#### FROM ALPHA TO OMEGA





Weekly newsletter Friday 3rd February 2023

### 'Life in all its fullness'

(JOHN 10:10)

Dear parents and carers,

#### **Assemblies**

Well done to the children in Year 3 for their class assembly this afternoon; their acting and singing was brilliant! Thank you too to parents and carers for organising the cake sale, with all the proceeds going to the Year 3 class. Next week, we are looking forward to the **Year 4** class assembly on **Wednesday at 2.30pm** and the back gate will open for parents at 2.25pm

#### Children's Mental Health Week: 'Let's Connect'

Next week, we will be celebrating Children's Mental Health Week, with a number of whole-school and class-based activities, which focus on this year's theme of 'Let's Connect'. 'Let's Connec't is about making connections with others in healthy, rewarding and meaningful ways. People with positive connections to family, friends and others in the community often experience better mental health than those who are less well connected.





During the week, all the classes are connecting with their year group at Fleet Primary school, sharing drawings and letters to connect with somebody else their age in our Camden community. In addition, we are highlighting the importance of connecting with ourselves and our own feelings through 'Mindful Movement' in PE and 'Mindful Moments 'every day in class. Please see below for more information on how you can encourage your child to connect with others and thank you to Mrs Watkins, our school ELSA, for organising all of these events in school.

4H writing introductory letters to Year 4 at Fleet Primary school.

#### Attendance

Our school target for attendance is 96%. This week, well done to Year 3!

Class	Attendance
Nursery	91%
Reception	95.4%
Year 1	98.9%
Year 2	99.2%
Year 3	100%
Year 4	97.4%
Year 5	97.5%
Year 6	93.9%
School	96.9%

Website: <a href="www.emmanuel.camden.sch.uk">www.emmanuel.camden.sch.uk</a> Email: admin@emmanuel.camden.sch.uk

#### Different families, same love

We would like to update our display in the main reception area with as many different photos of our families as possible with the very important message of 'different families, same love'. If you would be happy for us to use a photo of your family, please do drop it off to the office. Thank you!

#### **School Lunches**

If your child wishes to switch from school lunch to a packed lunch or vice-versa for the remainder of the spring term, please let the office know in writing before Friday, 10 February. Please remember that children should not be alternating between school lunches/packed lunch during the week. Thank you.

#### Car park

Please remind your child/ren not to play football or ball games in the car park after school for their own safety and to avoid damaging the parked cars. Many thanks for your cooperation.

Wishing you and your family a lovely weekend, Miss Burns and the Emmanuel team

### School visionaries

Congratulations to these children for showing our school vision and values this week: From Alpha to Omega - life in all its fullness. (John 10:10)



Troy and Louis Nursery
Tessa and William Reception
Anna and Rufus in Year 1
Khamillah and Dhilan in Year 2
Amar and Thehan in Year 3
Rio and Olivia P in Year 4
Tom and Oliver in Year 5
Neveah and Amelia M in Year 6



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On Tuesday,
Year 1 went to
the synagogue
to learn more
about how
jewish people
pray.













PIC.COLLAGE

### **Dairy Dates**

Monday	Tuesday	Wednesday	Thursday	Friday
6	7	8		10
Children's mental health week	nental mental mental	Children's mental health week	Children's mental health week	
			Y1 trip to St Paul's Cathedral	
parents		Non-uniform day – raising money for PFE		
13	14	15	16	17
Half Term	Half Term	Half Term	Half Term	Half Term

#### Children's Mental Health Week: 'Let's Connect'

Here is a reminder from Place2Be about ways you can also help to promote this message at home:

- 1. Connect with your child in everyday ways e.g. with a hug, a smile, a chat about the day, watching them play.
- Talk to your child about important connections. This could
  include talking about family members, friends, neighbours,
  childminders, people in the local community and others in your faith group.
- 3. Talk to your child about their friends, the games they play, how they share and explore things together.
- 4. Connect by taking an interest in your child's world and what's important to them.
- 5. Find time to connect as a family such as cooking, watching a film, playing a game, going to the park or even doing the family shop together.
- Try to resolve conflict and re-connect after arguments It is important that children learn how to disagree in appropriate ways, how to say sorry and how to make amends when they have done something wrong.

 ${\it Place 2Be\ have\ created\ a\ number\ of\ resources\ to\ support\ parents\ and\ carers\ with\ this\ message\ at}$ 

home - https://www.childrensmentalhealthweek.org.uk/parents-and-carers/.

Let's talk

If you would like to talk about any concerns about your child's mental health and wellbeing, please contact Lorraine Watkins, our school ELSA, through wellbeing@emmanuel.camden.sch.uk.

MENTAL HEALTH

## Mental Health Support Team (MHST) Webinar Series for Parents/Carers of Primary School Children and Secondary School aged Young People

The MHST are pleased to offer parents/carers a series of workshops to support their children's well-being. There are 11 topics in total with workshops being offered from this point until the end of Spring term.

Each workshop will last up to 60 minutes and have an optional follow-up of 30 minutes for parents/carers to ask questions or discuss the topic further. Parents and carers can register for any of the above webinars through Eventbrite for free at:

https://www.eventbrite.co.uk/e/mhst-parent-and-carer-webinar-series-2022-2023-tickets-415252660887

Webinar topic	Intended Parent Audience	Date	Time
Screen-time	Primary & Secondary	Friday 10th February	12pm – 13.00 Q and A: 13.00 to 13.30
Understanding adolescent development	Secondary	Friday 24th February	12pm – 13.00 Q and A: 13.00-13.30
Having therapeutic conversations with your child	Primary & Secondary	Friday 3rd March	12pm – 13.00 Q and A: 13.00-13.30
Supporting childhood worries	Primary & Secondary	Friday 10th March	12pm – 13.00 Q and A: 13.00-13.30
Anxiey in Adolescence	Secondary	Friday 17th March	12.00 to 13:00 Q and A 13:00 to 13.30

If you have any questions or suggestions, please get in touch with the Camden MHST team - Tajwar Hussain, Senior School Practitioner/Parenting Support: <a href="mailto:Thussain2@tavi-port.nhs.uk">Thussain2@tavi-port.nhs.uk</a>



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3 FEBRUARY 2023

## PFE HAPPENINGS



## NON-UNIFORM DAY: FEBRUARY IO

We will collect donations for the PFE at drop-off that morning!

### **UPDATES ON OUR ONGOING EVENTS**

# 20 DAYS LEFT IN THE 2023 CHALLENGE

How are your clever kids going with their fundraising? Just about three weeks to go!

- Please send photos of your children's 2023 Challenge fun to info@pfe.org.uk so we can share them in our newsletters.
- When you're finished, return forms/funds to teachers on 23/2/23.
- Most importantly, remember to have fun! We don't want this to be an onerous or stressful task for anyone. Raise what you can - any amount is a help.

## DO YOU HAVE ANY BOOKS YOU NO LONGER NEED?

We are eager for good condition books for young readers (birth to adolescent) for our upcoming book sale! Please leave them in the box outside the office at the entry of the Alpha Building.

## **GOODBYE TO AMAZON SMILE...**

Emmanuel families love Amazon Smile because it's just SO simple. And fewer of us use EasyFundraising because, ironically, it doesn't feel quite as easy. Sadly, however, Amazon is discontinuing the Smile program this month. If you're not yet using EasyFundraising, please sign up today!

## £144 - thank you!

Our recent clothing collection raised £144. Thanks for your donations and please plan to hang on to other clothing items so we can do an even BIGGER collection next term!