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Dear Parents and Carers,

Mental Health & Wellbeing

As winter creeps up on us and the cold weather sets in, most families will see their budgets well and truly stretched with the cost of extra heating and warm coats. Not to mention the expectation of providing Christmas presents and festive treats; this can be an expensive time of year for families. This website below provides some useful advice and practical strategies to support families who are feeling the strain:

www.mentalhealthandmoneyadvice.org



Children in Need Cake Sale

Thank you to everyone who donated last Friday to raise money for Children in Need. As a school, we raised a total of £272.74.

Dancing with Sadler's Wells

As part of their Black History Month activities, children in Year 6 are exploring dance styles from the Caribbean with **Sheba Montserrat**, an amazing dance coach from Sadler's Wells. They created their own routines and had lots of fun practising these.



School Garden

Although winter is approaching very fast, our gardeners are still working hard. We harvested the last of the runner beans. There is magic in them! We will keep them for next spring - they are sure to grow again. Children have also prepared the soil and started putting the beds to sleep, ready for next year.



Self-Care & Mental Health

for Kids

- Share your own feelings to encourage self-awareness.
- Find social groups that help them feel like they belong.
- Focus on articulating feelings. "I am angry," "I am sad."
- Set aside time for low-stress or solo activities.
- Practice self-care for yourself to set the standard.
- Encourage journaling and diaries.
- Encourage your child to focus on the moment.
- Establish a self-care routine.
- Recognize toxic stress events.
- BlessingManifesting
- Cultivate interests and hobbies.

Digital Leaders

Digital Leaders are a group of children from across the school who advocate for ICT, individuals who support others with ICT skills and promote E-Safety. Our Digital Leaders had their first meeting this week. We discussed ways to support our school with any E-safety issues. We have set up a Digital Leaders Google Classroom; this will be a platform for the Digital Leaders to express their views and respond to some of the questions and comments made in our School Digital Leaders book in the school corridor. Some of the work we do will also be shared on the school Facebook page, so keep an eye out!

Our Digital Leaders are as follows:

Year group	Digital Leaders	
1	Edward and Maryam	Ameer and Aren
2	Minnah and Maryam	Shadrach and Nazara
3	Joshua and Shivam	Dayen and Iba
4	Zubayr and Veer	Shuaib and Osarugue
5	Dillon and Kleon	Elizabeth and Gabriela
6	Jaiden and Aaima	Alex and Jasmine

Inter Faith Week

Last week, to recognise Inter Faith week, a group of children had the opportunity to work with the Christian Education Project to create a prayer space and plan activities that were linked to celebrating diversity and mutual respect.

This week, all classes had an opportunity to use the Prayer Space in a workshop taking part in the many different activities that were planned linked to prayer and peace. The activities included tree prayers, dissolving worries and making thank you cards. All the children enjoyed taking part in the workshops and benefitted from working in a calm space and having time to think and reflect.



Year 1- Toy Making Experience Day

Children in Year 1 participated in an amazing 'Toy Making Experience Day' on Tuesday 23rd November. Children had the opportunity to make toys as well as exploring toys from the past and present. They all had a go at making wooden toys from the past as well as understanding how they worked. Children enjoyed using the various tools to put their toys together.

In the museum part of the experience, they were shown toys that dated back to the 1930s, as well as toys from other countries. They were very excited to play with toys that their parents and grandparents would have played with as a child.



Times Tables Rock Stars

Congratulations to 4W for being the fastest class on Times Tables Rock Stars.



Awards

Congratulations to the following children for their achievements:

<u>Bronze Awards- Merits</u>		<u>Silver Award- Merits</u>	
RM- Sami, Aqib and Twahir 2C- Jayden and Shadrach 3Y- Emaan, Ellay, Aaron and Arsema 3A- Emaan, Ismael, Diyen, Olivia and Ariana 5U- Dhruv, Vanesa and Esther		3A- Aahil 4W- Veer 5U- Saarah, Elizabeth and Sameeha 6J- Amy, Osarhiemen Theo, Ekaterina and Jumaima	
<u>Pen Licence</u>	<u>Reading Rockets- Bronze</u>	<u>Reading Rockets- Silver</u>	
3A- Olivia 3Y- Munad	1R- Afsah and Isabella	RP- Aren and Melina	

Stars of the Week

Well done to the ‘Stars of the Week.’



Stars of the Week	
Nursery am- Zakariyya B	Nursery pm- Logan
RP- Priya	RM- Twahir
1H- Robyn	1R - Maaya
2C- Alessia	2M- Anais
3Y- Munad	3A- Hannah
4N- Ilinica	4W- Aiden
5A- Zafir	5U- Casey
6D- Aadhav	6J- Osarhiemen

Writers of the Week!

Congratulations to our ‘Writers of the Week.’



Star Writers	
1H- Edward	1R - Millie
2C- Fabiha	2M - Ella
3Y- Dayen	3A- Emaan
4N- Shreya	4W- Veer
5A- Saarah	5U- Hershne
6D- Ciaran	6J- Jumaimah

Yours Sincerely,

F Hussain

Mrs F Hussain
Headteacher

