

# Primrose Hill Primary School Weekly Newsletter

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Friday 20th Jan.  
Issue No. 17  
(2022-2023)



Dear Primrose Hill Families,

## A is for attendance

### Our whole school target = 96%

This week's attendance is **93.12%** and our lates are a disappointing **116**. Well done to Hedgehogs who managed **97.50%**. One of the most important ways in which you can support us and your children in 2023 (and beyond) is to ensure that your children attend school every day. Attendance in school is of paramount importance - any absence can have a profoundly negative impact on your child's learning as important aspects of a sequence of work can be missed.

Please see the following extract taken from a Department for Education document "Working Together to Improve School Attendance"

*This (100% attendance) is essential for pupils to get the most out of their school experience, including their attainment, wellbeing, and wider life chances. The pupils with the highest attainment at the end of key stage 2 and key stage 4 have higher rates of attendance over the key stage compared to those with the lowest attainment. At KS2, pupils not meeting the expected standard in reading, writing and maths had an overall absence rate of 4.7%, compared to 3.5% among those meeting the expected standard. Moreover, the overall absence rate of pupils not meeting the expected standard was higher than among those meeting the higher standard (4.7% compared to 2.7%).*

As you can see, for the educational success of your children, it is exceptionally important to attend school as much as possible. The school will continue to focus on attendance and I would appreciate the support of all Parents/Carers. All of our children should have equal access to success, and we wish to remove any barriers contributing to poor attendance.

Reminder the gates will be open at 8:45 –9:00 am and at 3:30 –3:45pm

**Have a lovely weekend, Harsha**



EVERY MINUTE COUNTS 	
MINUTES LATE	IMPACT ON ATTENDANCE IN A YEAR
5 MINUTES A DAY	3.4 DAYS 98.4% ATTENDANCE
10 MINUTES A DAY	6.9 DAYS 97.6% ATTENDANCE
15 MINUTES A DAY	10.3 DAYS 94.6% ATTENDANCE
20 MINUTES A DAY	13.8 DAYS 92.9% ATTENDANCE
30 MINUTES A DAY	20.7 DAYS 89.2% ATTENDANCE

## VALUE of the Month: Happiness

Focusing on happiness is not a frivolous pursuit; it is one of the emotions that can inform the trajectory of our lives." – Goldie Hawn, 10 Mindful Minutes.

We can train our brains to actively savour happy experiences in order to reap the benefits. Focusing on the positive is not just a "sentimental idea" but is grounded in current neuroscience. Our brains release dopamine (a feel-good neurotransmitter) when we remember a happy moment in the same way as if we were experiencing it. Nurturing this practice overtime changes the way our brains are wired and impacts how we feel, think, and behave.

### Explore emotions and feelings to build emotional intelligence:

Discuss feelings with your child. When your child has been overwhelmed with emotions (an amygdala hijack) discuss how they felt and explain what's happening in their brain. When your child is calm, focused, happy or enjoying a quiet moment with you, explore and discuss their emotions and feelings linked to these experiences. This also helps to extend their emotional vocabulary.

### Bring emotional understanding alive through books/reading together:

Use opportunities when you're reading books together to consider how characters might be feeling, what emotions they're experiencing. Also, discuss what part of the character's brain might be in control in different parts of the story, consider the choices that they make and how they might reflect on those choices, make changes to situations etc



### Make a calm down glitter bottle:

Use an empty plastic bottle and fill with water. Add a teaspoon of glitter glue and a few teaspoons of biodegradable glitter. Firmly secure the lid. Use the bottle to explain the brain as follows:

Shake the bottle and discuss how hard it is to see clearly through the bottle when the glitter is flying around.

Compare this to when the amygdala is in charge and it's hard to think clearly and make good decisions.

Explain that when the glitter settles it's like the amygdala calming down so clear decisions can be made from the prefrontal cortex.

## Some tips for Parents/Carers

### Less melt downs- more connection

Here's a list of ways to help you connect more with your child and decrease drama and melt downs at home. It may be a good idea to hang these up somewhere handy as a reminder!

1. Put "special time" aside with your child everyday- even if just for 10mins!
2. Be present and put your phone aside when you are with your child
3. Pause and take a deep breath whenever you feel the urge to yell
4. Move and play together- let your child take the lead on a game and get them laughing every day!
5. Choose empathy first: set limits to behaviours and allow them to have their emotion
6. Choose empathy to help your child feel understood
7. Find the YES behind the NO: tell them what they CAN do instead
8. Look after yourself and make sure your cup is full
9. Give yourself a break: good enough really is enough and most ruptures can be repaired

Ask for support when things feel hard: from a partner, from other parents, or from a professional if necessary



### New Signing in System

**The school gate is open between 8.45 and 9am.** If you are late, you now need to sign your own child into school using the computer system in the main entrance. This will register your child and indicate they are late. You will need to provide a reason. Please ensure you arrive to school on time to prevent you being further delayed by having to wait in a queue to sign your child into school.

### New Intercom System

There is new intercom system for everyone who needs to come into the office. Please be patient for the buzzer to be answered from a member of the office team and give them a reason for coming into school. You will be let in **only** if you have to talk to the office team and you will be asked to wait outside once you finished!

Also, the main gates will be open at **8:45 –9:00am and at 3:30 –3:45pm**. Please wait in front of the gates to collect your child.  
**Please respect our Office staff!**



This year, the Chinese, Korean and Vietnamese (Tết) New Year all fall on the same day. This is sometimes referred to as the Lunar New Year. Families celebrate by putting up lanterns; decorating their houses; dressing in traditional clothing; enjoying special food from their cultures and setting off fireworks. We wish all the Primrose Hill families, who are celebrating, a Happy New Year. If you are celebrating this Sunday, take lots of photos and share them with your class next week.

**RA** Royal Academy of Arts



## How would you like your art work displayed in the Royal Academy?

Artists are at the heart of everything they do at the **Royal Academy of Arts** — they believe in nurturing and celebrating the next generation of artists. Taking inspiration from the [Summer Exhibition](#), the **Young Artists' Summer Show** is a free, open submission exhibition for young artists aged 4–19 years studying in the UK.

Each student can **submit one artwork** and there is no theme. **Please give your artwork a title and a sentence about your artwork, why you made it and do not forget to write your full name and age** (do not write this information on the front of your work, put it on the back). **The deadline is Friday the 10<sup>th</sup> of March**

Your artwork will be seen by a [panel of judges](#) and the selected pieces will be shown in their online exhibition. Some of the artworks will also be shown at the Royal Academy of Arts.

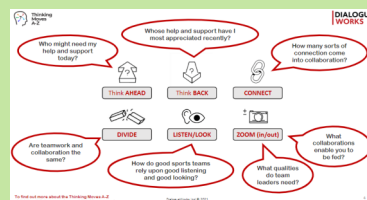
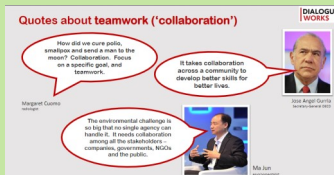
**The artwork can be made using any material; it can be a painting, sculpture, photograph, drawing, or a combination.** There is no theme so artworks can be of any subject and they don't mind when you made the artwork as long as you are between 4-19 years old when you submit it. We also welcome collaborative pieces made by more than one student.

Please return your artwork to your teacher by the 10<sup>th</sup> March.

Have fun!

Maria Felstead Art and Design lead

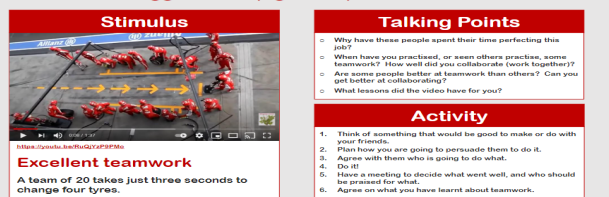
## Harsha's Home Talk Activity



### Discussion suggestions (age 3 - 5)



### Discussion suggestions (age 6 - 9)



### PARTNERSHIP DECK

# OUR SCHOOLS OUR CAMPS

OUR CAMPS ARE FUN, SAFE AND  
EXCITING CAMPS FOR PUPILS AT YOUR  
SCHOOL AND WITHIN THE COMMUNITY

Book now

Sign up

YOUR NEW HAF PROVIDER





## 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:** Alissia  
**N:** Tadpoles. Kasey and Aisha A  
**N:** Froglets

**R: Ladybirds :** Wolf and Liam

## 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 Jean and Myles  
**Y1:** Butterflies Bobby and Isaure  
**Y2:** Grasshoppers - Joan and Ismaeel  
**Y2:** Beetles -

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A big special mention for these children this week.  
Well done!

**Y3 and Y4 Star Learners**

**Y3:** Squirrels Adrian & Eleri  
**Y3:** Bats Beau and Kamyar  
**Y4 Hedgehogs -** Farida & Sophia AJ  
**Y4 Foxes:** Josh & Zak

## 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 - Iqra and Leonel  
**Y5:** Woodpeckers - Andi & Torri  
**Y6 Kestrels -** Erika & Hiwaad  
**Y6:** Herons - Harvey & Noah

## You are a star!

**EYFS**

It's been another busy and surprising week in ladybirds. A giant beanstalk was caught on CCTV, it grew in the playground and mysteriously disappeared again. We have received phone calls from a giant and from a nifty boy called Jack...we wonder what will happen next.





## You are a star!

**The Grove**

With Chinese New Year around the corner, we have been learning all about Chinese culture. We set up a sweet! Chinese lantern sun catcher. We also made some delicious homemade noodles and celebrated different cultures by looking at differences and similarities.







## You are a star!

Year 4 have done some tie-dying






Upcoming Dates for your Diary:	
Friday 20th January: 9am in school 4pm virtually	End of Key Stage 2 SATs Information Session for Year 6 parents & carers
Friday 20th January	Chinese New Year
Tuesday 7th February	Safer Internet Day
Friday 10th February	Women in Science Day
Mon to Fri 13th to 17th February	<b>HALF TERM - school closed</b>
Mon 20th to Fri 24th February	Science Week
Thursday 23rd February from 1pm	Parents' Consultation
Thursday 2nd March	World Book Day
Mon 13th to Fri 17th March	Careers Week
Tuesday 21st March	World Poetry Day
Fri 24th March	Earth Hour Day
Fri 31st March	Last day of Spring Term with Summer Term beginning for the children on Tuesday 17th April

## 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 1<sup>st</sup> & Friday 2<sup>nd</sup> September 2022  
Tuesday 3<sup>rd</sup> January 2023  
Monday 17<sup>th</sup> April 2023  
Monday 5<sup>th</sup> June 2023