

Primrose Hill Primary School Weekly Newsletter



Address: Princess Road, London, NW1 8JL
Tel : 020 7722 8500
Email: admin@primrosehill.camden.sch.uk
Website: www.primrosehill.camden.sch.uk

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@NW1PrimroseHill

Wellbeing Tip of the Week: Pause and Breathe



When you notice you are feeling stressed, overwhelmed or worried, take a moment to pause and breathe. Deep breathing calms our nervous system and increases oxygen flow to the brain. This helps us to think more clearly and enables us to problem-solve. Next time you are stressed, try breathing in through the nose, holding it for 5 seconds, and breathing out through the mouth for 7 seconds. Repeat this at least 5 times and see if that helps you to feel a bit calmer.

Well Being Activities & Events to look forward to...

We have planned some wonderful events to help lift our spirits in this difficult time. You will all receive a letter today, which outlines all the events we have planned to ensure we are still giving children and families time to socialise and celebrate together! We will continue to promote and share the wonderful learning that all the children are doing across the school.

Christmas Concerts!

Tom is planning a 'virtual' Christmas Production for all this year!

This is still in the planning stage at the moment, but once confirmed, we will let you know! Watch this space!

Loud Shirt Day

Thank you to everyone who donated to Loud Shirt day! We managed to raise an amazing **£210.09** to help give the gift of sound and speech to deaf children. Good job everyone!

Parent Reps

Amal, Chair of FOPH & one of our governors, and Mireille met this week to re-establish & organise Parent Reps at PH. All the Reps are very enthusiastic and motivated for the year ahead. In the next few days, they will be approaching the parents within their classes to establish a communication group -some of these are already established. They need your permission to add your numbers to the group. There will be a letter sent out on Monday for you to complete about this. We are still looking for Parent Reps for Tadpoles & Ladybirds, so please let the office know if you are interested. Thanks!



New Class	Parent Rep(s)	New Class	Parent Rep(s)
Tadpoles 2 Year Old Nursery		Year 3 Squirrels	Fatima (Caleb's Mum)
Froglets Nursery	Mabel (Didi's mum)	Year 3 Bats	Yetunde (Eti-Eno's Mum)
Reception Ladybirds		Year 4 Hedgehogs	Paula (Alicia's Mum)
Year 1 Dragonflies	Sophia (Lylah's Mum)	Year 4 Foxes	Jess (Sinead's Mum)
Year 1 Butterflies	Omar (Ayman's Dad)	Year 5 Woodpeckers	Jenny (Harrison's Mum)
Year 2 Grasshoppers	Elisa (Fernando's Mum) Sandra (Hero's Mum)	Year 5 Blackbirds	Zainab (Ayub's Mum) Najma (Rabah's Mum)
Year 2 Beetles	Sue (Valerie's Mum) Munira (Zayana's Mum)	Year 6 Herons	Elisabette (Lorenzo's Mum)
		Year 6 Kestrels	Anna (Lorenzo's Mum)

Littering

Please be considerate of our residential neighbours and ensure you don't leave any litter around the area.

Start & End of the Day

Thank you for continuing to adapt to the changes we make across the school - we will continue to monitor our risk and adapt accordingly. Please continue to line up to drop off and collect your child/ren, on the right side of the main school gate, socially distancing from each other and wearing face masks.

A reminder that children need to be collected at their collection times:

Froglets (Nursery) & Ladybirds—from 3pm

Y1, 2, 5 & 6—3:10pm

Y3 & 4—3:20pm

If you arrive after 3:25, you will need to enter the school through the foyer to collect your child.

Protocol Champions

Dragonflies – Safa
Butterflies – Safaa
Grasshoppers – Altiona
Beetles –
Bats – Aisha
Squirrels – Masud

Foxes – Noah
Hedgehogs – Alicia
Blackbirds – Prudence
Woodpeckers – Luke
Herons – Olti
Kestrels – Hamza

Protocol Champions

Behaviour Expectations



Y1 Achievement



In Year 1 we have been learning about Mae Jemison and her journey into space. We read a book called "Look Up!" where the main character makes a spaceship out of cardboard. We were inspired and have decided to build our own rockets in our classroom. This week we have been designing what we think our rocket should look like.



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Stars of the Week

Dragonflies – Abdulrahman & Salma ★
Butterflies – Hannah & Arthur ★
Grasshoppers – Morena & Sasha ★
Beetles – Mohamed & Zakariya ★
Bats – Iqra & Hanna ★
Squirrels – Noar and Sebastian ★
Hedgehogs – Stran & Teddy ★
Foxes – Ameera & Selena ★
Blackbirds – Frankie & Maya L ★
Woodpeckers – Ela & Elliot ★
Herons – Rubina & Gerti ★
Kestrels – Grace & Lorenzo ★

Y3 Achievement

We have been learning about Wangari Maathai - the woman who planted a million trees.



CORONAVIRUS CASES ARE HIGH ACROSS LONDON

LOCKDOWN RESTRICTIONS



Stay at home unless you're leaving the house for a permitted reason



Visiting vulnerable people? Take extra precautions



You must work from home if you can



Only socialise outdoors with your household, bubble or 1 person from another household



Only socialise indoors with your household or bubble



Avoid travelling in or out of your local area

FOLLOW PUBLIC HEALTH ADVICE



Wear a face covering in indoor public spaces, unless you're exempt



Wash your hands regularly



Keep 2 metres apart from people you don't live with

Got coronavirus symptoms? Self-isolate and get tested

To get a coronavirus test, go to nhs.uk/coronavirus or call 119. You'll be given the option to book a test centre appointment or request an at-home test kit. There are plenty of both available. There's also an outdoor test site at 51 Greenwood Place, Kentish Town, NW5 1LB (access from Highgate Road - please note that the test site is near, but not at, the Greenwood Centre). Please don't just turn up though - you need to book an appointment.

Ongoing support for adults

Camden Council is continuing to help adults who need ongoing care and support to manage their physical and mental health, and those who need short-term help due to COVID-19. If you, or someone you know, needs support please contact adultsocialcare@camden.gov.uk or call 020 7974 4000 (option 1).

Advice for residents at high risk from COVID-19



If you have a specific health condition that means you're at high risk from coronavirus (clinically extremely vulnerable), please follow the latest guidance to keep yourself safe, which includes:

- Register for the Government's new shielding support service at gov.uk/coronavirus-shielding-support

- Stay at home as much as possible.

Find out more at gov.uk/coronavirus or call the Council for support on 020 7974 4444 (option 9).

Food Bank

OLIO connects neighbours with each other and with local businesses so surplus food can be shared, not thrown away. This could be food nearing its sell-by date in local stores, spare home-grown vegetables, bread from your baker, or the groceries in your fridge when you go away. For your convenience, OLIO can also be used for non-food household items too.



OLIO 4+
 Share more. Waste less.
 Olio Exchange Limited
 Designed for iPad
 #17 in Food & Drink
 ★★★★★ 4.9 - BK Ratings
 Free

Y5 Achievement

As part of their work on pencil drawing, Year Five have created these wonderful portraits of Ernest Shackleton for their log books, which you saw a couple of weeks ago. We've



been focussing on making the proportions of the face accurate.