



DALMAIN PRIMARY SCHOOL

Newsletter—May 2025

Dear Parents & Carers

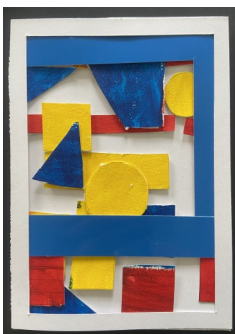
Every day, the children at Dalmain inspire us and we couldn't be prouder of their achievements this term. Across the curriculum, pupils have made exceptional progress and demonstrated the life skills we pride ourselves on developing at Dalmain—from nurturing the chicks in EYFS to fantastic teamwork and resilience at Sports Day and of course the exceptionally positive and resilient attitudes demonstrated by our Year 6's during their SATs. You are all incredible!



Early next term, School Council will be running our annual vote for next years' class name themes—if anyone has any brilliant suggestions, please let our School Council know. We look forward to another 100% turn out on voting day!

While this term has flown by, we have packed in just as much as we would have in a longer term—we hope you enjoy reading about it! Have a super holiday and see you on Tuesday 3rd June at 8:45am.

Best wishes, Ms Eisele – Headteacher



Term 6 Dates

It's going to be a busy yet exciting end to the academic year!

Tuesday 10th June—Y6 Dragon's Den

Friday 13th June—Y4 Shakespeare Performance

WB 16th June—Y4 Naturesbase Residential

Saturday 28th June—FOD Festival Fair

WB 30th June—last week of clubs

Tuesday 1st July—secondary school transfer day

Wednesday 2nd July @ 2pm—Music Concert

WB 7th July—Eco Week

Thursday 10th July @ 5pm—Y6 Production

Friday 11th July—Y6 Bowling Trip

Friday 11th July—FOD Music Night for Kids

Tuesday 15th July—Meet the Teacher Day

Tuesday 15th July— Classroom Celebration & Reports Given Out @ 3:30pm

END OF TERM: Tuesday 22nd July @ 1:00pm

HOUSE POINTS—so far this term....

Forest House: 4217

Grove House: 4195

Hawthorne House: 4280

Oak House: 4208



The Friends of Dalmain

28.06.25

DALMAIN FEST!

12-4 PM

**FREE
ENTRY
FOR
KIDS**

**KARAOKE | STEEL BAND | HENNA | MISSY'S
CHICKEN | DALMAIN COMMUNITY KITCHEN |
MEGA INFLATABLE SLIDE | HEALING FIELDS |
BAR | CRAFT | ART WORKSHOPS | BOTTLE
TOMOBOLA | FACE PAINTING | DAN'S CARROTS |
RAFFLE | COCKTAILS | PILATES | CIRCUS SKILLS**

Nursery—Topaz Class



This term in Nursery we've been learning all about People Who Help Us, which has inspired lots of imaginative role play! The children have loved taking on the roles of firefighters, police officers, doctors, and more.

We've also been thinking a lot about growth and change. Our bean plants are now almost as tall as the children and our tadpoles have finally begun to transform into froglets! We also loved meeting the chicks and learning how they grow and develop over time. This led to lots of interesting discussions about other creatures that hatch from eggs, including insects and reptiles.

With the warmer weather, we've been making the most of our outdoor space—enjoying gardening, water play, and cooling off with a well-earned ice lolly after a hot day in the sun.

Finally, we visited Forest Hill Fire Station where we climbed aboard the fire engines, explored specialist equipment and even have a go at using the powerful hoses! It was a memorable end to a fantastic term!



Forest School



This half term, Reception have been making the most of our Forest School area—and what a magical time we've had!

Music lessons with Ms Jackson and her guitar have been a real treat. Singing under the trees, surrounded by dappled sunlight and fresh air, has made learning feel extra special.

We've also been busy on exciting bug hunts, exploring the undergrowth and trying our best to identify different leaves and minibeasts. With our eagle eyes on, we've all been keeping watch for a very special visitor—the mysterious frog. Can you spot it anywhere?

There's been so much wonder, curiosity, and joy in our outdoor learning. We can't wait for more woodland adventures next half term.



DALMAIN MUSIC NIGHT

FOR KIDS



SNACKS!

LIVE MUSIC!

90'S


BAR!

DANCING!

FACE PAINTING!



FRIDAY
11 JULY
3.30-5.30PM
AT SCHOOL!



SCAN AND GET
YOUR TICKET
NOW!



Reception—Jade Class

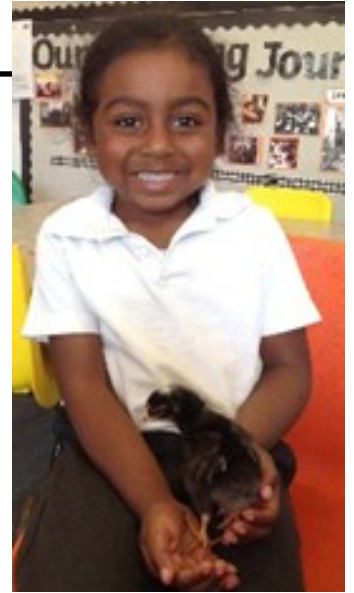
This half term has been packed with fun, learning, and fantastic moments in Jade Class! We kicked things off with the exciting book *Supertato*, which had us all trying to defeat the mischievous Evil Pea, sparking loads of imaginative conversation and super writing about capturing the 'Evil Pea.' Our creative journey continued with *The Dot*, inspiring a whole week of art-based Maths. We explored shapes, especially circles and spheres, using different media to express ourselves while learning through art.



A real highlight was watching the chicks hatch! The children were fascinated as they learned all about the lifecycle of a chicken—such a magical and memorable experience. Sports Day was another unforgettable event. It was wonderful to see so many children and parents joining in, supporting one another, and celebrating every effort with loud cheers and big smiles.

We also explored important environmental themes through the stories *Clean Up* and *Somebody Swallowed Stanley*. The children showed great concern for our oceans and created fantastic posters to spread the message: Don't put plastic in the sea!

What a joyful and thoughtful group of learners we have. We're so proud of all their enthusiasm, kindness, and creativity this term!



Reception—Garnet Class

This half term has totally flown by! Garnet class have really enjoyed these past jam-packed few weeks.

We were lucky enough to have some very special visitors, whom we cared for very well. The children loved watching our chick eggs hatch over a few days and loved looking after our three little chicks! Last term we began learning all about lifecycles and we consolidated some of this learning by investigating the lifecycle of a chicken.



In Maths we have started to delve into some exciting topics, such as even and odd numbers, doubling and shape. The children have started to become really confident at explaining which numbers are odd and which are even.

We have begun writing a short sentence every morning when we come into the classroom and Garnet class have been wowing me with their incredible Writing progress each day. They are writing creative

sentences, including capital letters AND punctuation!

We have also spent lots of time over in Forest School, exploring and appreciating the beautiful weather this past term. What a fantastic couple of weeks - well done Garnet Class!





READING AT DALMAIN



Volunteers needed



At Dalmain, we are passionate about fostering a love of reading in all our students. Unfortunately, the National Literacy Trust Children's Survey shows that reading enjoyment has dropped to its lowest level in almost two decades, with only one in three young people saying they enjoy reading in their free time. We are committed to reversing this trend and ensuring every child develops a passion for reading.

We are fortunate to have dedicated reading volunteers who already work with children from Year 2 to Year 5. The impact on the children's reading confidence has been immense. Thank you to all our volunteers – the children thoroughly enjoy their reading sessions.

However, we need more volunteers!

Are you passionate about books? Would you like to help children develop a love of reading? Become a reading role model! Children need support to build the habit and joy of reading. If you can spare a morning or afternoon to volunteer, we would love to welcome you.

Please contact the School Office for more details –
admin@dalmain.lewisham.sch.uk



Year 1—Amethyst Class



What a wonderful half term we've had in Amethyst Class! The children have been busy learning, creating, and exploring, and we're so proud of all their hard work.

We enjoyed reading *The Odd Egg*, which inspired us to make special eggs! We also read *Lubna and Pebble*, and were inspired to find our own pebbles and make comfy beds just like Lubna did.

In Maths, we explored length and height. We started by measuring with cubes to build towers and compared heights, and then with rulers to measure objects in centimetres. The children enjoyed comparing objects in the classroom and outside. We started our new topic, money, and will continue discovering more about this topic after half term. We've also been practising counting in 2s, 5s, and 10s, fantastic work, everyone!

We've had some thoughtful discussions about what makes a good friend and shared the lovely qualities we each bring to our friendships. It's been lovely to hear the kind and supportive things the children had to say.

Our phonics sessions have been full of enthusiasm and progress. The children are showing great dedication, and it's exciting to see their reading skills grow.

We're all looking forward to what the next term brings. Thank you for your continued support!



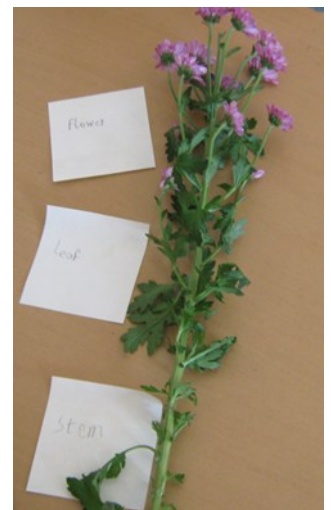
Year 1—Emerald Class



What a fast but fun term in Emerald Class!

This term we began with reading a delightful book called *The Odd Egg* by Emily Gravett. The story follows a duck who feels left out when all the other birds lay eggs until he finds a very off looking egg. We made our own eggs and then wrote 'Egg Guides' filled with information about how to look after different types of animal eggs.

We discovered some mysterious pebbles in our classroom and with some very important instructions to take care of them! We started our next story called *Lubna And The Pebble* by Wendy Meddour. We gave our pebbles names and faces and made them comfy homes. After the half term we will be writing amazing stories about our pebbles.



In Maths, we have been measuring and practicing counting in 2s, 5s and 10s and used this to help us to solve problems.

In Science we have been learning about the parts of plants and trees, and really enjoyed trying to find lots of different flowers at Forest School.

We have loved PE with Mr Graham this term and had so much fun at our impromptu Sports Day when our main event was postponed because of the rain!

We cannot believe we only have half a term left in Year 1; time really has flown by. Have a super holiday everyone.



Inclusion Team



Our Inclusion Team

Ms Sewani—Assistant Headteacher & SENCo

Ms Joyce—SENCo

Ms Wilkinson—Behaviour & Safeguarding Leader

They are always available to offer support to families with any concerns or questions—please get in touch via the School Office or see them in the playground.

Parent Champions

We are looking for parents who can represent their school as **Parent Champions**.

Parent Champions are volunteers who talk to other parents / carers in their local area about childcare entitlements and signpost them to local services for help and support.

Could you be a parent champion that represents Dalmain? If you are interested, please let Ms Sewani know and she will put you in contact with the relevant organisers. There is training available – please see dates for Summer 2025:

When: Thursday, 12th June 2025
 Thursday, 19th June 2025
 Thursday, 26th June 2025

Time: 10:00am-12:30pm

Venue: Civic Suite, Catford SE6 4RU

Our next coffee morning will be on Tuesday 17th June 9:15am

This will be an opportunity to get together as parents of children with SEND to share experiences and tips. We will also talk about how children are supported with the transition to the next year group. We look forward to seeing you there!

Dalmain parents have set up a WhatsApp group for any parents with neurodivergent children at school:

<https://chat.whatsapp.com/LB4fTmF9hXD0XDc4R9I4Lz>

And parent Jen has a Tiktok channel as a support line for 10 minute practical activities to support neurodivergent children with their sensory needs, social skills and executive functioning skills:

<https://www.tiktok.com/@10minutesconnected>

Moon Lane Books has put together a wish list of books for our school library to celebrate Autism Awareness Month - we invite you to donate one!

The list includes non-fiction guides that explain autism, books with autistic main characters, and books about the special interests of some of the autistic children at Dalmain.

Scan the QR code to give a book to the library, or visit

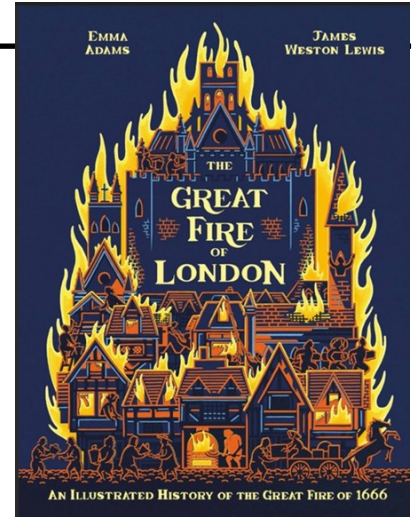
moonlaneink.co.uk/dalmain-primary-autism-awareness-month



Year 2—Tanzanite Class

What a fantastic term and here are our highlights:

- ◆ I enjoyed learning how to build bridges in Art with Mr Roberts – Archie
- ◆ I liked when we learned about the Great Fire of London in History – Florence
- ◆ I enjoyed working on addition and subtraction in Maths – Ilana
- ◆ My favourite thing this term was writing about the Great Fire of London in Writing – Mkhari
- ◆ I loved learning about what London was like in 1666 – Ralph
- ◆ Writing my own version of the Bear and Piano was enjoyable; I enjoyed publishing my story – Ramisa



As you can see, Tanzanite Class has had a brilliant first summer term, making the most of the sunny weather with lots of outdoor learning.

In Writing, we created fact files about the Great Fire of London. The children were fascinated by how it changed the city and enjoyed sharing the facts they had discovered. In History, we explored the causes of the fire and held some



fiery debates as we ranked them by importance, the discussions were full of energy and great ideas.

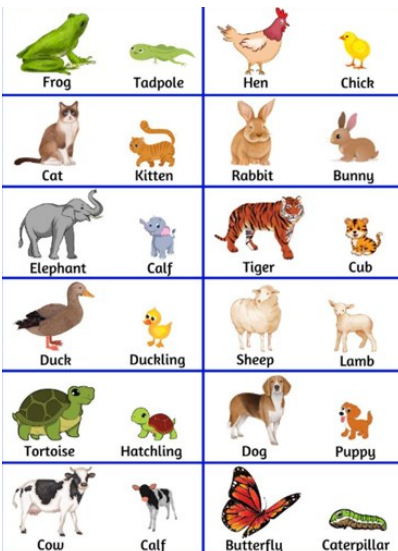
In Maths, we worked hard on adding and subtracting two-digit numbers, using different strategies and explaining our methods clearly. The children showed fantastic problem-solving skills.

In RE, we continued learning about Hinduism, focusing on what it looks like at home. The children made thoughtful comparisons to their own lives and enjoyed discussing daily practices and traditions.

Year 2—Flame Aura Class

This term has been full of exciting learning across the curriculum! In History, the children explored the Great Fire of London, investigating how the fire started and spread, and how it changed the city. We even created our own London leaflets inspired by the book, A Walk In London, including information about landmarks and imagining the past.

In PSHE, we've been learning the importance of being safe with medicines, helping children understand who they can trust and what safe choices look like.

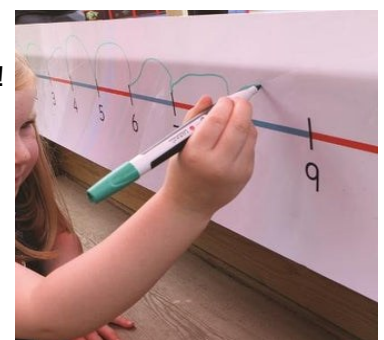


Our RE lessons have focused

on Hinduism, particularly Hindu weddings and the role of family. The children loved comparing traditions and sharing their thoughts.

In Maths, we've been working with money and practising subtraction using number lines. It's been great to see the children's confidence grow!

In Science, we've been identifying adult animals and their babies, developing classification skills and discussing life cycles. Keep up the fantastic work, Flame Aura!





MEASLES

Don't let your child catch it
– get them vaccinated with the MMR vaccine

Measles symptoms include: high fever; sore, red, watery eyes; coughing; aching and feeling generally unwell; a blotchy red brown rash, which usually appears after the initial symptoms.

The number of young people catching measles has risen. It's never too late to be vaccinated. You need two doses of MMR one month apart to be fully protected against measles, mumps and rubella.

It's time to make measles a disease of the past.

If you have symptoms of measles, stay at home and phone your GP or NHS 111 for advice. **STAY AWAY** from GP surgeries and A&E departments – you could spread the illness to others.

i mmunisation
the safest way to protect your child

For more information contact your local GP surgery or visit: www.nhs.uk/mmr



Answers to some common questions about measles and the MMR vaccine

Why are we seeing these outbreaks of measles?

Measles is a highly infectious disease, spreading quickly from person to person, especially in schools. A child with measles will infect almost all unprotected children they have contact with. Since the end of 2017 there has been an increase in measles globally which has affected the UK. This has resulted in some spread into wider communities, in particular in undervaccinated groups.

When are the MMR vaccinations usually given?

The best times are between 12 and 13 months of age and again at 3 years and 4 months, with one dose on each occasion. But, if your child wasn't vaccinated then, they can be vaccinated at any age with 2 doses one month apart.

Will there be any side effects to the vaccination?

Your child may get the symptoms of measles, mumps and rubella for up to 6 weeks after the vaccination but in a very much milder form. This proves that the vaccine is working and your child is building up resistance to future contact with the viruses that cause the 3 diseases. Not all children show these symptoms but that doesn't mean the vaccine isn't working.

Should parents in outbreak areas get vaccinated against measles?

As with many diseases, once you have had measles, you don't catch it again because you have built up a natural resistance to it. So, if you've had measles or 2 doses of MMR vaccine you do not need to get vaccinated now.

For more information about measles and MMR go to
www.nhs.uk/conditions/measles/

Immunisation Information



This term we were proud to host Lewisham's Pupil Climate Network Meeting. Six other Lewisham schools came to Dalmain to learn about some of our amazing initiatives to make our building more sustainable and also about the projects that the eco council have worked on.

In the last 4 years we have installed:

- Air source heat pumps (300% more efficient than a boiler!)
- Solar panels
- Street trees
- Insulation
- MVHR – Mechanical Ventilation with Heat Recovery
- Rain planters using rain water from the roof
- Rain garden
- Radiator refurbishment

Our visitors were highly impressed with our school and commented on how inspiring these projects were!



Retrofit Action for Tomorrow (RAFT) also led on a fun workshop where we learnt about how we can reduce our energy bills and help save the environment by stopping draughts. We then made our own draught excluders using recycled materials.

What is a draught?

A draught is a cold breeze of air indoors which can sneak through little gaps in windows, doors and letterboxes. You can feel draughts even when all windows and doors are shut!

Draught excluders can:

- Keep our homes and schools warmer
- Save energy and money
- Help save the environment



The Eco Council have been busy planning this year's whole school Eco Week which will take place in July – more details to follow!!

Year 3—Citrine Class

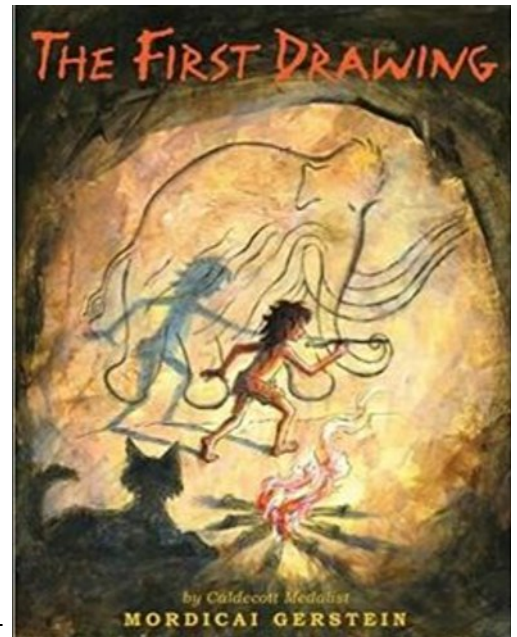
It's been a fantastic term in Citrine Class! We've been exploring the Stone Age through our class text, *The First Drawing*. The children particularly enjoyed performing a news broadcast about the discovery of the first drawing – they really threw themselves into their roles with creativity and enthusiasm.

We've also introduced philosophy sessions this term, which have been a valuable opportunity for the children to practise listening carefully, taking turns, and thinking deeply. They've responded thoughtfully to some big questions and enjoyed discussing the ideas raised in a range of thought-provoking stories. I've really enjoyed these sessions too!

In Maths, after mastering column addition and subtraction, we've begun learning about fractions. The children have shown real perseverance and are building their confidence well.

In RE, we've been learning about Buddhism, thinking about how values such as 'right speech' and 'right action' might guide us in our own lives.

The children have made great progress this term – not just academically but also in their growing patience and maturity. I'm really proud of them and looking forward to a brilliant final term before Year 4!



Year 3—Opal Class



I can't believe how quickly this term has flown by. The children have worked incredibly hard, and I am so proud of all they've achieved. This term, Opal Class have been busy exploring exciting new topics across our learning

In English, we've enjoyed reading *Arthur and the Golden Rope*, and *The First Drawing*. These texts have helped us learn more about mythological gods like Thor and Loki, and gave us inspiration for our own creative writing. In History, we've been learning all about the Stone Age. The children have loved linking their historical knowledge to their writing, creating their own versions of life in the Stone Age.

In Science, we carried out a shadow experiment to understand how light travels and how shadows change depending on the position of the light source. In RE we have been exploring Buddhism and how to live a good life and be better people according to Buddhism. We also really enjoyed our first term of philosophy it has truly been interesting and fun questioning things we thought we already knew.



We ended the term with a fantastic Sports Day! It was wonderful to see so many parents joining us and cheering the children on. The class had so much fun and showed brilliant teamwork and enthusiasm throughout the day. Have a lovely and restful half term!

Attendance & Punctuality

Why Attendance Matters

We are ambitious for all children and our aim is for them to:

- ◆ enjoy their experience at school
- ◆ succeed
- ◆ have the best possible start to their adult life.

By attending school regularly, children can:

- ◆ reach their full academic potential
- ◆ develop and sustain relationships
- ◆ demonstrate to future employers they are reliable
- ◆ reduce their risk of becoming a victim of crime or abuse
- ◆ reduce their risk of becoming involved in antisocial or criminal behaviour.



The link between irregular school attendance and poor academic achievement and limited life outcomes have been well researched.

How to Improve Your Child's Attendance

We expect your child to attend school every day and to be on time, but we understand there may be exceptional reasons for them to miss school.

You can support your child's regular attendance at school by making sure:

- ◆ medical and dental appointments are outside school hours, such as during school holidays
- ◆ your child is organised for school the night before by having their bag packed, PE kit ready, homework completed and lunch packed
- ◆ your alarm clocks are set in good time.

How Schools Calculate Attendance

Schools count each school day as two sessions, one morning and one afternoon, making a total of 10 sessions over a full school week. Children must attend all 10 sessions each week to achieve 100%.

If a child does not attend school their attendance is reduced by 10% for each session missed. For example, if a child has a half-day absence in a full school week they will have attended nine sessions out of 10. This means they will achieve 90% attendance. If a child is absent for a whole week, their attendance is 0%. Schools will then calculate each child's attendance over a whole term.

Children who attend school for less than 90% are considered to be 'persistently absent'.

Thank YOU For Your Support

We know that you, as your child's parent/carer, want your child to get on well in life. Children only get one chance at school, and your child's chances of a successful future may be affected by not attending school every day on time, so we thank you in advance for your support with this matter.

Please email attendance@dalmain.lewisham.sch.uk if you have any questions or we can help in any way.

Year 4—Aquamarine Class

Aquamarine Class has had a fantastic term full of creativity, learning and new experiences. A key highlight has been our work on Shakespeare's Hamlet. The children have been rehearsing for their upcoming performance, supported by a Creative Director from the Primary Shakespeare Company. We've explored the play through Drama, focusing on Acts 1, 4 and 5.

In English, we've studied a comic book version of Hamlet to support our Reading and Writing. Pupils have written descriptive scenes, newspaper reports and poems, showing great creativity and understanding.

In Maths, we've been learning about Position and Direction, including plotting coordinates and translating shapes. We've now moved on to Multiplying and Dividing by 10s and 100s. Our Science topic has focused on Classification and Adaptation. We've investigated how plants and animals survive in urban habitats, using classification keys to identify local species.



In History, we've explored Ancient Egypt, learning to decipher hieroglyphics and discovering how the River Nile supported Egyptian civilisation.

We've also enjoyed working with the Cricket Coach in PE, developing our skills in batting, bowling and teamwork.

It's been a busy and exciting term – well done, Aquamarine Class!



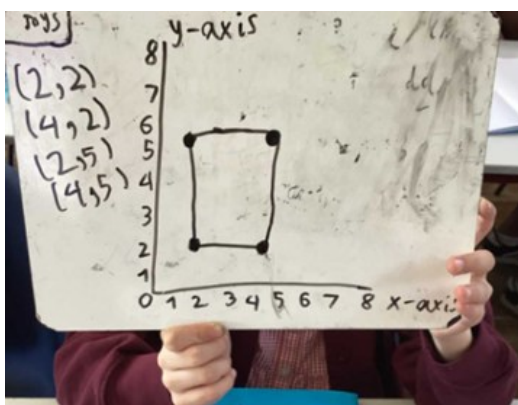
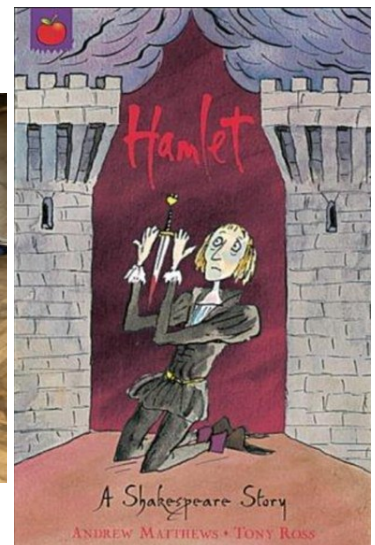
Year 4—Ruby Class

Ruby Class have had a fantastic and enriching term, filled with a wide range of engaging learning experiences.

In Maths, we explored coordinates, focusing on plotting points on a grid and understanding the x and y axes.

Our English lessons were centred around Hamlet by William Shakespeare, and we were thrilled to

work with a drama specialist to bring Act 5 of the play to life through performance. We have been working so hard every day during our rehearsals and we can't wait for the performance on Friday 13th June in Peckham.



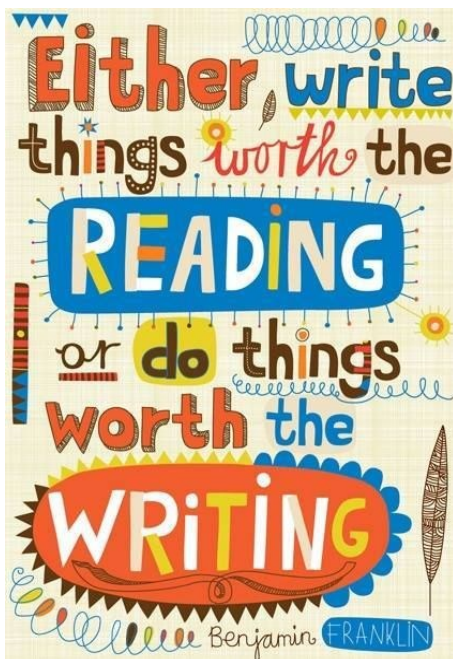
In Science, we explored a variety of animal and plant habitats and developed our understanding of classification to better understand how living things are grouped.

Our History lessons took us on a journey to Ancient Egypt, where we uncovered the fascinating achievements and daily life of this ancient civilisation. In RE, we deepened our understanding of Islam by learning about the importance of fasting during Ramadan and the celebration of Eid al-Fitr.

Writing Laureate Award

Since the start of this school term, we have been absolutely astounded by the standard of writing that our pupils have produced. The following children have been chosen to receive our Dalmain Laureate Award for their exceptional progress, use of high-quality vocabulary and application of literary skills across the curriculum. We are so impressed to see what they have achieved and are looking forward to their writing being displayed in school.

Look out for these future authors!



Reception: Lewis & Camille

Year 1: Zephaniah & Leo

Year 2: Ayomide & Lucy

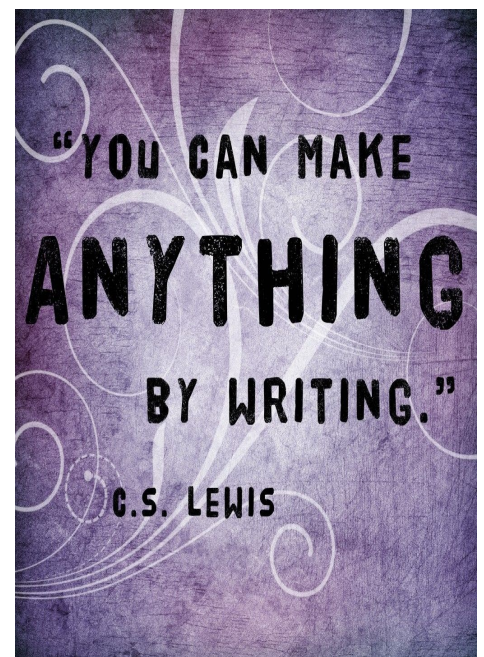
Year 3: Wilfred & Ava

Year 4: Eliza & Arabella

Year 5: Tom & Juliette

Year 6: Jasper & Owen

CONGRATULATIONS TO EVERYONE!



General school email: admin@dalmain.lewisham.sch.uk

Other Contacts

For specific queries, please use the below contacts:

Admissions incl. Nursery & Reception intakes, attendance, meal choices, breakfast or after school

clubs: attendance@dalmain.lewisham.sch.uk

Finance, curriculum clubs, instrumental lessons, trips, medicines or allergies: office@dalmain.lewisham.sch.uk

Afterschool club: please contact Top Marks Coaching at info@topmarksportscoaching.co.uk

Year 5—Pearl Class

What a short but action-packed term we've had in Pearl Class!

The children have turned into super sleuths, trying to figure out who the killer is in Sharna Jackson's thrilling *High-Rise Mystery*—and creating their own mystery stories set right here at Dalmain! In Reading, we've enjoyed analysing and performing poetry while in Maths we've been getting to grips with volume and fractions.

In RE and Art, we explored Buddhism, thinking about how the Buddha's teachings shape the lives of Buddhists today. We've had some brilliant discussions as we explored and unpicked some challenging moral stories. Meanwhile, in History, we've been diving into the world of the Anglo-Saxons, using drama to explore how they lived.



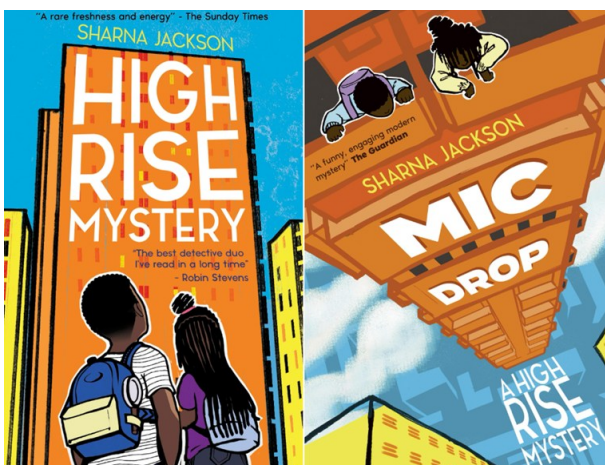
We ended the term on a high with a fantastic Sports Day—huge congratulations to everyone who took part (including parents!)



Year 5—Alexandrite Class

It's been an exciting and action-packed term in Alexandrite Class, full of creativity, teamwork, and discovery.

Our classroom was buzzing with excitement as we immersed ourselves into the world of *High-Rise Mystery* by Sharna Jackson. Inspired by the young detectives Nik and Norva, our pupils wrote their own thrilling mystery stories—full of clues, twists, and clever suspects! It's been wonderful to see such imagination and writing talent.



What a fantastic Sports Day we had! From sprints to relays and even the classic egg-and-spoon race, our children gave it their all. We were especially proud of the teamwork, sportsmanship, and resilience shown by everyone—you supported each other and never gave up.

In our Teaching of Reading lessons, we've been enjoying poetry—exploring rhythm, rhyme, and the power of words. Whether it was performing poems aloud or writing our own, the children embraced the beauty of language and showed how poetry can make us think, feel, and imagine.

In Maths, we've been getting hands-on with volume and fractions. We've explored how to understand parts of a whole and the space objects take up. Our young mathematicians are becoming pros at solving tricky problems and explaining their thinking.

It's been a brilliant term, and we're so proud of everything our pupils have achieved. Keep up the great work!

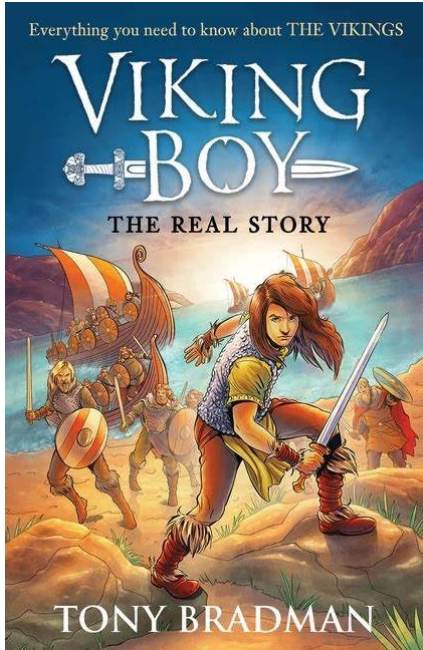
A-Z OF MENTAL HEALTH

Positive mental health and wellbeing makes us feel content, peaceful and valued. Use these tips to improve your mental health one letter at a time.

 <p>ASK FOR HELP You are not alone, so reach out and ask for help</p>	 <p>BREATHE Focus on your breath to find a sense of calm</p>	 <p>CONNECT Connect with friends, family and trusted adults</p>	 <p>DETOX Unplug from social media and other distractions</p>	 <p>EMOTIONS Observe how you feel and label your emotions</p>	 <p>FIND SAFE PLACE Go to a place where you feel safe and at ease</p>
 <p>GRATITUDE Focus on the things you're grateful for</p>	 <p>HEALTHY HABITS Create a balanced routine with healthy habits</p>	 <p>INQUIRE Pause and ask yourself, 'how do I feel right now?'</p>	 <p>JOURNAL Use a journal to express your thoughts and feelings</p>	 <p>KINDNESS Be kind and compassionate to yourself and others</p>	 <p>LET GO! Feel more energised, by moving your body</p>
 <p>MEMORIES Visualise three things you are proud of</p>	 <p>NATURE Improve your mood by exploring the great outdoors</p>	 <p>OPENNESS Be open to new activities and notice what happens</p>	 <p>PATIENCE It's okay to not be okay, so give yourself time</p>	 <p>QUIET Take quiet moments every day to reflect</p>	 <p>REST Be mindful, rest often and get plenty of sleep</p>
 <p>SUPERHERO Stand in the Superhero Pose for two minutes every day</p>	 <p>THOUGHTS Track your thoughts in a journal, and notice any themes</p>	 <p>UNIQUE You are unique, and so is your mental health</p>	 <p>VOLUNTEER Boost your self-esteem by giving back to others</p>	 <p>WORRY TIME Schedule 'worry time' to help solve practical worries</p>	 <p>EXCITEMENT Do more of the things that bring you joy and excitement</p>
 <p>YOU MATTER! You are important and your feelings matter</p>	 <p>ZEN Practise calming activities like yoga and meditation</p>	<p>Find out more about how Optimus Education can help boost your wellbeing at healthinschoolsuk.com</p>			

Year 6—Kyanite Class

This term has been incredibly fun and busy—one of the best yet in Year 6! I am extremely proud of all the children for their resilience and tenacity. They have faced every challenge head-on and absolutely smashed them. Well done, everyone!



In our English–History lessons, we've seen some fantastic writing outcomes. The children have impressed me once again with their writing skills and their ability to edit effectively, always keeping their audience and purpose in mind. Our topic this term has been the Vikings, and in English, the children have thoroughly enjoyed learning about these Scandinavian warriors through our class book, *Viking Boy* by Tony Bradman.



On Thursday, we took part in a TFL transition workshop as part of the Junior Citizenship Scheme. It taught us how to travel safely and reminded us of the rules we need to follow. For example, if we misbehave on public transport, we could lose our Zip cards! We also learned other important lessons about being respectful passengers and making safe, sensible choices—especially when it comes to peer pressure. Oladele, who delivered the session, was incredibly engaging and had us gripped from beginning to end.



SATs week arrived, and the children took it all in their stride! We kicked off the week with a fantastic breakfast, which gave us a calm and positive start to each day. Everyone worked incredibly hard and gave their best effort—we're all feeling really confident about how we did. A big thank you goes to all the school adults who supported us throughout the week. We're greatly enjoyed our well-earned pizza party to celebrate the end of SATs and cannot wait for the end of Year 6 celebrations planned for next term, including our production!



MINI DUATHLON

ALEX YEE LADYWELL ARENA

Alex Yee Ladywell Arena will be hosting a fun non competitive, **Run, Bike, Run** event in partnership with British Triathlon. The event will start with a 1km run, followed by a 5km cycle and finish with another 1km run.

When: Monday 26th May at 10am

Ages: 6 - 14 year olds

Price: £10 per entry



Scan the QR code
to sign up today

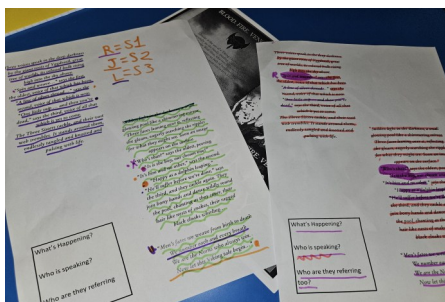
SIGN UP TODAY



Year 6—Sapphire Class

Although this half term has been short, it has certainly been action packed for our Year 6 students and there was one huge focus: the SATs exams. On the week commencing 12th May, the children undertook their end of Key Stage 2 exams, a celebration of all the hard work they have put into their learning over the years and a chance for them to showcase the enormous progress they have made. We eagerly await the results to return in July, where there will undoubtedly be much jubilation.

Aside from the national exams, Sapphire class have moved at lightening pace though wonderful topics across the curriculum. The topic in English and History has been the Vikings, where the children have been learning about the Nordic raiders from Scandinavia and their influence in British and European history. In Reading and Writing, the children have been reading “Viking Boy” by Tony Bradman, a tale of tragedy, betrayal and vengeance which was a certainly a hit with the students as they produced some of the best pieces of writing yet: a poem, a character description, a speech of vengeance and a non-chronological report on Viking longships. There was even time to squeeze some dramatisations of our speeches.



In Maths, the children have been revising key topics ahead of the exams, going over the trickier concepts and ensuring they had plenty of practice on topics they felt less comfortable. In Science, the children finished the unit on Diet, exercise and lifestyle, conducting an experiment to measure how the duration of physical activity affects one's heart rate.

Lastly, the children have also had many memorable moments outside of the classroom. We had our annual Sports Day event at King's College Sports Ground where they took part in representing their house in the usual track and field events, as well as a workshop run by TfL on safety when travelling across the transportation network; solid advice ahead of the children transitioning to secondary school and the next phase of their lives.

Finally, the children discovered that the traditional Year 6 leavers' production will be “The Greatest Showman” and to prepare them, the students watched the 2017 motion picture of the same title and auditions were held on the final week of the half term. They are buzzing with excitement for the rehearsals and final performances next half term.



Year 6 Production—THURSDAY 10th JULY @ 5:00pm



**Happy
Half Term!**



**See you on
Tuesday 3rd June
@ 8:45am!**