

**Parent Workshop: Tuesday 8th October, 2.15-3.15pm,
Primrose Hill Primary**

How to support your child with managing stress and anxiety

It is completely normal for your child to experience a range of positive and negative emotions on a daily basis, including periods of happiness, stress, anxiety, sadness or frustration. But, it can be confusing to know when your child's stress or anxiety might be more of a problem. It can also be hard to know how to help them if they don't want to talk about these more difficult feelings.

It's really important that we teach our children how to cope with these challenging feelings so that they don't become overwhelmed.

In this session we will think about:

- How to know if your child is experiencing normal amounts of stress or if they are overwhelmed
- What strategies you can use as a family to learn to cope better with everyday stresses and anxieties
- How to build your child's resilience to cope with life stressors

Deborah Kaiser

Mental Health and Wellbeing Consultant
Camden Learning



PE Kit Shop Opening Times:



Tues 9 — 9:45 am
Weds 3:00 — 3:45pm

Order forms can be found in the office. Please make sure you bring the correct CASH when paying for the kit.

Parents/Carers with mobility issues can place the order in the office and we will text you to collect them when they are ready for collection.

Payments can be made when you place the order or when collecting. Please be aware that we will hand the PE kit only when it's paid in full.

Please remember to name your child's clothing.

Pop up coffee



Pop up cafe is back next Monday 23rd from 3.15pm in the top playground. We will cook dinner so you don't have to. See you all there.

News from the Garden

Gardening club have returned to school to find the garden full of things to harvest.



The pear harvest

They will also be trying their hands at growing plants from seeds they have collected and from pieces of fruit or vegetable. This week we planted some ginger root which had begun to sprout.



Planting ginger



raspberries

Future Key Dates

21-25 th Oct	Half Term
Mon 28 th Oct	INSET DAY
Wed 27th Nov	Parent Consultations Meeting
	EYFS Closed and Y1 – 6 close at 1pm
Thurs 19 th Dec	Last Day of Autumn Term
Mon 6 th Jan	INSET DAY
Tues 7 th Jan	First Day Spring Term
Mon 17th to Fri 21st Feb	Half Term
Fri 3 rd April	Last Day of Spring Term
Mon 20 th April	INSET DAY
Tues 21 st April	First Day of Summer Term
Fri 8 th May	MAY DAY
Mon 25th to Fri 29th May	Half Term
Mon 1 st June	INSET DAY
Tues 21 st July	Last Day of Summer Term

Stars of the week

★	Dragonflies – Leo & Joshua	★
★	Butterflies – Caetano & Clarissa	★
★	Grasshoppers – Maysa & Navadah	★
★	Beetles – Leo & Zita	★
★	Bats – Ollie & Rita	★
★	Squirrels – Maria and Nazmin	★
★	Hedgehogs – Alissa May and Kalan	★
★	Foxes – Maya P and Onida	★
★	Blackbirds – Dorian & Sulaiman	★
★	Woodpeckers – Tiana & Lorenzo	★
★	Herons – Maymuna & Archie	★
★	Kestrels – Hamza & Olta	★

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The school makes money simply by you shopping at no extra cost to you. We need as many supporters as possible so tell your friends and family.

Every penny helps and with this in mind please check out the website <https://www.easyfundraising.org.uk/causes/primhill/>
Let us see if we can be the most profitable school!