



Year 1, 'Teddies'

10th February 2022

As we near spring half term break, we look forward to longer days and warmer weather.

It has been a very busy half term as we attempt to get back to some form of normality, but over the last two weeks we have certainly had our fair share of staff who have been affected by the Omicron variant of the coronavirus. We are very thankful to all of the staff who went the extra mile to ensure that the children had continuity and did not miss out on their learning whilst teachers and TAs were absent. I certainly hope that half term will act as a circuit breaker and we can all return to school after the break, refreshed and Covid 19 free!

This half term we have tried to get back to planning for accessing as many trips and activities as possible that enrich the curriculum. We have been fortunate that one of our neighbouring schools, The Cavendish, invited us to two events at their school, one of which was a celebration of The Chinese New Year. The children who attended thoroughly enjoyed it.

Many of our trips this term have required the children to walk to the venue of the learning activity. This is when we are so appreciative of our location. A trip to London Zoo, Hampstead Heath, the Camden Learning Centre, the British Library and even the swimming pool are all within a relatively short walking distance from our school. It takes some stamina for the children to walk some distances and so it is great to see the children in the playground doing the daily mile every day. Many of the children manage to run all of the laps of the playground. Hopefully, during the half term, you will be able to help your children to keep up their activity levels by simply going for long walks or any other energy busting activities! outdoors.

### **Attendance**

This half term it has been a real struggle to get our attendance figures back up to where they used to be. Attending school regularly and on time are good habits to be teaching the children and at this point in time it is even more important that they do not miss any opportunities to learn.

It is really important that the number of children who are regularly late or miss school improve their attendance and punctuality next half term.

We wish you all a happy and safe mid term break. School will reopen on **Monday 21 February**

NEWS	NEWS	NEWS
<p><b>Book Week</b> During the half term break you may want to start thinking about world book day, doing lots of reading and thinking about which character to adopt on the day. <b>World Book Day</b> -Thursday 3rd March.</p> <p><b>Red Nose Day</b> We will also be celebrating <b>Red Nose Day on</b> Friday 18th March. The children would like to produce another joke book this year. All funny contributions welcomed!</p>	<p><b>THANK YOU</b> too all of the parents who organised a wonderful <b>Valentine's Tea</b> today.All contributions were much appreciated and looked (and tasted!) delicious! We will let you know how much was raised after the half term break.</p> 	<p><b>Parent Meetings</b> Parent meetings will be held in the week commencing <b>7th March</b>. These will once again be on zoom.</p>

## STARS OF THE WEEK

Reception- Yunus

Year 1 - Axel and Hamza	Year 2 - Erikah
Year 3 - Michael	Year 4 - Maxy
Year 5 - Zaki	Year 6 - Bella

**\* TIMES TABLES ROCK STARS \***

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Year 6 Rio	Year 5 Tre	Year 4 Adam
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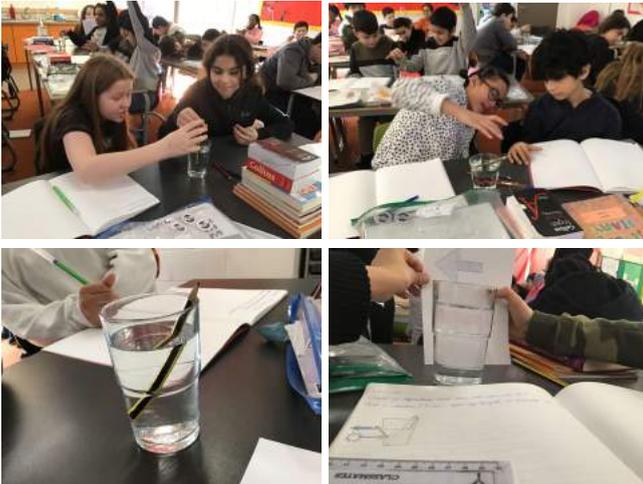
**Attendance**

Last week **YEAR 4** were our attendance stars with **97%** attendance for the week. Well done Year 1! Keep up the great attendance and the good learning!



## YEAR 6

This term, Year 6 have been learning about light and conducting a number of investigations to explore how light travels and is both reflected and refracted. In one investigation, they investigated how refraction made the pencil look as if it had been cut in half and, in another investigation, made an arrow (drawn on paper) appear to have changed direction! Science is magic!



We have also begun our swimming lessons and the children have already shown an amazing determination to improve their skills! Swimming lessons will continue every afternoon throughout the week following half-term.

## YEAR 4

Year 4 has been having a great time learning all about our local area. We spent an active afternoon orienteering on Hampstead Heath, using maps and symbols to help guide us. It was a good introduction to the sport and we will build on this later in the year. We also visited London Zoo, to have a close look at the lions. (We are reading *The Lion, The Witch and the Wardrobe*.) We will also think about how their natural habitat, in Gujarat, India, compares to ours here in Camden.



## Year 2

Year 2 has been learning about the Victorian workhouse. They learnt all about the horrible jobs people had to do there, like picking ropes apart and breaking stones. Also the food there was terrible, they were fed gruel, a kind of watery porridge, tasteless soup and crusts of dry bread. They stained paper using a coffee solution to make it look old. How do you think they might have felt living in the workhouse? Read a diary entry to find out...

Dear Diary,  
 Yesterday I woke from bed early.  
 Next I took a shower it was horrible.  
 After that I ate gross already cold  
 moldy disgusting gum. Later I went  
 to stamp collecting it was hard very hard  
 to break them. After I went inside to  
 have peas pudding it was disgusting.  
 At 5:00 clock I did arithmetic it was  
 hard but I did it. In the evening  
 I prayed to God. For dinner I  
 had cold moulley soup and boiled  
 vegitballs. In the evening I had free  
 play time it was a smart play time.  
 Then I came inside, it was bed time  
 I prayed to God then went to bed.  
 I wish it will be a nice day with  
 happy nice. by matthew.

Dear Diary  
 yesterday  
 I awake and I cried because I had  
 a horrible nightmare. Next I had  
 a <sup>sh</sup> freezing shower. After that I had  
 lunch I had break. After lunch  
 at 2:00 clock we had to do  
 knitting. After that I did  
 arithmetic and prayers. I finished  
 I had soup for dinner. Next I  
 shared my bed with three girls.  
 I had a horrible day. I  
 hope tomorrow will be better.

## Reception

We had a lovely time last week when Chisato, Hannah's Mum, came to show us how to do Origami, which is the Japanese art of paper folding. We all tried hard and made frogs, boxes, boats and planes. Chisato is kindly returning next week to make pop-ups with us and show us some more of her beautiful books. We are continuing with our "To the Rescue!" topic and look forward to showing you some photos from our Superhero day next time.



## KEY DATES

W/c Mon 7th February - **Y6 2 weeks of swimming**  
& w/c 21st February

Thurs 10 February - **Y4 British Library**

Mon 14th February - **HALF TERM**

Mon 21st February - **Y6 Swimming continues**

Mon 28th February - **Y2 British Library**

Tues 2nd March - **Y6 Cavendish School**

Thurs 10th March - **Y1 British Library,**  
**Y5 Crick,**  
**Y6 Science Museum**



### Well being thought for this week

#### Challenging our inner voice

Most of us have an internal voice that narrates our stream of thoughts. At times, this voice can be quite critical and can negatively affect our self-esteem. It might tell us that we're not smart, or that we're unattractive, or not good enough. It's likely this critical inner voice developed at an early age, after hearing hurtful things being said towards us or others. These critical thoughts don't do us any good, they just hold us back and make us unhappy. The only way to stop them, is to stop believing them, which takes practice. Every time a self-critical thought pops into your head, you have the right to challenge it:

- Is this thought true?
- Where did the thought come from?
- Respond to the thought the way you would if it was a friend who had said this about themselves, with compassion and kindness.
- What are these thoughts stopping you from doing?
- What thoughts would be more helpful to have? Try to replace the negative thoughts with helpful thoughts.

Stand up to that inner voice and tell it that you are important, you have value, and you can achieve anything you set your mind to!

# Oversharing online Parent Guide

## How to help your child know what and when to share online



### What is oversharing?

Sharing things is a **key part of life online**. There are plenty of things that are great for your child to share online with their friends. Many young people use social media to **express** who they are, **update** what they are doing or **post things** they feel particularly proud of.

But some things are **not appropriate to share online**, and could even be **dangerous**. Examples of this are **passwords, personal information** like your **location or home address**, or content that could be **hurtful** to others.

What your child shares also depends on **who they're planning to share it with**. Something suitable to share with a friend may not be **appropriate to share publicly**.

### What are the risks?

Your child might not be aware that something they have put online **could harm themselves or others**. It isn't always obvious, so it's **important to discuss** what is and isn't appropriate.

For example, if your child posts a picture of themselves in their **school uniform**, this could tell anyone who sees the picture **where your child goes to school**. Your child should also be mindful **not to post pictures of their friends or others without their permission**, as doing so could **reveal personal information they haven't agreed to share** – or simply embarrass them.

It's also important that your child understands that once something has been posted online – even if among friends – that image, post or message is **no longer in their control**. Even if they delete it in the future, others could have **already shared it or taken a screenshot**.

Encourage your child to **think carefully** about whether they will **feel comfortable** in the future about something they are planning to share.

### What else should I do?

Make sure that your child understands **privacy settings** on the devices and platforms they use. **The Children's Code**, introduced in September 2021, goes some way to **protecting data privacy**, for example, by ensuring that social media sites **set all accounts for under 16s to private by default** – but these default settings **can be switched off**. Talk to them about why these settings are important, and how they protect them online.

While you should always be mindful of your digital footprint, many social media platforms allow you to **request images to be removed**. Organisations, such as the NSPCC and CEOP, can also support you in removing certain types of images online, for example naked images.

The most important thing is that you **keep up a conversation with your child and always encourage them to come to you** if they feel concerned about something that they've shared online.

**LS.M** London  
School of  
Mosaic

# MOSAIC CLUB



**LEARN MOSAIC BASICS &  
MAKE A COASTER TO  
TAKE HOME!**

10AM - 1PM | February 14th - 18th | £35 per  
session

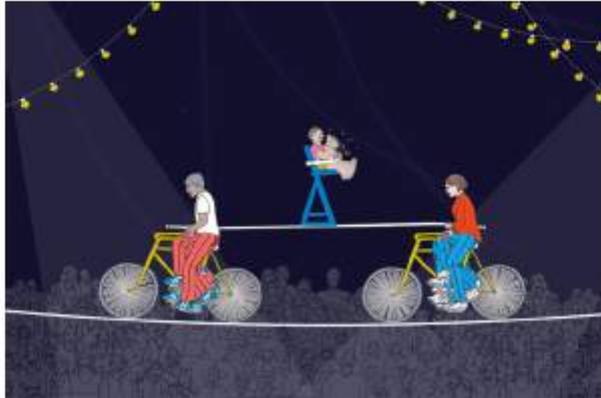
VISIT [WWW.LSOMOSAIC.COM](http://WWW.LSOMOSAIC.COM) FOR MORE DETAILS

For more information:

<https://www.lsomosaic.com/events/2022/2/14/spring-half-term-mosaic-fun-for-kids>

## Self-compassion for parents: maintaining your wellbeing in the context of parenting

A two session online course on Thursdays  
24 February, 3 March 2022, 11am-12.30pm



Do you find parenting stressful at times?

Would you like to learn more about how to look after your mental health whilst raising children? If so, you're not alone!

Parenting can be hard for all of us. This course will show you how to be kinder to yourself when you feel guilty or stressed and will teach you some skills you can use in your day-to-day life as a busy parent.

You will also be able to share ideas with other parents about how to survive and thrive, even on the bad days.

How to enrol

Register online

Find out more

[www.candi.nhs.uk/recoverycollege](http://www.candi.nhs.uk/recoverycollege)

0203 317 6904

[recovery.college@candi.nhs.uk](mailto:recovery.college@candi.nhs.uk)





# CREATIVE FAMILIES WORKSHOPS

Over 11 weeks on Sundays :

- 30th Jan, 6th & 13th Feb
- 27th Feb, 6th, 13th, 20th Mar
- 3rd, 10th, 17th, 24th Apr

1 - 2pm

**Camden People's Theatre**

58-60 Hampstead Road

London NW1 2PY

These **FREE** workshops have been designed for the whole family to take part with children aged 5 and above.

## Community Café

### 2-3.30pm

After each workshop we invite you to our Foyer for the Community Café, a place to relax with cups of tea and coffee costing £1 plus various other soft drinks. We have a space in the Foyer to play with board games and toys as well.



To find out more/book a place, contact:  
[community@cpttheatre.co.uk](mailto:community@cpttheatre.co.uk)

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



**SIGN UP** to the Council's coronavirus e-newsletter at [camden.gov.uk/coronavirus-updates](https://camden.gov.uk/coronavirus-updates)

## Maybe you've moved on but COVID-19 hasn't



**Save a life  
don't risk  
a life**

## Get your COVID-19 booster now

A booster helps give you longer term protection against getting seriously ill. Everyone aged 16 or over who had their second dose 3 months ago is eligible for a booster. Some children aged 12 to 15 can also get a booster if they have a condition that puts them at high risk from the virus or they live with someone who has a weaker immune system.

Book your booster online or visit a vaccination clinic for a walk-in appointment. To find out more, visit [camden.gov.uk/getting-the-vaccine](https://camden.gov.uk/getting-the-vaccine)



## Second doses for 12 to 15-year-olds

The COVID-19 vaccine is safe and effective, and every dose offers you extra protection against getting seriously ill. All 12 to 15-year-olds are being offered a second dose, 12 weeks after a first dose for most, unless your child has a condition that puts them at higher risk or is a household contact with someone who is, then it's recommended they get a second dose 8 weeks after their first dose, and a booster 3 months later.

To find out more visit, [nhs.uk/coronavirus](https://nhs.uk/coronavirus)



While cases of COVID-19 appear to be falling, they are still at a relatively high level, particularly in those under 18. Despite the end of Plan B restrictions last week, it's important to continue following public health advice, including wearing masks in crowded places, testing regularly, and washing hands. Also, I can't stress enough how getting two vaccine doses and a booster is without doubt the best protection against becoming seriously ill.

It's great news that more people are getting their full set of jabs and, as cases decline, for some it is starting to feel like we might be beginning to put the worst of the pandemic behind us. But even as we inch into this next phase we have to carry on taking care of ourselves and our loved ones, making sure that we're all as healthy as possible, physically, mentally, and emotionally. And it's important to remember that this whole experience has been enormously stressful, causing huge anxiety for so many of us, in ways that aren't always obvious or quick to pass. So if you're having a tough time, or don't feel quite like yourself, and you'd like to talk to someone about it, see below for more information on today's (Thursday 3 February) Time To Talk Day. Please know that, if you are struggling, you don't have to go through it alone – we're here to help.

**Councillor Georgia Gould, Leader of Camden Council**

## Mental Health support in Camden

### Time to Talk Day

The pandemic continues to have a big impact on many people's mental health. While there is no 'right' way to talk about mental health, today (3 February) is Time To Talk Day – an opportunity for us all to be more open about our mental health and how we're feeling, if we want to.

It's important to feel comfortable and safe while having these conversations. Tips for supporting a friend or family member who may be struggling include asking open-ended questions and taking time to just listen. For more information, visit [timetotalkday.co.uk/tips-to-talk](https://timetotalkday.co.uk/tips-to-talk)

### Mental health support for children, young people and families

Some of the hardest hit from a mental health and wellbeing point of view have been children, young people and families. From 7 to 13 February, it's Children's Mental Health Week. This year's theme is 'Growing Together', encouraging children (and adults) to consider how they have grown, and how they can help others to grow.

Find out more, including resources for schools, youth groups, parents and carers at [childrensmentalhealthweek.org.uk](https://childrensmentalhealthweek.org.uk)

If you are a young person and are struggling with your mental health and wellbeing, you can find resources and support – including free, anonymous online support at [camdenrise.co.uk/emotional-wellbeing](https://camdenrise.co.uk/emotional-wellbeing)



## Financial support

If you're struggling with money, you may be eligible for a one-off payment to help pay for essentials, like heating bills and groceries. To apply, contact one of the organisations in the Camden Advice Network – see details at [camden.gov.uk/hardshipfund](https://camden.gov.uk/hardshipfund). You can also contact Camden Council on 020 7974 4444 (option 9).





RAaW London



Promoting human rights and  
artistic excellence in film, theatre  
and radical, organic training

# RAaW KIDS

**10 weeks of acting training for 8 – 12 year olds**  
*Saturdays in Camden Town, 2.30pm – 5pm!*

Film Acting  
Theatre Acting  
Dance  
Improvisation  
The Stevens Technique  
RAaW Management

At the end of the 10 weeks, we'll be filming optional short  
films starring your child!

For more info, check out our website!  
Get in touch to book a slot!

Camden Town | [www.raawlondon.org](http://www.raawlondon.org) | 0208 257 6477  
Saturdays | [info@raawlondon.org](mailto:info@raawlondon.org) | 07960 063 245