

Primrose Hill Primary School Weekly Newsletter

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What a half term it has been! The term has gathered pace and the children have done exceptionally well given the inevitable disruption that the pandemic has continued to cause. Despite all of this there has been much to celebrate over the last week; we have had the Year 5 art exhibition which saw the culmination of all the hard work of Year 5 with our artist in residence Katie Sturridge. We also had the first delivery of our wellbeing messages. The postbox sits outside Liz and Mandy's office and it is for anyone (adult or child) to send a note/card to others to show their appreciation. The school council have also been busy selling healthy snacks to their classmates as part of improving the wellbeing of everyone. It was such a success that 3 days' worth of produce sold out in just one breaktime! Ladybirds also went on their canal boat trip on the 'Jenny Wren'. They were all wonderfully behaved and saw lots of wildlife and sights of the canal as we made our way to Little Venice and back. It was a pleasure to be with the children as they experienced the sights and sounds of the local waterway.

A much needed week's break is upon us – for everyone. Can I take this opportunity to thank all the staff here at Primrose Hill for their continued hard work during yet another challenging half term. It truly is a testament to their professionalism and dedication that the children barely notice! Have a great break and we look forward to seeing all the children on Monday 21st February. **Phil**

SCHOOL LUNCHES—UPDATE

Last week we notified parents via the newsletter that we were sending notifications out about lunch debts that had accumulated. We realise that we are all living in straitened times. However, it is important that all lunches taken are paid for. It is absolutely not our intention, though to place anyone in difficulty in respect of this. To that end, please do contact us if:

1. You think your child may qualify for free school meals – we can help you with the process of application
2. You need to discuss the matter in a more specific way. All such discussions and resolutions will remain completely confidential

As someone who for his entire school life was in receipt of a free school meal, I know how important a proper meal in the middle of the day is for children.

CHILDREN'S MENTAL HEALTH WEEK

This week has been a roaring success and has been expertly managed by our wonderful school Council. They have run the busy tuck shop with professionalism and charm, tackled the growing wellbeing post that has been circulating around the school and have shown such enthusiasm and care. I feel incredibly fortunate to work with such a wonderful group of people, and have loved seeing the hundreds of happy, smiling faces this week.

Lots of wonderful learning in class has also been going on this week, so look out for the posts on the website. Thanking all of our community for their wonderful support this week, you are so appreciated.

YEAR 2 AND YEAR 6 SATS

This year the government have confirmed that the SATs for Y2 and Y6 will take place as normal. This is definitely a challenge



given the huge disruption the children have had to the last 2 ½ years. You may have heard that there are going to be supportive measures put in place for GCSE and A level examinations. Sadly, as yet there is no indication that the same type of accommodations are going to be allowed for our children. Nevertheless, we have been moving forward with the curriculum to ensure both year groups are as well prepared as they can possibly be.

In order to ensure you can support your children through this process, we will be providing an online zoom meeting where the SATs will be explained in more detail early next term for both Y2 and 6 (details to follow). The key message though has to be not to worry! The teacher assessment of all the pupils is far more valuable than any test scores and much more accurate. The results this year are also not being published in league tables in recognition of the disruption that the pandemic has caused.

Parent Governor Election Results



Following the Parent-Governor election which concluded last Thursday, we are pleased to welcome Magen Inon to our Governing Board.

"I have been a teacher for over ten years in various educational institutions. Recently completed a PhD from UCL's Institute of Education, and for the past five years I have been learning the most challenging and satisfying skill of them all - how to be a parent. Always curious about people, and happy to have a chat." Magen

Laura Thompson has been a member of both our Curriculum & Pupil Welfare and Staffing, Leadership & Performance committees for four years. Fully trained in Safer Recruitment she frequently assists the Headteacher and SLT on interview panels for prospective new teachers.

We are delighted that Laura was re-elected to the Governing Board. We look forward to her applying her range of skills in the next four years.



Thank you to everyone who took the time to vote. The turnout was high and showed support for all candidates who had the courage and commitment to put themselves forward. Both Phil and I were impressed with the enthusiasm of parents to apply to be a governor. All four candidates were of a high calibre and those who were unsuccessful in this election are encouraged to apply for future parent-governor elections where applicable. Parents with skills that are sought after by a school Governing Board should be aware that they can also apply to be co-opted governors when vacancies arise, either here at Primrose Hill or at other local schools. If you would like further information, please contact me ccameron27.202@primrosehillcamden.co.uk

Claire Cameron, Chair of Governors

RAFFLE WINNERS

The winners of our famous luxury hampers and other prices are :

Sophia Bats - The Albert Meal & Wine for 2

Nevadah Hedgehogs - La Petite Poissonnaire £75 voucher

Theo Kestrels - Primrose Books £20 voucher

Suleiman Foxes - Primrose Bakery £20 voucher

Joshua Bats - Handmade Patchwork Blanket

Jasmine Butterflies - Apostle Bottle £10 voucher

Nat Beetles - Hamper

Leo Foxes - Hamper

Henry Blackbirds - Hamper

Bonnie Foxes - Hamper

Eleri Grasshoppers - Hamper

Bella Blackbirds - Hamper

Caleb Hedgehogs - Hamper



WHAT'S FOR LUNCH THIS SPRING/SUMMER?

Caterlink is an award-winning food service provider catering for primary schools across the country. We are passionate about providing your children with freshly prepared school lunches that are true to our fresh food heritage. All our menus are nutritionally analysed to ensure they meet and, in most cases, exceed The School Food Standards set by our nutrition team. We are committed to constantly reviewing our menus and recipes to ensure they are healthy. We have reduced sugar in our desserts to below the 6.5g recommendations by Public Health England and have been recognised as leading the way by SUGAR SMART UK. We have also introduced a number of plant-based recipes to our menus and meat free days to support the sustainability aspects of our offer.

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KEEP IN TOUCH

You can keep up to date with what's going on by visiting our web site <https://caterlinktd.co.uk/my-caterlink> to find the latest news and information about our upcoming theme days and our current menus. You can also get in touch through our Contact Us page. We appreciate all feedback on our service.

RECRUITMENT

We are always looking for new talented team members, if you are interested in joining Caterlink or becoming an apprentice visit us through our web site <https://caterlinktd.co.uk/jobs-careers/> or email hrrsupport@caterlinktd.co.uk

UNIVERSAL INFANT FREE SCHOOL MEALS
Don't forget if your child is in Reception, Year 1 or Year 2, they can enjoy a meal each day without charge, irrespective of income. However, you still need to register if you are entitled to Free School Meals. This is important and helps schools funding.

FREE SCHOOL MEALS
Low Income - Are you missing out? To check if you are entitled to Free School Meals entitlement ask at your school office.

ALLERGY INFORMATION

If your child has an allergy or intolerance, please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance, you will be asked to complete a form to ensure we have the necessary information to cater for your child, this can be downloaded from our web site <https://caterlinktd.co.uk/parent-information/food-allergies-intolerances/>. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross-contamination.

CAMDEN SPRING/SUMMER 2022 MENU

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		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE 21 Feb 14 Mar 9 May 6 Jun 27 Jun 18 Jul 12 Sep 3 Oct 24 Oct	Option 1	Tomato, Lentil & Vegetable Pasta	BBQ Turkey Burger with 50/50 Rice	Herb Roasted Chicken, Roast Potatoes or Boiled Potatoes & Gravy	Savoury Mince Beef & Dumplings	Breaded Fish with Chips or Steamed Potatoes & Tomato Sauce
	Option 2	Vegetable & Bean Pasta Bake	BBQ Quorn Fillet with Rice	Vegetable & Lentil Wellington with Roast Potatoes or Boiled Potatoes & Gravy	Sweet & Sour Butterbean with Egg Noodles	Cheese & Red Pepper Frittata with Chips or Steamed Potatoes & Tomato Sauce
	Vegetables	Sweetcorn Roasted Courgette	Rainbow Colelaw Roasted Sweet Potato Cubes	Red Cabbage Broccoli	Green Beans Roasted Carrots	Peas Baked Beans
	Dessert	Yoghurt / Fresh Fruit	Peach Upside Down Cake with Custard Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit	Pineapple Loaf with Custard Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit
WEEK TWO 28 Feb 21 Mar 25 Apr 16 May 13 Jun 4 Jul 25 Jul 19 Sep 10 Oct	Option 1	Chicken Tagine with 50/50 Rice	Spaghetti Bolognese	Roast Chicken, Roast Potatoes/Boiled Potatoes, Stuffing & Gravy	Turkey and Chickpea Curry with 50/50 Rice	Fish in Batter with Chips/Rice & Tomato Sauce
	Option 2	Vegetable & Chickpea Tagine with 50/50 Rice	Vegan Spaghetti Bolognese	Cheese & Tomato Pin Wheel Potatoes/Boiled Potatoes, Stuffing & Gravy	Roasted Cauliflower & Chickpea Curry with 50/50 Rice	Bean and Lentil Burgers (No Bun) with Chips/Rice & Tomato Sauce
	Vegetables	Green Beans Roasted Cauliflower	Green Beans Red Cabbage	Carrots Peas	Broccoli White Cabbage	Mushy Peas Baked Beans
	Dessert	Yoghurt / Fresh Fruit	Pear & Raisin Upside Down Cake with Custard Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit	Chocolate & Apple Sponge with Custard Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit
WEEK THREE 7 Mar 28 Mar 2 May 23 May 20 Jun 11 Jul 5 Sep 26 Sep 17 Oct	Option 1	Chicken & Red Pepper Pizza	Beef & Bean Fajitas with 50/50 Rice	Cajun Spiced Chicken, Roast Potatoes/Boiled Potatoes & Gravy	Chicken Sausage Hot Dog with Potato Wedges	Fish Fingers or Salmon Fish Fingers with Chips/Couscous & Tomato
	Option 2	Cheese & Tomato Pizza	Vegetable & Bean Enchiladas with Rice	Lentil & Basil Puff Pastry, Roast Potatoes/Boiled Potatoes & Gravy	Vegan Plant Based Sausage Hot Dog with Potato Wedges	Quorn Vegan Fishless Fingers with Chips/ Couscous & Tomato Sauce
	Vegetables	Green Beans Red Cabbage	Sweetcorn Roasted Courgette	Carrot Broccoli	Green Cabbage Baked Tomatoes	Peas Baked Beans
	Dessert	Yoghurt / Fresh Fruit	Melon, Cheese & Biscuits Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit	Strawberry & Pear Cobbler with Custard Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit

Added Plant Power

Vegan

Wholemeal

Only Fish

Available Daily
• Freshly cooked jacket potatoes with a choice of fillings (where advertised)
• Bread freshly baked on site daily
• Daily salad selection

Primrose Hill Primary School



Term Dates 2021 - 2022

Autumn Term 2021

Monday 6th September to Friday 22 October 2021 (35 days)

Half-term: Monday 25 October to Friday 29 October 2021

Monday 1st November – Friday 17 December 2021 (35 days)

Christmas break: Mon 20 December 2021 to Monday 03 January 2022

Spring Term 2022

Wednesday 05 January to Friday 11 February 2022 (28 days)

(New Year's Day – Saturday 01 January 2022 (Monday 03 substitute day))

Half-term: Monday 14 February to Friday 18 February 2022

Monday 21 February to Friday 01 April 2022 (30 days)

Easter/Spring holiday: Monday 4 April to Monday 18 April 2022.

(Including Good Friday, 15 April, and Easter Monday, 18 April)

Summer Term 2022

Wednesday 20 April to Friday 27 May 2022 (27 days)

Early May Bank Holiday: Monday 2 May 2022

Half-term: Monday 30 May to Friday 3 June 2022

(Including Spring Bank Holiday 2 June, Jubilee Bank Holiday 3 June)

Monday 6th June to Friday 22 July 2022 (35 days)

INSET DAYS

Wednesday 1st, Thursday 2nd & Friday 3rd September 2021

Tuesday 4th January 2022

Tuesday 19th April 2022

Primrose Hill Primary School



Term Dates 2022 – 2023

Autumn Term 2022

Monday 05 September to Friday 21 October 2022 (35 days)

Half-term: Monday 24 October to Friday 28 October 2022

Monday 31 October – Friday 16 December 2022 (35 days)

Christmas break: Monday 19 December 2022 to Monday 2 January 2023.

Spring Term 2023

Wednesday 04 January to Friday 10 February 2023 (28 days)

Half-term: Monday 13 February to Friday 17 February 2023

Monday 20 February to Friday 31 March 2023 (30 days)

Easter/Spring holiday: Monday 3 April to Friday 14 April 2023.

(Including Good Friday, 7 April, and Easter Monday, 10 April).

Summer Term 2023

Tuesday 18 April to Friday 26 May 2023 (29 days)

Early May Bank Holiday: Monday 1 May 2023

Half-term: Monday 29 May to Friday 2 June 2023

(Including Spring Bank Holiday 29 May)

Tuesday 06th June to Friday 21 July 2023 (34 days)

INSET DAYS

Thursday 1st & Friday 2nd September 2022

Tuesday 3rd January 2023

Monday 17th April 2023

Monday 5th June 2023

Star Learners!

Tadpoles – Ryo & Waseem

Froglets – ALL

Ladybirds – Didi and Mati

Dragonflies – Nina & Nevo L

Butterflies – Tyler & Kenny

Grasshoppers – Iqra and Adrian

Beetles – Safa & Felix

Bats – Sophia A & Issac

Squirrels – Sara & Zayyana

Hedgehogs – Masud, Noar & Filanza

Foxes – Luca & Fatimah E

Blackbirds – Mayson and Riyan

Woodpeckers – Matthew, Ameera and Sinead

Hérons – Frankie, Nuri & Zakaria

Kestrels – Amaanah & Maria

EYFS...

Ladybirds were lucky this week and went on the Jenny Wren canal boat. We have been reading Mr Gumpy's outing and felt just like him and the animals cruising along the canal, one difference was none of us messed about! Take a look at the pictures we took to see how much fun we had.



Year 1 & 2...

Children's Mental Health Week

Year 1 have been thinking about children's mental health and how we can make each other feel better. The children wrote letters, put them into envelopes and posted them in our own new special postbox! The school council team then came to deliver the post and it made us feel so good.



Year 3 & 4...

In Year 3 we have been learning about bones. We made pasta Skeletons to help us learn the different bones in our bodies. Next we are going to label them with all the bones we have learnt about.



On Monday, Year 6 visited the Jewish Museum (in Albert Street) as part of R.E. day. The adults were really proud of their behaviour and interest in the learning. It is a lovely place to visit, just off Parkway.



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
- Check the news pages at news.camden.gov.uk
- Follow Twitter @CamdenCouncil, Facebook facebook.com/LBCamden and Instagram @WeMakeCamden
- Speak to someone at the Council on 020 7974 4444 (option 9).



Sign up to the Council's coronavirus newsletter at camden.gov.uk/coronavirus-updates

New 5-day self-isolation rule

If you've been self-isolating after a positive COVID-19 test and don't have any symptoms, you can now choose to stop self-isolating after 5 full days – as long as you receive two negative rapid tests on days 5 and 6.

If you test positive, please stay at home and continue to self-isolate until you receive negative tests on two consecutive days, or until the end of day 10.

For the latest updates to COVID-19 guidance, visit gov.uk/coronavirus



Where to get your COVID-19 vaccine

It's not too late to get your first, second or booster dose. Everyone aged 12+ is eligible to get vaccinated, with boosters now also available to 16 and 17-year-olds 3 months after a second dose. Book an appointment online or visit a vaccination clinic for a walk-in appointment:

- **Aqua Pharmacy**, 59 Mil Lane, NW6 1NB – Monday to Friday 10am to 7.30pm, Saturday 9am to 7pm, Sunday 10am to 4pm
- **Bidborough House**, 38-50 Bidborough St, WC1H 9BT – Monday to Sunday 9am to 6pm
- **Bloomsbury Surgery**, 1 Handel Street, WC1N 1PD – Thursday to Sunday 10am to 6pm
- **Essential Pharmacy**, 168 Drury Lane, WC2B 5QA – Monday to Friday 9.30am to 5.30pm
- **JP Pharmacy**, 139 Camden High Street, NW1 7JR – Monday to Saturday 8am to 6.30pm, Sunday 10am to 5.30pm
- **Sandylight Pharmacy**, 131 Queens Crescent, NW5 4EG – Monday to Saturday 9am to 5pm

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

If you or your child is aged 12 to 17 and ready to get their COVID-19 vaccination, the NHS is hosting free clinics 4.30 to 6pm:

- **Friday 21 January** at the Roy Shaw Centre, 3-5 Cressy Road NW3 2ND
- **Thursday 27 January** at the Peckwater Health Centre, 6 Peckwater Street NW5 2UP



With the latest news that restrictions are beginning to be removed by the Government, please remember that COVID-19 hasn't gone away. It's important we all continue to look after each other and take steps to keep ourselves and others safe.

While it's been reported that cases of Omicron in London have peaked, cases still remain high. Continuing to take regular rapid tests, wearing a face covering in indoor and busy outdoor public spaces, and getting your vaccine and booster doses as soon as possible, are some of the best ways to keep safe. So far in Camden, over 437,000 vaccinations have been given, including over 106,000 boosters. If you haven't had your vaccine or booster yet, there are lots of locations available across Camden, including local pharmacies, vaccine clinics and health centres – see below.

Finally, we know winter is a hard time for many – below you can find a range of support and help available to you from the Council and our partners. Please get in touch if you or anyone you know is struggling.

Councillor Georgia Gould, Leader of Camden Council

The COVID-19 vaccine is recommended for pregnant women



If you're pregnant, getting both doses of the vaccine and a booster offers the best protection against COVID-19 for you and your baby. The Pfizer or Moderna vaccines are both recommended for those who are pregnant. However, if you had AstraZeneca for your first dose you should get it again for your second dose. If you have questions, speak to your midwife or a health professional at a vaccination clinic. There is more information about the vaccine, pregnancy and fertility at nhs.uk/coronavirus

Help and support available this winter

Money worries

- If you're struggling with debt or your finances, find out how to access a range of benefits, grants and discounts at camden.gov.uk/finances or call Camden Council on 020 7974 4444 (option 9)
- If you need support making a Universal Credit claim, call Citizens Advice Camden on 0800 278 7835

Staying warm

- If you're 66 or over, you may be eligible for a Winter Fuel Payment worth up to £300. To find out more, call Age UK Camden on 020 7239 0400
- If you're on a low income and receive benefits, you may be eligible for a £140 discount on your electricity bill under the Warm Home Discount Scheme. Find out more about this and other available support with your energy bills at camden.gov.uk/staywarm
- For general advice on how to stay warm and well this winter, visit nhs.uk/keep-warm-keep-well

Mental health

- If you're struggling with your mental health, speak to your GP, visit icope.nhs.uk or call iCope on 020 3317 6670
- Young people can also visit kooth.com or camdenrise.co.uk/emotional-wellbeing
- For more information, visit camden.gov.uk/mental-health

To access help and advice on other issues, visit camden.gov.uk/winter-booklet or call Camden Council on 020 7974 4444 (option 9).