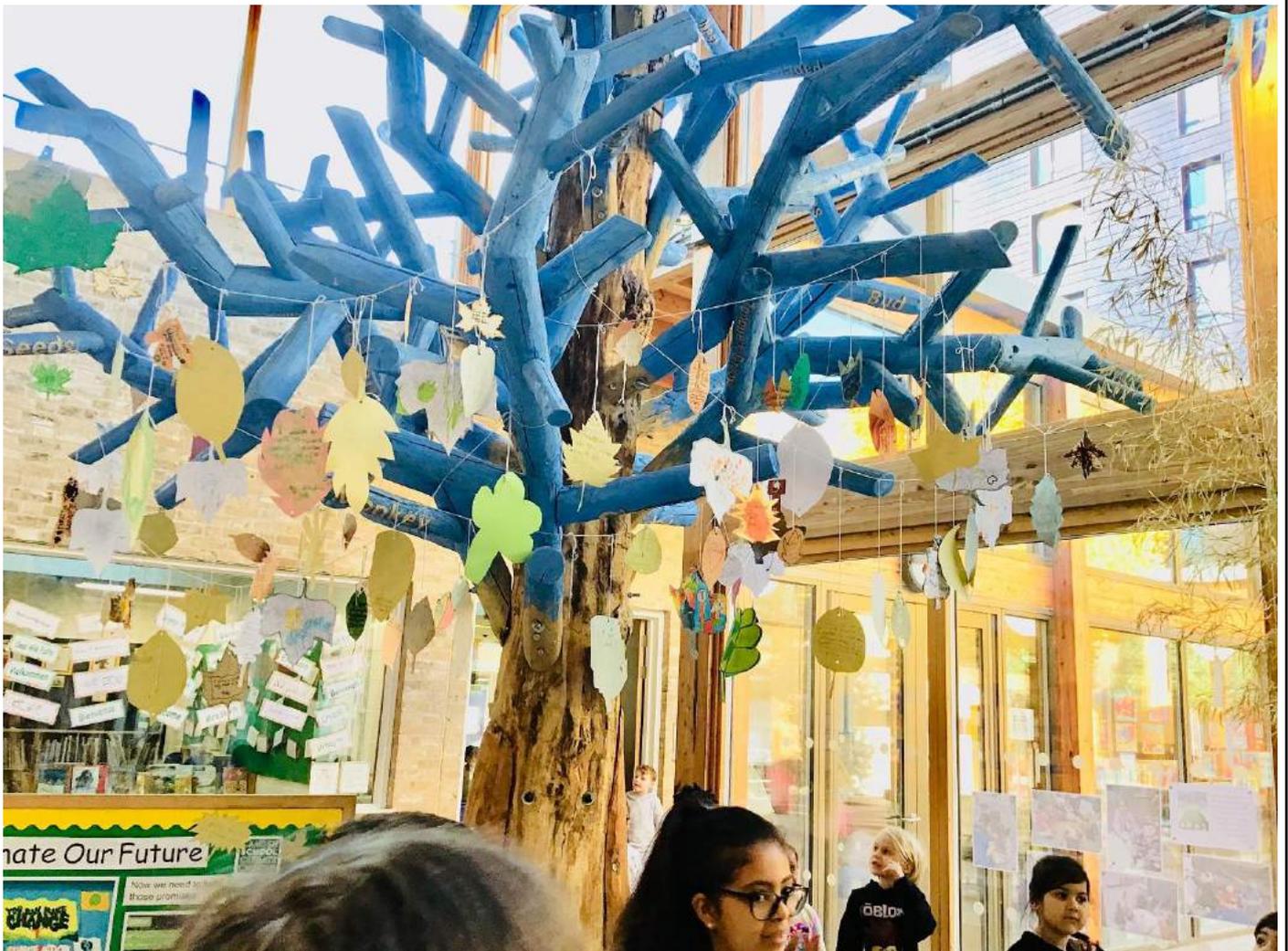


CAMDEN SCHOOL CLIMATE CHARTER

CAMDEN SCHOOL CLIMATE CHARTER

EMPOWERING SCHOOLS TO ACT ON THE CLIMATE CRISIS

camdencca.org/school-climate-charter



YEAR 6

In the week before half-term, Year 6 held their harvest bake sale to raise money for the school. Thank you to all the parents and carers, who came to buy cakes and other baked goods. The children did a fantastic job preparing for the sale: baking 5 different bakes in class; baking at home; making posters to advertise the sale; and of course selling the cakes on the day. We are really proud of all their efforts! Well done year 6!!



YEAR 4

Just before we broke up for Half Term, Year 4 had a busy week! We spent a morning programming LEGO robots at the CLC. We enjoyed a zoom call with the British Museum where we learnt a lot about the Prehistoric periods and thought carefully about how museums find out about the past. We really enjoyed sharing our songs at the Harvest Festival Assembly. Last, but not least, on the last day of term we enjoyed strutting our funky hair styles on crazy hair day.



Year 2

Year 2 had such an exciting boat trip on the Floating Classroom! We went all the way up to Little Venice and learnt so much about the history of canals. We learnt about what cargo they carried, how they were built and how the canals have changed. The best part was when all the children got to dress up in Victorian costumes!



Reception



We enjoyed building a house outside for "The Tiger who came to tea." Next we read the story "But Martin" about an alien who comes to school. We made a spaceship inside and had fun blasting off to the moon!

KEY DATES

Wed, 17th November - **Y5 Road Safety workshop in school**

Thurs, 18th November - **Parents invited to 'Zones of Regulation' meeting at 9.10 am in the school hall.**

Mon, 22nd November - **Y3 CLC**

Mon, 22nd November - **Y1 & Y2 London Zoo**

Wed, 24th November - **Y5 Class Assembly**

Thurs, 25th November - **Phonics Workshop for parents with Anna Tyler-Ahmed**

Mon 29th November - **Y6 British Museum**

Tues, 30th November - **Y4 Jewish Museum**

Tues, 30th November - **Y6 Class Assembly**

Mon, 6th December - **Y4 London Zoo**

Wed, 8th December - **Y3 Camley Street Nature Park**

Wed, 8th December - **Y1 & 2 Hansel & Gretel (pm)**

Thurs, 9th December - **Y1 & 2 Hansel & Gretel (eve)**

Thurs, 9th December - **Y5 RAF Museum, Colindale**

Wed, 15th December - **Reception Nativity**



WELL-BEING TIP OF THE WEEK

Wellbeing tip of the week (this is a good one!)

Belly Breathing

Have you ever noticed how you breathe when you feel relaxed? The next time you first wake up in the morning or just before you fall asleep, try and notice your breathing. Deep breathing is one of the best ways to lower stress in the body. This is because when you breathe deeply, it sends a message to your brain to calm down and relax, which then signals your body to relax.

Belly breathing is easy to do and very relaxing. Try this basic exercise anytime you need to relax to relieve stress:

1. Sit or lie flat in a comfortable position.
2. Put one hand on your belly just below your ribs and the other hand on your chest.
3. Take a deep breath in through your nose and let your belly push your hand out. Your chest should not move.
4. Breathe out through pursed lips as if you were whistling. Feel the hand on your belly go in and use it to push all the air out.
5. Do this breathing 3 to 10 times. Take your time with each breath.



6. Notice how you feel at the end of the exercise.

Free Workshops to help you to support your child's well-being

Camden's MHST (Mental Health Support Team) are offering parents/carers a series of eight workshops to support their children's well-being.

Webinars that are for both Parents/Carers of Primary and Secondary aged children and young people

- Why Early Intervention Matters: Introducing the MHST
- All about sleep
- Therapeutic conversations with your child and young person
- Screen Time

Webinars for Parents/Carers of Primary aged children

- Parent-child interactions
- Managing child worries

Webinars for Parents/Carers of Secondary aged Young People

- Supporting your Anxious Young Person
- Understanding Adolescent Development

Each workshop will last up to 60 minutes and have an optional follow-up of 30 minutes for parents/carers to ask questions or discuss the topic further.

Parents and carers can register for any of the above webinars through Eventbrite for free at

<https://www.eventbrite.co.uk/e/mhst-parent-and-carer-webinar-series-2021-2022-tickets-184684756077>

Parents and carers can opt in for all topics, or whichever most appeals to them. The webinar series will run from Friday 12th November 2021 until Thursday 10th March 2022.

The scheduled topics, dates and times can be seen in the table below.

If you would like any further information about the courses, please do come and ask.

Oonagh (SENDCO)

Please see below for details.

Webinar topic	Intended Parent Audience	Date	Time
Why Early intervention matter: Introducing the MHST	Primary & Secondary	Friday 12 th November 2021	12.00 to 13:00 Q and A 13:00 to 13.30
Parent-child interactions	Primary	Friday 19 th November 2021	12.00 to 13:00 Q and A 13:00 to 13.30
Managing child worries		Friday 26 th November 2021	12.00 to 13:00

	Primary		Q and A 13:00 to 13.30
Supporting your Young Person with Anxiety	Secondary	Friday 3 rd December 2021	12.00 to 13:00 Q and A 13:00 to 13.30
Understanding Adolescent Development	Secondary	Friday 10 th December 2021	12.00 to 13:00 Q and A 13:00 to 13.30
Parent-child interactions	Primary	Thursday 20 th January 2022	12.00 to 13:00 Q and A 13:00 to 13.30
Managing child worries	Primary	Thursday 27 th January 2022	12.00 to 13:00 Q and A 13:00 to 13.30
Supporting your Young Person with Anxiety	Secondary	Thursday 3 rd February 2022	12.00 to 13:00 Q and A 13:00 to 13.30
Understanding Adolescent Development	Secondary	Thursday 10 th February 2022	12.00 to 13:00 Q and A 13:00 to 13.30
Therapeutic conversations with your Child and Young Person.	Primary & Secondary	Thursday 24 th February 2022	12.00 to 13:00 Q and A 13:00 to 13.30

Screen Time	Primary & Secondary	Thursday 3 rd March 2022	12.00 to 13:00 Q and A 13:00 to 13.30
All about sleep	Primary & Secondary	Thursday 10 th March 2022	12.00 to 13:00 Q and A 13:00 to 13.30



NATURE CONNECTION

In our busy polluted city, local children need access to the outdoors and a chance to immerse themselves in nature through free play.

Building dens, making fires and using nature's loose parts to make things, helps children to learn more about the natural world and offers children the time to be awe inspired by nature and supports their creativity and sense of wonder.

At Forest School children observe and interact with our natural environment, stimulating their natural curiosity and enhancing their social and emotional well-being. Playing with others in a natural environment helps children form strong friendships and build empathy and personal resilience.

We offer limited funded spaces for those on lower incomes, call us for details

Join our afterschool club and help your child to flourish in the outdoors.

"strong roots produce greater fruits"

BOOKINGS NOW AT:

www.urbanoutdoorslondon.co.uk
info@urbanoutdoorslondon.co.uk

ACTIVITIES INCLUDE:

WHITTLING & GREEN
WOODWORKING
FIRE LIGHTING & COOKING
TOOL USE
KNOT TYING
WEAVING & FELTING
NATURAL ARTS & CRAFTS
COLLECTIVE GAMES
BUG HOUSES
NATURAL PAINTS & DYES
FOOD FORAGING
MUD KITCHEN
TREE CLIMBING



**HAWLEY FOREST SCHOOL -
AFTERSCHOOL CLUB -
THURSDAYS 3.15-5.15**

**FOR BOOKINGS
CONTACT ABBY
07950481279**



Urban Outdoors
ADVENTURES IN NATURE

HAWLEY Forest School

After school club

children are picked up from
Hawley Primary School & we walk
to Baynes Street Nature reserve.

Winter term

Thursdays 3.15 - 5.15pm

4th Nov 21 - 16th Dec 21



AGM 2021

Wednesday 24th November, 6.00-7.30pm

Please join us on Zoom for our Annual General Meeting, where we will be presenting 'What a Year', highlighting the work we have achieved during 2020/21.

- Everyone welcome
- Email info@castlehaven.org.uk for the Zoom link to access this meeting
- Or call 020 7485 3386 for more information

-  @CCA_Camden
-  Find us on Facebook
-  @ccacamden

www.castlehaven.org.uk

CASTLEHAVEN
heart of your community

COVID-19: Update from Camden Council

For the latest information and support from Camden Council and its partners, including updates to services:

- Visit camden.gov.uk/coronavirus – includes information in different languages
- Check the rolling news pages at news.camden.gov.uk
- Follow Twitter @CamdenCouncil, Facebook facebook.com/LBCamden and Instagram @WeMakeCamden
- Speak to someone at the Council directly by calling 020 7974 4444 (option 9).



SIGN UP to the Council's coronavirus newsletter at camden.gov.uk/coronavirus-updates

Get your COVID-19 vaccination

Whether it's a first, second or booster dose, the vaccine is the best way to protect yourself against coronavirus. Boosters are available 6 months after your second dose of the COVID-19 vaccine, but you can now book yours if it's been 5 months (152 days) and you're:

- Aged 50+
- Aged 16+ with a health condition that puts you at high risk from COVID-19



To get your COVID-19 vaccination, including a booster if you're eligible, you can choose to:

- Book online at nhs.uk/coronavirus or call 119
- Visit a walk-in clinic – camden.gov.uk/walkin
- Drop by Camden's COVID-19 vaccination bus, which runs Monday to Saturday, 10am to 4pm throughout November at:

 **Regent's Park Estate, Access Way, NW1 3QJ**
Friday 12 and Saturday 13 November

 **1 Palmerston Road, NW6 2DG**
Wednesday 17 and Thursday 18 November

 **Swiss Cottage Market, Eton Avenue, NW6 3EU**
Monday 15 and Tuesday 16 November

 **Brunswick Square, opposite UCL's School of Pharmacy, WC1N 1AX**
Friday 19 November

To find out more, visit camden.gov.uk/getting-the-vaccine

Test regularly to check you're COVID-free

You can still catch and spread COVID-19 without symptoms, even after vaccination. Taking regular rapid tests, including before going out to work, going shopping or meeting with friends or family, prevents you passing the virus on to others without knowing. All rapid tests are free and take 30 minutes. To find your closest test site, home test pick-up or delivery options, visit camden.gov.uk/rapidtest

If you develop any COVID-19 symptoms, please self-isolate and book a PCR test at nhs.uk/coronavirus or by calling 119.



Join People's Question Time

Have your say on the issues that matter most to you. Join the Mayor of London, Sadiq Khan, and the London Assembly for People's Question Time on Tuesday 23 November, 7 to 9pm at Congress Centre, 28 Great Russell Street, WC1B 3LS. Topics will include transport, policing and safety, air quality and the environment, housing and London's economic recovery from COVID-19. Register for free tickets at london.gov.uk/events/2021-11-23/peoples-question-time-camden or call 020 7983 4762.



Looking after our health is important at any time of the year. But this winter, with 'flu season' likely to hit harder than last year, and COVID-19 rates high, we are urging all residents to take extra care.

There are several things you can do to stay well this winter and protect others. The first is to have the COVID-19 vaccine, and the booster too, as soon as you are eligible. You can also

get a flu vaccine (check below to find out if you qualify for a free one). These will help to protect against getting seriously ill from both viruses and have been shown to provide the best forms of defence.

Improving health and wellbeing for everyone in Camden is one of the borough's highest priorities. COVID-19 has had a profound impact, putting pressure on local health and care systems and shining a stark light on deep-rooted inequalities. It's never been more important to work together to build back a fairer, healthier Camden.

Find out below how we're starting to tackle this issue and how you can get involved.

Councillor Georgia Gould, Leader of Camden Council

Free flu vaccinations available

Having COVID-19 and flu at the same time can make you seriously ill, particularly if you have underlying health conditions or work with people who do. Free flu vaccinations are currently available to:

- People aged 50+
- Pregnant women
- People aged 16+ with underlying health conditions
- All frontline health or social care workers

Remember, getting both the flu and COVID-19 vaccines at the same time or closely together won't cause any harm.

Find out more and book your appointment at nhs.uk/flujab

Viruses like COVID-19 and flu spread more easily in autumn and winter, so it's important to take care of yourself to avoid getting ill. Keep your home warm, have hot drinks regularly and at least one warm meal a day. If you're struggling, contact Camden Council on 020 7974 4444 (option 9) or visit camden.gov.uk/support-for-individuals



Have your say on health and wellbeing in Camden

Camden Council and local health partners want to tackle growing health inequalities, which have been made worse by COVID-19, and are keen to hear your views on a new draft health and wellbeing strategy.

The draft strategy aims to make Camden the best place to start well, live well and age well. Give your views on how health and wellbeing can be improved across the borough, both now and in the longer-term, by 13 December – visit camdenhealthandwellbeingstrategy.commonplace.is

Introducing Camden's new mobile health bus

On Saturday 20 November, Camden Council and NHS partners are hosting a free health and wellbeing event to help launch the borough's new mobile NHS health bus. Join outside Swiss Cottage Library, 88 Avenue Road, NW3 3HA, 12 noon to 4pm for a host of fun free health-related activities, including exercise taster sessions, face painting, live music, healthy food and smoothie bike, NHS health checks and health information and advice.