

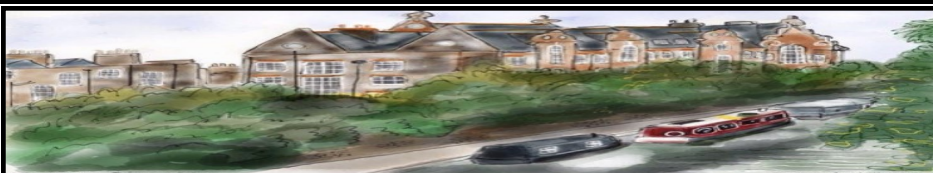
# Primrose Hill Primary School Weekly Newsletter

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Fri 26th May  
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[@NW1PrimroseHill](https://twitter.com/NW1PrimroseHill)

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Dear Primrose Hill Families,

This half term has flown by with several four-day weeks. I would like to thank all the staff for all their efforts and hard work and wish them a lovely half term break. Some fantastic news, Anna K in foxes had a beautiful baby girl on Tuesday 23rd May, we send our love to the whole family. Congratulations to Humphrey who got married, best wishes to them both, you will be pleased to hear that Humphrey is due back after half term.

We had another busy week at Primrose Hill. Lots of fun, laughter, hard work, trips, and some moments that were learning points. I have been learning about growth mindset and mental health. I came across these 15 points and thought I must share them with you. If you want to know more about growth mindset it was featured in one of my previous newsletters.

Here are 15 ways to help you develop a growth mindset:

1. Acknowledge and embrace your weaknesses
2. View challenges as opportunities
3. Know your learning style and use learning strategies that work for you
4. Remember the brain has the ability to change throughout life
5. Prioritise learning over seeking approval
6. Focus on the process instead of the end result
7. Cultivate a sense of purpose in self
8. Choose learning well over learning fast
9. Reward effort and actions not traits
10. Learn to give and receive constructive criticism
11. Need for improvement does not mean failure
12. Mental stimulation keeps your mind active, reflect on your daily learning
13. Learn from the mistakes in others break the chain
14. Consider learning as brain training and not something you only do when you study – learning is all around us!
15. Remember it takes time to learn and change the way you approach thinking / learning

## Discrimination

Discrimination is "treating someone unfairly because of who they are." (Citizens Advice, 2022). This means that a person is being treated differently or is put at a disadvantage because of someone else's opinions or judgments of them.

By law, there are 9 characteristics that are protected from discrimination under the Equality Act 2010:

- Age
- Disability
- Religion/Belief
- Gender Reassignment
- Marriage/Civil Partnership
- Pregnancy/Maternity
- Race/Ethnicity
- Sex
- Sexual Orientation

If someone is targeted or treated unfairly because of one or more of these characteristics, then they are being unlawfully discriminated against. This also includes someone being treated differently because another person *thinks* that they belong to a group with a protected characteristic, whether it's true or not.

At Primrose Hill we celebrate diversity and teach the importance of this to the pupils. We do not tolerate discrimination in any form, and it will always be challenged. When children use discriminatory language, we always follow this up with the pupil and the parent/carer and educate the pupil on why this language is not acceptable.

## Staying safe online

We strongly advise that parent controls are set up on their devices before the children are allowed to use them. Safer Internet have lots of information for parents about setting up parental controls. They also recommend having open and honest conversations with children about their online use.

<https://saferinternet.org.uk/online-issue/parental-controls>

## Age restrictions of Social Media Apps

Please be mindful that social media apps are not appropriate for pupils under the age of 13. Below are the age restrictions for the most popular apps:

What's App—16 years + Instagram—13 years + Facebook—13 years +  
+ Snapchat—13 years + TikTok—13 Years +

## What are the risk of children using social media apps?

- Many sites include an instant message function that allows private conversations between site members.
- Most social networking sites have an app version available, meaning your child will have access to the social network from their smartphone or tablet. Some app versions of social networks use the location of the phone.
- Information shared between friends can be easily copied and may spread.
- It isn't easy to take back information that has been posted – and can be impossible if it's already been shared.
- Not everyone your child meets online will be who they say they are. Chatrooms and forums can connect people who are complete strangers and can be unmoderated.
- Chatrooms and forums are some of the places online groomers go to connect with children. They can also be places where people use a lot of sexual language and engage in online flirting. This is sometimes done through video chat programs.



## Road Safety Poster Poster competition



'Road Safety Heroes' is a great theme & we would love for you to get creative & design some amazing A4 posters that encourage everyone to be more aware of how to keep themselves & others safe when near & using roads.

The Eco Council will be coming together to choose a winning poster from Early Years, Key Stage One, Lower Key Stage Two (Years 3 & 4) & Upper Key Stage Two (Years 5 & 6). Led by Hatty.

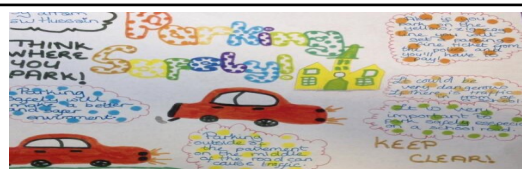
The winning poster designers will be awarded a tea with Harsha and Hatty, as well as the honour of their creations being shared on posters around school & on our school website's new Eco page!

**All poster designs must be clearly labelled with your full name, class and year group on the back.**

Please ensure any competition entries are given to your class teacher by **Tuesday 6th June** so that they can pop them in a tray outside Harsha's office, ready for the Eco Council to judge during their next meeting. The Eco Council & I cannot wait to see your Road Safety Week creations!

Hatty

Eco Council Coordinator



Despite several notices, I am still having reports of parents parking illegally.

Please park responsibly, remembering that we are a primary school and want to keep your children safe.

## The value of the month is INTEGRITY



**Integrity is  
the essence of  
everything  
successful**

**BUCKMINSTER FULLER**

KITESANDROSES.COM

Our value of the month is Integrity. According to the Random Acts of Kindness Foundation, **INTEGRITY** means acting in a way you know to be right and kind in all situations. This month, we are going to focus on having more integrity in our classroom. This might sound complicated, but really, it's easy! Simply choose kindness all the time - even if no one will notice, even if you're tired, even if you feel like it's someone else's turn. You will always feel better if you choose to do what is right and kind in all situations. What are some small ways you can act with more integrity today?

### Showing integrity



This month we are talking about **integrity** and what that means for us at school. The first thing to discuss is the definition of **integrity**. This might be a harder one; younger kids, especially, may not have heard of this word before. What does it mean to always act in right and kind ways, even when no one is looking? What does integrity look like to your class?

Here are some ideas to get you thinking about Integrity at home and school.

Clean up your work, bedroom or play areas without being asked.  
Help a classmate who is struggling, even if a teacher isn't there to see you do it. Always tell the truth.



Complete all your work before doing something else that you'd rather do.

Use manners.

Apologise if your words or actions hurt someone, without being reminded.

Follow the Primrose Promises, even if the teacher/ family member isn't there to see you do it.

If you make a mistake, ask for help.

### What Random Acts of **Integrity** will you do today?

| SUN  | MON   | TUE   | WED                           | THU  | FRI  | SAT   |
|--|---|---|-------------------------------|--|--|---|
|  | Do "what if?" scenarios as a family and practice making right and kind choices.                     |   |                               | Let someone else have the first helping of a meal or the last treat. |  |   |
| Did you tell someone that you'd do something for them? Follow through today.           |   | If you hear gossip, tell the other person it isn't right to speak badly of other people and change the subject. |                               |  | Reflect on your week so far; have you worked to make right and kind choices in all situations? |   |
|  | Make sure you are intentional about apologizing when you do something wrong - even if accidentally. |   | Be honest without being rude. |  |  | Don't take short cuts today; finish what you start! |
|  |   | Evaluate a situation in the media or on the news; does it show integrity? Why or why not?                       |                               | Go around the table and say one act of integrity you saw that day.   |  |   |
| Discuss a situation where you would want to speak up but might feel hesitant to do so. |   |   |                               |  |  |   |



## COVID-19 COMMUNITY VACCINATION SERVICE



Open 11am to 4pm in the following locations

|  |                 |
|--|-----------------|
| <b>Sidings Community Centre</b> - 150 Brassey Rd, NW6 2BA  | Friday 12 May   |
| <b>Brunswick Centre</b> - Opposite the School of Pharmacy, 29-39 Brunswick Square, London WC1N 1AX | Saturday 13 May |
| <b>Swiss Cottage</b> - Swiss Cottage Market, Eton Avenue, NW3 3EU                                  | Saturday 20 May |
| <b>Surma Centre</b> - 1 Robert St, London NW1 3JU  | Friday 26 May   |
| <b>Chalton Street Market</b> - Opposite 49-51 Chalton Street NW1 1JH                               | Saturday 27 May |

Need some support? We're here for you

020 7974 4444 | [camden.gov.uk/costofliving](https://camden.gov.uk/costofliving)

This service is provided by University College London Hospitals NHS Foundation Trust



## COVID-19 COMMUNITY VACCINATION SERVICE

Booked and walk-in vaccination appointments are available at the following pharmacy clinics

**Aqua Pharmacy**, 59 Mill Lane, West Hampstead, NW6 1NB  
Open Monday to Friday, 9am-7pm, Saturday 9am-2pm

**JP Pharmacy**, 139 Camden High Street, NW1 2JR  
Open Monday to Saturdays 9.15am-5.30pm, Sundays 11.15am-4.45pm

**Macey Chemist** 68 Mansfield Road, NW3 2HU (access at the rear of pharmacy, off Courthope Road. Monday to Wednesday 9am-2.15pm, Friday 9am-5.30pm

**University College Hospital, Clinic K (outpatients)** 235 Euston Road NW1 2BU Open Saturdays and Sundays 9.30am-6pm

**Sandylight Pharmacy** 131 Queens Crescent, NW5 4EG  
Open Monday to Thursday 10am-2pm, Saturdays 10am-4pm

For the latest opening times and to find more vaccination clinic locations [camden.gov.uk/getting-the-vaccine](https://camden.gov.uk/getting-the-vaccine)

### THE COVID-19 VACCINE IS SAFE AND EFFECTIVE

It offers you the best available protection against the virus and serious illness. If you have questions or would like to know more about the vaccine please drop by the bus and speak to our local health professionals or visit [camden.gov.uk/covid-vaccines](https://camden.gov.uk/covid-vaccines)

This service is provided by University College London Hospitals NHS Foundation Trust



## A is for attendance

Well done to our attendance stars who have 100% attendance for the school year so far.

keep it up!!

Achilleas – Ladybirds

Ivo – Ladybirds

Dominica – Butterflies

Adam – Dragonflies

Katie – Beetles

Dalia – Grasshoppers

Ida – Bats

Clara – Squirrels

Ethan – Squirrels

Zakariya – Foxes

Sophia – Hedgehogs

Serena – Blackbirds

Caleb – Woodpeckers



Every day  
**COUNTS!**

School success starts  
with attendance



**Summer Fair**  
**Saturday 8th July 2023**

More information to come.  
Watch this space!

Please join the SEND Staff Team  
every Monday at 9am in the  
Community Room for a coffee  
morning where you can meet  
other parents/ carers and discuss  
any concerns or raise any issues.  
Everyone is Welcome!



**THANKS FOR REMEMBERING  
THIS IS A**



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**PLEASE REMEMBER**

**WE ARE A NUT**

**FREE SCHOOL**





## Harsha's Talk Homework:

**DIALOGUE WORKS**

# HomeTalk

thoughtful conversations for families and schools

Let's talk about...  
**Walking**



**DIALOGUE WORKS**

### Quotes about walking

The best remedy for a short temper is a long walk.

Jacqueline Schiff  
lawyer

My grandmother started walking five miles a day when she was sixty. She's ninety-seven now, and we don't know where the heck she is.

Ellen DeGeneres  
comedian

All truly great thoughts are conceived while walking.

Friedrich Nietzsche  
philosopher

Steven Wright  
comedian

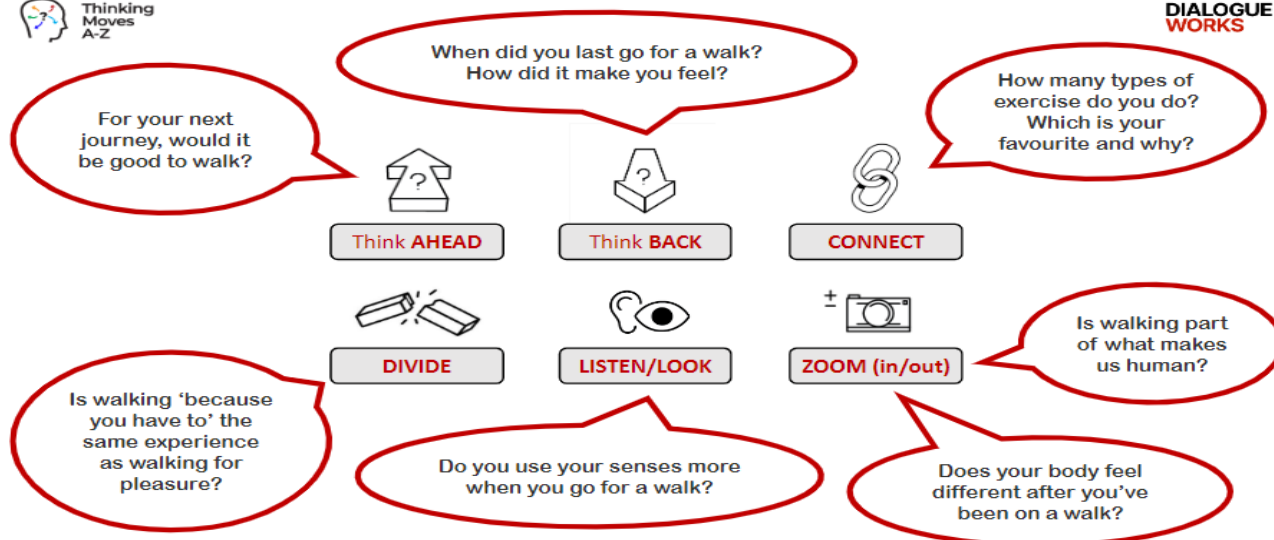
Everywhere is walking distance if you have the time.

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|  |  |
|--|--|
| <b>Caring thinking</b><br>Why might walking be good for our mental health? | <b>Collaborative thinking</b><br>Why might people enjoy walking with others? |
| <b>Creative thinking</b><br>How many things can we create on a walk?       | <b>Critical thinking</b><br>Should everyone make time to go for a walk?      |

**P4C**





To find out more about the Thinking Moves A-Z visit <https://dialogueworks.co.uk/thinking-moves/>

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## Stimulus



<https://youtu.be/YQwUfIFIXVU>

## Walking Bus

What is a 'walking bus'?

## Talking Points

- Do you walk to school?
- Do you know other people who walk to school?
- If you could join a walking school bus, would you like to? Why / Why not?

## Activities

- Invent a route that a walking bus could take to your school. Who would you pick up? What would you walk past?
- Make a paper chain of children holding hands as if they were in a walking school bus.

## Stimulus



<https://youtu.be/ewTK2gtWAtU>  
(just watch the first two minutes to get the idea)

## Barefoot Hiking

## Talking Points

- Why do you think some people like walking without shoes?
- Barefoot hiking – good idea / bad idea? Why?
- Is there a difference between walking and hiking?

## Activity

- Try walking around your house barefoot. How many different textures can you feel?
- Design a multi-sensory experience for your feet. Which is your favourite bit, and why?
- Do you prefer touching things with your hands or your feet?