

Primrose Hill Primary School Weekly Newsletter

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Queen Elizabeth II

We thank you for the Queen and for all that her life means.

We thank you for all she has done for the United Kingdom, our extended family in the Commonwealth and elsewhere in the world.

Please help us to learn from her example of self-control, discipline and service to others.

May we learn to put other people's needs ahead of our own.

Values that queen represents

<https://www.bbc.co.uk/newsround>

Her Majesty the Queen has seen considerable transformation in society since her coronation in 1953. There have been massive advances in the fields of science and medicine, and there have been many discoveries and events that have had a huge global impact. Throughout all of these changes, the Queen has remained an iconic figure as she performs countless duties, provides valuable patronage for many charities and adds prestige and honour to those with whom she is involved.

Despite upheavals in both personal and national situations, the Queen has remained a reassuringly constant force who is admired throughout the world.

Queen Elizabeth II was born into great privilege and wealth, but also into a role of great responsibility. She has never been heard to publicly complain about her role and she has never shirked her duties. She has conducted herself impeccably through years of hard work and commitment as Head of State to the United Kingdom and as Head of the Commonwealth, which includes 53 countries around the world. In doing this, she has shown immense inner strength and discipline, despite the pressure of being one of the world's most famous women.



Welcome back to the first newsletter of the year. We have had a fantastic start to the new school year; it has been wonderful to see how our children have settled back in to school life so happily. It is so wonderful to have had such a lovely warm welcome from the Primrose Hill community. Walking around the school and seeing our children revel in their love for learning has been such a pleasure to see! The first week at school is all about connection with our children. During our staff training I introduced a very special woman Rita Pierson. She is a teacher from Texas who changed so many lives and affected so many other teachers and pupils. We listened to her [Ted Talk](#). In her talk she shared some of the best advice I have ever heard about teaching and connections. Here are just some of the beautiful words Rita shared with us and why she is a woman who I greatly admire.

Every child deserves a champion!

I started teaching in Hammersmith and Fulham in a school that shaped me into the educator that I am now. I first thought education was a process of imparting my knowledge on to the children. As I started my teaching career I quickly realised that my job would not just be sharing of knowledge with the pupils. I needed to be their champion, their most adoring fan, and without a fail everyday my face would need to light up as they walked into my class. even, now as a headteacher on the toughest days, I'm grateful for Rita reminding me to be a champion for all our children. When people ask me what job do you do, and I answer "Oh, I'm a headteacher," I think about saying, "Oh, I'm a champion for every child in my school."

Thank you for choosing Primrose Hill Primary School where every adult is a champion and will never give up on a child. We are a Growth Mindset school so we are on a learning journey together. Harsha



Values

This year, as part of our continuous drive to improve and develop, we would like to incorporate a values based approach to our curriculum.

Values are principles that drive behaviour. They influence our actions and attitude and become our framework for living. Values education approach creates a school climate for teaching and learning that fosters the development of children in school. It helps to develop a positive school ethos that is more harmonious because of the direct correlation between values, education and behaviour.

A Values Approach:

- *supports the development of good quality relationship between all who work in the school.
- *creates a calm and purposeful environment in which everyone feels valued.
- *helps pupils to be in touch with their inner world of thoughts, feelings and emotions.
- *creates personal and school harmony by introducing a moral vocabulary through the explicit and regular consideration of value words such as kindness, sharing, respect and patience, which is learned by hearing, reading, reflecting on, writing about, discussing and practicing.

With the cooperation and support of parents, staff and governors we aim to nurture our children as calm, happy, focused individuals who respect others and their world.

We have chosen to focus on a set of values to create a strong learning environment, enhancing academic attainment and self-motivation, developing pupils' social and relationship skills and ensuring behaviour is calm and purposeful.

Please follow this form and share your top 5 values.

<https://forms.gle/SYTCKG3GvQRDBJR07>

The parents' soft start drop in Sessions

We welcome the parents' to join their child's class for a soft start drop in session.

Here are the dates for the parents' soft start drop in for each year (8.45-9.00) this half term:

Year 1 Friday 14th October

Year 2 Tuesday 20th September

Year 3 Friday 23rd September

Year 4 Friday 16th September

Year 5 Wednesday 12th October

Year 6 Wednesday 14th September

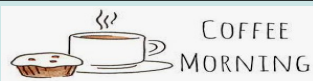


Meet the Headteacher

I would like invite parents/ carers to attend either of the below meet the headteacher coffee mornings/ evenings. I am keen to meet parents/ carers and answer any questions you may have.



Date	Time	Place
Monday 12 th September	5:00 to 5:45pm	Community Room
Thursday 15 th September	9:00 to 9:45am	Community Room



Coffee Morning

We are pleased to let our parents know that Parents Coffee Mornings are back in the school calendar.

All parents are welcome to attend.

Every Tuesday in the community room at 9.00

ATTENDANCE UPDATES

A huge clap for Foxes who had the highest attendance of **99.23%**. Children who arrived late for school this week was **51**, this figure is a vast improvement on last year and I hope this continues to improve, great start. We will continue to send reminder texts, letters and invite parents in for meetings. **Soft start is from 8.45-9am. The gate will continue to close promptly at 9am and all those who are late will need to enter through the office.**

If your child arrives to school after 9.15am this is marked as an unauthorised late.

We appreciate you all making a huge effort to arrive at school before 9am.

Polio outbreak in London

The Camden Immunisation Team have set up a clinic to offer Polio vaccinations to children aged 5 - 9 years old.

The clinic is at Peckwater and they are offering helpful sessions after school between 4-6 30. To book an appointment, please call 0203 317 5076/ 5074.

Whole School Juggling Competition

The children will have two days to practice juggling 3 balls and then they will hand the kit to the next class.

Learning to juggle.

Start by throwing a ball from one hand to the other. Make a loop about as high as your eyebrows each time you throw it.

Introduce a second ball. Throw this as the first ball reaches the top of the loop.

Repeat this until you are confident with juggling two balls.

Introduce a third ball. Throw this ball when the second ball is at the top of the loop.

Keep practising... a lot!

It would be great if the whole family could join in!



Star Learners!

Dragonflies – Didi & Ramesses

Butterflies – Florence & Genie

Grasshoppers – Nina & Nevo L

Beetles – Harley & Oskar

Bats – Whole class

Squirrels – Whole class

Hedgehogs – Nurali & Zora

Foxes – Nneka & Lev

Blackbirds – Eti-Eno & Leonel

Woodpeckers – Jordan & Reham

Hérons – Sinead & Adam

Kestrels – Alannah & Nathan

Year 2

Year 2 have been learning all about their class minibeast. They learnt facts, made their own minibeast sculptures and learnt about their body parts.

Year 4 have been using their painting skills to think about what Foxes and Hedgehogs look like and how to make the colours they need.

We have also been reminding ourselves about our Growth Mindsets.

Year 5 & 6...

As well as being generally fabulous all week, in art Year 5 have been altering images of themselves to create these unusual portraits. We love them!

Self-Care September 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. Find time for self-care. It's essential.	2. Notice the things you do well, however small.	3. Let go of self-criticism and yourself kindly.	4. Plan a fun or relaxing activity and make time for it.	5. Forgive yourself when things go wrong. Everyone makes mistakes.	6. Focus on the basics: eat well, exercise and go to bed on time.	7. Give yourself permission to say 'no'.
8. Be willing to share how you feel and ask for help when needed.	9. Aim to be good enough, rather than perfect.	10. When you find things hard, remember it's ok not to be ok.	11. Make time to do something you really enjoy.	12. Get active outside and give your mind and body a natural boost.	13. Be as kind to yourself as you would be to a loved one.	14. If you're busy, allow yourself to pause and take a break.
15. Find a caring, calming phrase to use when you feel low.	16. Leave positive messages for yourself to see regularly.	17. No plans day. Make time to slow down and be kind to yourself.	18. Ask a trusted friend to tell you what strengths you see in you.	19. Notice what you are feeling, without any judgement.	20. Enjoy photos from a time with happy memories.	21. Don't compare how you feel inside to how others appear outside.
22. Take your time. Make space to just breathe and be still.	23. Let go of other people's expectations of you.	24. Accept yourself and remember that you are worthy of love.	25. Avoid saying 'I should' and make time to do nothing.	26. Find a new way to use one of your strengths or talents.	27. Free up time by cancelling any unnecessary plans.	28. Choose to see your mistakes as steps to help you learn.
29. Write down three things you appreciate about yourself.	30. Remind yourself that you are enough just as you are.					

ACTION FOR HAPPINESS **Happier • Kinder • Together**