

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

Friday 2nd Dec.
Issue No. 12
(2022-2023)

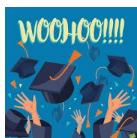
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Dear Primrose Families,

Time to celebrate

We as a community would like to celebrate and be triumphant in Humphrey's achievements. He has worked in our school and completed a fulltime master course not many of us could do that. He is a determined, focused and driven individual who is a role model to all our children. He plays a great part in our school which is beyond his role. Each one of us is greeted with a smile, which uplifts us every morning. Every child is welcomed with a smile a hello and he/she's name.



Just reading his words brought tears to my eyes. His humility and values shine through everything he does. He is definitely our number 1 VIP and I am so proud of him and so are the staff, children and families. **Best wishes Harsha**

WE ALL DID IT!

This achievement of my Masters in Law degree, is dedicated to every Child in Primrose Hill Primary school, Camden, to inspire, motivate and encourage every child, that if I CAN, they also CAN DO even more.



Because I know, they all have all it takes to triumph to any level they desire and this is why I personally call them all at the gate in the morning the VIP of the London Borough of Camden (very important persons).

Many thanks
Humphrey A O

Our new value of the month December is Gratitude, Gratitude is . . .

- . . . A feeling of thankfulness and a pleasant feeling from within
 - . . . It can come from things that happen now or in the past
 - . . . Feeling grateful for people, places, sensations, achievements.
 - . . A wonderful way to begin and end each day.
- How are you feeling gratitude?

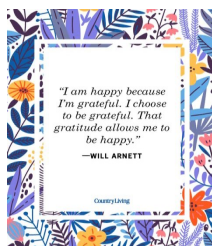
* What does **Gratitude** mean to each of us?

* Gratitude stories:

My Dad's Brilliant – Nick Butterworth,

My Mum's Fantastic, My Grandpa is Amazing, My Grandma is Wonderful,

Who is the World For – Tom Powell and Robert Ingpen,



I'm Special, I'm me – Anna Meek,

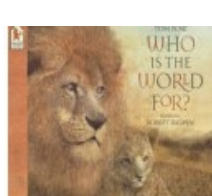
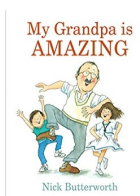
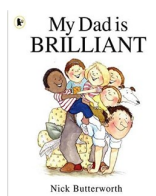
Frog is a Hero – Max Velthuis,

Zoe and the Fairy Medicine – Jane Andrews,

Broken Bird- Michael Broad

« Watch: I'm Thankful each day (younger children)

<https://youtu.be/JIodsXEvo4U>



Last Day of Term Friday 16th December 1:30 Finish

We close the school at 1:30pm on Friday 16th December, please arrange for prompt collection.

Winter Fair -Thursday 8th December 3pm-5pm

Don't forget to join us at our winter fair on **Thursday 8th December 3-5.**

We would like you to bring your favourite seasonal dishes to share with us on the day, We still, need your donations with the Raffle prize and the hampers.

But most of all we need volunteers on the day, please come and support us.

Looking forward to seeing you from Amal FOPH.



Parental Engagement

One of the strengths of our school is our work with parents and carers. Our learning is inter-linked: as we learn so much from you and we in turn hope to support you in knowing more about our curriculum and policies.

Please look at our curriculum and pastoral programmes and know that you are most welcome to attend.

Pastoral support for parents and carers

Day	Time	Focus	Leader	Room
Tuesday	9:00-10:00am	Coffee mornings	Edina and Amal	Community Room
Every week				
Thursday	9:00-10:00am	Knitting / Crochet club	Edina	Community Room

Share a book

Day	Time	Focus	Classroom
Wednesday 7 th December	9:00-9:30am	Reading	Y6

Curriculum support for Parents / Carers KS1

Day	Time	Focus	Leader	Room
Wednesday 18 th January	9:00-9:30am	How to help your child with Maths for Year 2 Parents and Carers	Marina	Top Hall
Wednesday 11 th January	9:00-9:30am	How to support your child with SATS – for Year 2 Parents and Carers	Sophie	Top Hall

Winter show

This year we will be showcasing the children's amazing music at school. Each year group will be performing a range of songs and dances to get you in the mood for the holidays. We hope you can join us!



- * Yr 5 - 6th December 2.30-3.15
- * Yr 1 - 7th December 2.30-3.15
- * Yr 4- 8th December 2.30-3.15
- * EYFS- 12th December TBC
- * Yr 3 - 13th December 2.30-3.15
- * Yr 2 - 14th December 2.30-3.15
- * Yr 6 - 15th December 2.30-3.15

ATTENDANCE UPDATES

Our whole school attendance for this week is **90.73%**, which is significantly below our target of **95%**, please continue to strive for 100% attendance .

A huge clap for Hedgehogs who had the highest attendance of 95%.

Children who arrived late for school this week was **83**, this figure continues to be high, but is improving. 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.

CHRISTMAS LUNCH

Wednesday 14th December

If your child normally has packed lunch but would like a Christmas lunch, please make sure you order one on the google form link below by no later than Wednesday 30th November: <https://forms.gle/5U6xMf2DZPuRxAmU9>

If your child normally takes up school dinners, they will automatically have the Christmas Lunch. We will also be having our Christmas Jumper day this day so please come dressed for the occasion.



Harsha's Home Talk Activity

"I have learned that to be with those I like is enough"

Walt Whitman - poet



"Walking with a friend in the dark is better than walking alone in the light"

Helen Keller - author



"Wishing to be friends is quick work, but friendship is a slow ripening fruit"

Aristotle - philosopher



©2019 Photos by Shutterstock. Author: H. Keller. Aristotle: CC BY-SA



Thinking about friendship in HomeTalk

Caring thinking

- What tells you how a friend might be feeling about something?

Collaborative thinking

- What sort of things is it helpful to talk to your friends about?

Creative thinking

- How many words can you come up with that link to friendship?

Critical thinking

- When might it be right to tell a friend that you think they are doing the wrong thing?

Thinking Moves

Thinking Moves

Think AHEAD

What you can do with friends this term...

Think BACK

About your earliest memories of friends...

CONNECT

What likes and dislikes you share...

DIVIDE

What things you see differently from a friend...

LISTEN/LOOK


How your friends seem to be feeling today...

ZOOM (in/out)

Things you like about friends... Why friendship matters...

HomeTalk discussion suggestions

For age 3 – 5 years



Moon Rabbit by Natalie Russell – Little Rabbit loves living in the city. But sometimes she is just a little lonely. And then one night, she meets Brown Rabbit. Could he be the friend she was wishing for?

<https://www.goodreads.com/en/book/show/6489639-moon-rabbit>

Talking Points


- Why do you think Little Rabbit and Brown Rabbit became friends?
- Do you think they would stay friends after the end of the book?
- Could you be friends with someone who lives in a very different way to you?

Activity

- Draw a picture of your home and of a friend's home.
- What's similar and what's different between your two pictures?

HomeTalk discussion suggestions

For ages 6 - 9



Frog and Toad are Friends – the letter – From writing letters to going swimming, telling stories to finding lost buttons, Frog and Toad are always there for each other.

https://www.goodreads.com/book/show/537296-Frog_and_Toad_Are_Friends

Talking Points

- Why did Frog decide he needed to write Toad a letter?
- How do you think Frog and Toad felt while they were waiting for Snail to deliver the letter?
- What would you like to read in a letter from a friend?

Activity

- Agree with a friend or someone in your family to write each other a short letter or post-card.
- Guess how long it will take to arrive and see whose guess is closest.

December Kindness 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. Give a gift to someone who is kind or feeling lonely.	2. Leave a note for someone else to find.	3. Give kind comments to as many people as possible today.	4. Do something helpful for a friend or family member.	5. Notice when you're kind to yourself or others and be kind instead.	6. Listen wholeheartedly to others without judging them.	7. Buy an extra item and donate it to a local food bank.
8. Be generous. Feed someone with food, love or kindness today.	9. See how many different people you can smile at today.	10. Share a happy memory or inspiring thought with a loved one.	11. Contact an elderly neighbour and brighten up their day.	12. Look for something positive to say to everyone you speak to.	13. Give thanks. List the kind things others have done for you.	14. Ask for help and let someone else discover the joy of giving.
15. Contact someone who may be alone or feeling isolated.	16. Help others by giving away something that you don't need.	17. Appreciate kindness and thank people who do things for you.	18. Congratulate someone for an achievement that may go unnoticed.	19. Choose to give or receive the gift of forgiveness.	20. Bring joy to others. Share something that made you laugh.	21. Treat everyone with kindness today, including yourself!
22. Get outside. Pick up litter or do something kind for nature.	23. Call a relative who is far away to say hello and have a chat.	24. Be kind to the planet. Eat less meat and use less energy.	25. Turn off digital devices and really listen to people.	26. Let someone know how much you appreciate them and why.	27. Plan some new acts of kindness to do in 2023.	

ACTION FOR HAPPINESS Happier · Kinder · Together

Holiday Activities and Food Programme - Winter 2022 (Wathsala Senadheera, Wathsala@youngcamdenfoundation.org.uk)



The Camden Holiday Activities and Food Winter 2022 programme, which runs from **19 to 30 December**, is now open for bookings by parents and carers. Check out the [HAF website](#), where places for children aged five to 16 who are eligible for free school meals can be booked.

The programme, which is co-ordinated locally by [Young Camden Foundation](#), offers free, fun activities and nutritional education each day. Some providers will do onsite cooking, where children and young people will be involved in activities and making their lunch on the day. Other HAF activities include sports, such as football and basketball, and creative activities, such as photography, drama, dancing, arts and crafts.

Most HAF programmes will run between 10am and 2pm during the school holiday period. Please visit the [Camden HAF landing page](#) to view all programmes and essential information. Place availability will be kept up-to-date and new activities added, so check the page regularly.

Places are free for children and young people aged five to 16 who are eligible for free school meals. Infant pupils who receive a free meal under universal infant school meals should also qualify for benefits related to free school meals to get a place on the HAF programme.

All [Camden HAF providers](#) are ready to make arrangements to welcome children with special educational needs and disabilities into their programmes. You can also download the HAF Winter 2022 leaflet [here](#). If you have any questions, please email info@youngcamdenfoundation.org.uk.

Camden Holiday Activity and Food Programme (HAF) Winter 2022
From 19th December to 30th December

Camden HAF Winter providers

Organisation name	Venue	Age Range	Start time- Finish time
Bloomsbury Football	63 Burying Rd, London NW5 1UJ	Age 7 to 14	10 am to 2 pm
Calverton Community Garden	250-274 Gray's Inn Rd, WC1X 8JH	Age 5 to 11	11 am to 3 pm
Camden Sports Development Centre	Talrose Sports Centre, London NW5 4PG	Age 8 to 12	9 am to 3.30 pm
HVH Arts	HVH Arts - 44 Ashdown Crescent NW5 4GE Rhyd Michael School - Rhyd Street - NW5 4SE London School of Music - 181 Mansfield Road - NW5 7RA HRA Hall - Lianmore Circus NW5	Age 5 to 16	11 am to 3 pm
KCBNA	Kings Cross Neighbourhood Centre 51 Anglia Street WPC1H 8EP	Age 11 to 16	5 pm to 9 pm
Learning and Development Centre	71 Kingsgate Road, London NW6 4JY	Age 5 to 16	10 am to 2 pm
Legacy Sports	Priest Primary school Preston Road, Hampstead London, N3 2QJ Argyle Primary Tottenham Street London W5C1H 8EP	Age 5 to 11	11 am to 3 pm
London Zoo	ZSL London Zoo, Regent's Park, London NW1 4RY	Age 5 to 15	10.30 am to 3 pm
Maze Academy	Rhyd Community Primary School Rhyd Street London NW5 4SE	Age 5 to 11	10 am to 2 pm
Our Parks	Swiss Cottage Community Centre, 19 Winchester Road, NW5 3NG Clarendon (Kilburn) Sports Centre 24 Clarendon Rd, North Maida Vale, London NW5	Age 5 to 11	10 am to 2 pm
PACE Consortium	"PACE Fairfield Playcentre" Camden Sports Centre "PACE Fortune Green Playcentre" Gospel Oak Primary School Mansfield Road, Camden, NW5 2JB	Age 5 to 12 Age 5 to 12 Age 5 to 12 Age 5 to 12	9 am to 4 pm 11 am to 3 pm 11 am to 3 pm 11 am to 3 pm
Pro Touch SA	Nesley Primary School and Centre for Autism, 74 Stanhope Street, London NW1 3EX	Age 5 to 11	10 am to 2 pm
Netley Primary School (open to Netley school children)	SHAK 109, Rosely Way, London NW6 0SR	Age 5 to 11	12-4 pm
SHAK	1. Nathaniel Wood Youth and Family Hub, 5 Nathaniel Wood Street, NW6 2QU - North Hub 2. Ingestre Community Centre, Ingestre Road, London NW5 1UX - Central Hub 3. Somers Teen Youth Centre, 134 Chelton Street, London NW1 1RX - South Hub Holborn House Community Centre, 35 Emerald Street, London WC1N 3DQ	Age 11 to 16 Age 11 to 16 Age 11 to 16	12.30 to 5.30 pm 10 am to 2 pm 10 am to 2 pm

Sports, leisure, cultural activities and nutritional education this Summer!

FREE for Camden residents who are eligible for free school meals!

4 hours a day, 4 days a week during the Winter holidays!

Free healthy hot meal everyday!

Book your place soon!

To find the delivery dates and other information, please visit the Camden HAF booking page <https://haf.youngcamdenfoundation.org.uk/>

For any queries please send us an email to info@youngcamdenfoundation.org.uk

What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

As a parent or carer, you may be concerned about your child's mental health. This leaflet provides information on how to support your child's mental health and how to use social media safely.

- 1. UNDERSTAND THE ALGORITHM** - The algorithm is a computer program that decides what you see on social media. It is based on what you like, share, and comment on.
- 2. AVOID THE MAIN FEEDS** - The main feeds are the most popular posts. They can be overwhelming and lead to feelings of inadequacy.
- 3. DISCUSS WHAT THEY'RE SEEING** - Talk to your child about what they see on social media. Help them understand that what they see is not always real.
- 4. LEARN HOW TO HIDE CONTENT** - Teach your child how to use the 'hide' or 'report' buttons on social media.
- 5. SET DAILY LIMITS** - Set a limit on how much time your child spends on social media each day.
- 6. MONITOR THEIR ACTIVITY** - Keep an eye on your child's social media activity. Talk to them about what they are posting and who they are following.
- 7. TURN OFF PUSH NOTIFICATIONS** - Turn off push notifications for social media apps to reduce distractions.
- 8. USE DEVICES TOGETHER** - Use social media devices together as a family to monitor and support each other.
- 9. ENCOURAGE OTHER ACTIVITIES** - Encourage your child to engage in other activities like sports, hobbies, and spending time with friends.
- 10. TALK ABOUT PEER PRESSURE** - Talk to your child about peer pressure and how to handle it.

Meet Our Expert - Dr. Sarah Jones, a child psychologist, shares her insights on social media and mental health.

National Online Safety Week - #WakeUpWednesday

You are a star!

We are so proud of each and every one of you!
A big special mention for these children this week.
Well done!

EYFS Star Learners

The Grove- Rajen
N: Tadpoles - Milo and Darcy
N: Froglets - Arisa and Cassady

R: Ladybirds - Elliott and Khadija

You are a star!

We are so proud of each and every one of you!
A big special mention for these children this week.
Well done!

Y1 and Y2 Star Learners

Y1: Dragonflies: Adam M & Jessica
Y1: Butterflies Annabella and Romeo
Y2: Grasshoppers Hedeyah & Luis
Y2: Beetles Rayyan & Harvey

You are a star!

We are so proud of each and every one of you!
A big special mention for these children this week.
Well done!

Y3 and Y4 Star Learners

Y3: Bats – Sienna and Bodhi
Y3: Squirrels - Valentino & Hannah
Y4 Hedgehogs: Kamil the reindeer and Ajana in the hat. Cheering people up is a special skill to use.
PS: Masud and 2022 Hedgehogs: 'Tell me why!'
Y4 Foxes: Fred & Yonis

You are a star!

We are so proud of each and every one of you!
A big special mention for these children this week.
Well done!

Y5 and Y6 Star Learners

Y5: Blackbirds - Jeremiah and Frankie
Y5: Woodpeckers - Zain and Masud
Y6 Kestrels - Eva and Riyan
Y6: Herons - Oriel and Bert

You are a star!

EYFS



Froglets class were amazed to see cctv footage of some unexpected visitors in our outside classroom. We have been finding their tracks all week and have loved trying to identify which animals they belong to.

You are a star!

The Grove



Fantastic work from the Grove children.
After reading The Very Hungry Caterpillar, the children were confident in ordering the life cycle of a butterfly.
They used their phonics skills to decode words and label the different stages.

You are a star!

Y1 and Y2



We took inspiration from what we have been learning in Science to think about pattern. We used patterns from animal skin coverings to produce relief prints. We mixed our own secondary colours too!

You are a star!

Y3 and Y4

ART

In Year 3, we have been studying the Ancient Greeks. We have learnt all about the myths and legends they told many years ago. In Art, we created a mask of Medusa (a terrible monster). We practised different sculpture techniques



You are a star!

Y5 and Y6

In Year 5, we had a poetry webinar with children's author, poet and teacher extraordinaire, Pie Corbett. Afterwards we wrote our own poems, based on the idea of wearing masks of different colours and how the masks would make you see the world. Here's Andi's poem - with the ideas he's chosen, he creates some amazing and very surreal images in your head!

'The Colour Mask Man' by Andi

I wore the pink mask and I saw
cotton candy growing from trees,
flamingos dancing on strawberry milk
and pigs eating raw ham.

I wore the brown mask and I saw
a bear swimming across a chocolate river,
coconuts falling off trees
and muddy puddles waiting for someone to jump on them.

I wore the yellow mask and I saw
corn singing a song about itself,
butter getting smothered on toast
and stars on by one winking at me continuously.