

Primrose Hill Primary School Weekly Newsletter

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Friday 15th Dec.
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School will reopen for children Wednesday 4th January 2023 at 8:45 am with a soft start.

Dear Primrose Hill Families,

We have achieved so much this half-term, with teachers and pupils working incredibly hard in each and every lesson. When I do my walk-through I am always so impressed by the energy and professionalism of our staff and the attitude and drive of our children.

There have been lots of coughs and colds flying around (myself included!) but nevertheless pupils and teachers battle on and come into school 'come what may'. This fighting spirit is what makes our school so truly brilliant. Have a happy and peaceful Christmas and thank you for your continued support.

GOODBYE

We are saying good bye to a remarkable educator Liz who has dedicated her life to educating children. So many children have been touched by Liz and her dedication, drive and commitment to ensure children receive the best possible education. Liz is recovering from being unwell and will come and see us in the new year. We wish her a healthy, happy and relaxing retirement.



Equally, we say a fond farewell to Lia who will be leaving us to start working at a school nearer to her home. We thank her for all of her hard work with Early reading, phonics and leading the Early Years. She will be missed, but her new school will benefit from an amazing Leader with a host of wonderful skills who will motivate and inspire our next generation.

Desiree our Art therapist is leaving too. She has worked in our school for over 12 years and has supported so many of our children. It has been a privilege to work with her and see how she has shaped children's well being through art therapy. She has been a pleasure to work with and I am sure she will be missed by all, especially the children she works with.

I know you will join me in thanking them for their support and wishing all of them a happy new chapter in their lives. We will miss them dearly.

Our Winter shows have come to an end and I have to say the children sang their hearts out. I really enjoyed the singing, accompanied by their moves and dances. I wanted to thank Tom, Rob, Danny and Jordan for all the hard work that goes on behind the scenes. Well done. **Harsha**



*gratitude
changes
everything*

I wanted you to know about a neighbour who has raised over £6000 for our families who may be struggling over the Christmas period. This neighbour wishes to remain anonymous but is an everyday hero in our eyes. This Everyday Hero has stood up and is doing what is right for the good of others. At times like this there are people who will go above and beyond for their community and support families that are not close or dear to them. I believe that this neighbour is someone who has a value system that is beyond belief.

Our Everyday Hero has strong morals and values goes beyond what people see on the surface. Their thirst for knowledge and their curiosity allows them to see the deeper truth of things. This Everyday Hero has a strong moral compass who must have had a number of people say no to giving money to our families but continued until the goal was reached. Their integrity is strong because they stay true to themselves. They are consistent with their actions, principles and outcomes. They have spent their entire life working hard so they can give back to this world and to others any way they believe they can.

Thank you from the bottom of my heart and from all the families. **Harsha**

Winter Wellbeing Toolkit

There is a lot of joy and happiness associated with the festive season, but for some, it may not always be a positive time. The shorter days, colder temperatures, and the pressures associated with this time of year can impact many people in many different ways. Here are some resources to help boost winter well-being:



- Saying no – advice for setting boundaries
- How teachers and education staff can say no (educationsupport.org.uk)
- Breathing exercises for beating stress and creating calm:

- Managing anxiety:

How teachers and education staff can effectively manage anxiety (educationsupport.org.uk)

If you need more direct support, you can call the Education Support helpline on 08000 562 561.

Education Support is a charity supporting the mental health and well-being of teachers and education staff in schools and colleges.

Should you find yourself in crisis or requiring immediate support please contact your GP, ring 111 for advice or go straight to A&E. If you feel that talking your feelings out will help, you can call the Samaritans on 116 123 at any time.

To access information and advice on Mental health you can visit the Mind website, www.mind.org.uk or call 0300 123 393

Useful helplines open over Christmas:

NHS Volunteer Responders - 0808 196 3646 NSPCC - 0808 800 5000

Childline - 0800 1111

Samaritans - 116 123

Shout – Text 85258

Mind - 0300 123 3393

No Panic - 0300 7729844

Campaign Against Living Miserably - 0800 58 58 58

Drinkline - 0300 123 1110

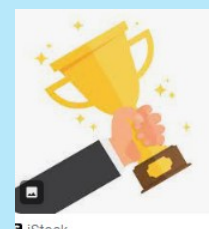
Talk to Frank - 0300 123 6600

National Debtline - 0808 808 4000

What we have won this year.

This term so far we have won.

Netball Year 5/6 B League 1st
Netball Year 5/6 A League 3rd
Basketball Year 5/6 Girls 3rd
Basketball 5/6 Boys 1st
Benchball 3/4 A 1st
Benchball 3/4 B 3rd



15 individual medals for mixed schools competitions.

Football League we are currently 1st for boys and 5th for Girls.

ATTENDANCE UPDATES

Our whole school attendance for this week is **83.37%**, which is significantly below our target of **95%**, please continue to strive for 100% attendance.

A huge clap for Woodpeckers who had the highest attendance of 95.20%.

Children who arrived late for school this week was **74**. 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 of 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.

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 Every week	9:00-10:00am	Coffee mornings	Edina and Amal	Community Room

Curriculum support for Parents / Carers KS1

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




WORKING WITH CHILDREN COURSES

Gain the knowledge required to work with children in an educational setting.

2023 Childcare Course Dates:

Level 1 Preparing to Work in Schools
10.01.23 | 11 weeks | Tue | 9.30am - 2pm | £170/FREE* | BIPL1512BX

Level 1 Certificate in Caring for Children
11.01.23 | 22 weeks | Wed/Thur | 9.30am - 3.30pm | £1,330/FREE* | BIPL1513BX

Entry 3 Award in Caring for Children (for ESOL learners)
11.01.23 | 23 weeks | Wed | 9.30am - 3pm | £500/FREE* | BIPE3511BX

*Free to those eligible for concession rates



Scan the QR code for more information and to enrol

Email Laila.S@wmcollege.ac.uk or call 020 7255 4700

wmcollege.ac.uk

YOUNG CAMDEN FOUNDATION

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	Adland Burghley School, 93 Burghley Rd, London NW5 1UJ	Age 7 to 14	10 am to 2 pm
Calthorpe Community Garden	Calthorpe Community Garden, 258-274 Gray's Inn Rd, WC1X 8LH	Age 5 to 11	11 am to 3 pm
Camden Sports Development Centre	Telarc Sports Centre, London, NW5 4PG	Age 8 to 12	9 am to 3.30 pm
HVH Arts	HVH Arts - 44 Ashdown Crescent - NW5 4QE Rhyd Kitchen School - Rhyd Street - NW5 London School of Music - 181 Marefield Road - NW5	Age 5 to 16	11 am to 3 pm
KCBNA	Kings Cross Neighbourhood Centre 51 Argyle Street WC1H 8EF	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	Fleet Primary school Fleet Road, Hampstead London, NW3 2DT Argyle Primary Torbouree Street London NW10 9EG	Age 5 to 11	11 am to 3 pm
London Zoo	ZSL, London Zoo, Regent's Park, London, NW1 4RY	Age 12 to 15	10.30 am to 3 pm
Maze Academy	Rhyd Community Primary School Rhyd Street London NW5 3HB	Age 5 to 11	10 am to 2 pm
Our Parks	Swiss Cottage Community Centre, 19 Winchester Road, London, NW3 3NG Charteris (Kilburn) Sports Centre 24 Charteris Rd, North Maids Vale, London, NW6	Age 5 to 11	10 am to 2 pm
PACE Consortium	*PACE Fairfield Playcentre *Camden Square Playcentre *PACE Fortune Green Playcentre	Age 5 to 12	9 am to 4 pm
Pro Touch SA	Gospel Oak Primary School Marefield Road, Camden, NW5 2JB	Age 6 to 15	11 am to 3 pm
Netley Primary School (open to Netley school children)	Netley Primary School and Centre for Autism, 74 Stanhope Street, London, NW1 3EX	Age 5 to 11	10 am to 2 pm
SHAK	SHAK 106, Rowley Way, London NW8 0SR	Age 9 to 16	12-4 pm
Youth Early Help	1. Netherwood Youth and family Hub, 5 Netherwood Street, NW8 2QU - North Hub 2. Ingestre Community Centre, Ingestre Road, London NW5 1UX - Central Hub 3. Somers Town Youth Centre, 134 Chelton Street, London, NW1 1RX - South Hub	Age 11 to 16	12.30 to 5.30 pm
Holborn Community Association	Holborn House Community Centre, 35 Emerald Street, London, WC1N 3QW	Age 11 to 16	10 am to 2 pm

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

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

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

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

10 KEYS TO HAPPIER LIVING

ACTION FOR HAPPINESS

Find out more about the 10 Keys to Happier Living at actionforhappiness.org

Relating
The people around you offer a valuable pool of support so it's important to find time for strengthening these connections.
Give it a go:
• Meet up with someone you haven't seen in a while.
• Turn off distractions to chat with friends or family about your day.

Exercising
Regular activity will provide an immediate boost and increase confidence.
Give it a go:
• Pick an activity that suits you and your schedule.
• Invite the one you least enjoys and make it a goal to work.

Awareness
Taking time to switch off autopilot and 'be in the moment' is a great tool to combat stress.
Give it a go:
• Pay attention to your senses - what can you see, hear or feel around you?
• Choose a regular point in the day to reflect.

Giving
Helping out a helping hand makes other people happy and makes you feel happier too.
Give it a go:
• Share your skills or other support with friends, family or even strangers.
• Turn off distractions to chat with friends or family about your day.

Trying out
Learning new things is stimulating and can help to lift your mood.
Give it a go:
• Take on a new role at work or school.
• Try out a new hobby, club or activity that interests you.

Direction
Working towards positive, realistic goals can provide motivation and structure.
Give it a go:
• Choose a goal that is meaningful to you, not what someone else expects of you.
• Measure to celebrate progress along the way.

Meaning
People who have meaning in their lives experience less stress, anxiety and depression.
Give it a go:
• Prioritise the activities, people and beliefs that bring you the strongest sense of purpose.
• Volunteer for a cause, be part of a team, notice how your actions make a difference for others.

Resilience
Although we can't always choose what happens to us, we can often choose our own response to what happens.
Give it a go:
• Find an outlet such as talking to friends or writing it down.
• Take action to improve your resilience skills.

Emotions
Positive emotions can build up a buffer against stress and even lead to lasting changes in the brain to help maintain wellbeing.
Give it a go:
• Take time to notice what you're grateful for and focus on the good aspects of any situation.
• Set aside time to have fun.

Acceptance
No one is perfect. Longing to be someone different gets in the way of making the most of our own happiness.
Give it a go:
• Be kind to yourself when things go wrong.
• Give yourself a break from what you don't have and can't do, so what you have and can do.

December Kindness 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. Give a gift to someone who is homeless or feeling lonely.	2. Leave a positive message 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 hard on 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 by doing something which 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**

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- Everyone
N: Tadpoles Mathilde
N: Froglets- Calaya and Edie
R: Ladybirds - Georgie and Ashan

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 - Myles & Omer
Y1: Butterflies Carla & Haru
Y2: Grasshoppers
Y2: Beetles - Hugo & Kenny

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 Squirrels: Everyone
Y3 Bats: Everyone
Y4 Hedgehogs: Nurali & Josephine
Y4 Foxes: Klara & Lev

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 : Aisha and Leonel
Y5: Woodpeckers - Reham and Ruby
Y6 Kestrels: Richie & Ylli
Y6: Herons: Ameera & Taleyah

You are a star!

EYFS

The Froglets and tadpoles enjoyed a fabulous Christmas party on Thursday afternoon. We sang, ate and played games and then we got a fabulous surprise guest! We were so excited when we heard the sleigh bells!!



You are a star!

The Grove

This week in the Grove, we have been having lots of Maths fun making Christmas decorations. We used 2D & 3D shapes to make our Christmas trees, gnomes and snowmen cards. The children used phonics knowledge to decode words and showed excellent listening and fine motor skills.



You are a star!

Y2 have designed and made their own model castles.



...and the final model castles!

The design team

You are a star!

week 6

Y4 have been learning about sound. This week, we made cup-telephones to test how sound travels.

