



'Life in all its fullness'

(JOHN 10:10)



EMMANUEL

CE PRIMARY SCHOOL

Weekly newsletter
Friday 6th October 2023

Dear parents and carers,

We've had another great week at Emmanuel. We celebrated Harvest at Emmanuel Church on Monday; thank you to everyone who brought donations. The church looked lovely and the children sang very beautifully. Thank you to Revd Trin for leading this special service for us.

PGL

A highlight for me personally, and for all of Year 6 I'm sure, was our trip to PGL. We all had a great time; the children exhibited our value of Resilience, pushing themselves and keeping going when they found things challenging. They also showed Respect to all the adults – Emmanuel staff and PGL staff included – and their surroundings. But overall, it was the Joy they found in trying new things, and in supporting and championing each other, that was the most wonderful thing to see. I was very proud of you all, Year 6. Thank you as well to our dedicated staff, without whom exciting trips like this would not be possible. Thank you to Miss Adams, Mr Souster, Ms King for giving your time so enthusiastically, and to Mr Edwards for all your hard work in organising it. I hope everyone has a great sleep this weekend!

Clubs

Thank you to those parents who have contacted me about being part of a clubs working group. Our first meeting will be held on Thursday 19th October at 9.15. Do please come along if you would like to give your feedback and thoughts about our after-school provision.

Cross Country

An update on cross country from last week: Our Year 6 boys came 1st in their group. Year 4 girls came 2nd in their group and Year 3 boys came 3rd in their group. Emmanuel girls came 1st out of all the schools that participated. Overall, Emmanuel placed 6th. This is such an incredible achievement – well done to you all!

Individual/Sibling Photos

Photos for pupils in **Nursery and Reception** classes will take place on Monday, 9th October, as well as all sibling photos (if both/all children attend Emmanuel). Please ensure your child/ren are in the correct winter school uniform. If children in Years 1-6 will be having a sibling photo but normally wear PE kit on Monday, please ensure they come in full school winter uniform too (bringing their PE kit with them).

Parent/Teacher Consultations

If you have not yet booked your appointment, please do so before the facility closes at 9.00pm tonight (6th October). If your child has an IEP, there is no need to book a consultation as your meeting has been arranged directly with Miss McManus and your child's teacher.

Wishing you all a lovely weekend,

Miss Roscoe and the Emmanuel Team

Attendance

Our school target for attendance is 96%. This week, well done to Year 2!

Class	Attendance
Nursery	95.5%
Reception	96.3%
Year 1	98.4%
Year 2	99%
Year 3	98.1%
Year 4	96.8%
Year 5	93.4%
Year 6	98.6%
School	97.1%

Diary Dates

Monday	Tuesday	Wednesday	Thursday	Friday
9	10	11	12	13
			Parent's Evening	New Parent Tours
16	17	18	19	20
	Parent's Evening			

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)

Barsam and Leena in Nursery
Ava and Louie in Reception
James and Emily in Year 1
Helena and Lucia in Year 2
Isla and Niko in Year 3
Paris and Labeeba in Year 4
Olivia P and Nicole in Year 5



New Emmanuel Express Team!



Our pupil newspaper, the Emmanuel Express is now in its 9th year and it is testament to the enthusiasm and commitment of our children that it continues to be a strong source of news and information shared across the school.

To help collate ideas, articles and ensure that it is shared with everyone across the school, a team from Year 6 have been recruited to support Mrs Watkins. We are

delighted to announce that **Tom** and **Marie** will be Newspaper Managers, and **Sarup** and **Campbell** will be Assistant Managers for the Express Newspaper for this year. They showed a real passion for writing and creating newspapers and had some fantastic ideas for how it can be improved next year. Well done to them.

The team will shortly be recruiting Class Reps from each class to help them make the next Autumn edition of the paper. More updates to come.



Pupil voice: We have a new School Council!

Each year, the school forms an elected team of children from Years 2 - 6 to help make sure the views of all pupils are heard, organise school events such as Emmanuel's Got Talent and help with fundraising for the school or national charities. Any child from those classes can put themselves forward.

After speaking to the rest of their class about why they wanted to be on the School Council, their class voted for the 2 children who they felt could best represent them on the team. We are pleased to announce that they were as follows:

Year 2 - Gabriel, Lucia and Maddie

Year 3 - Zoe and Avani

Year 4 - Izabel and Liam

Year 5 - Olivya and Ben K

Year 6 - Natalie and Oliver



The new School Council will be meeting with Mrs Watkins shortly to learn more about their role and planning for the year ahead.



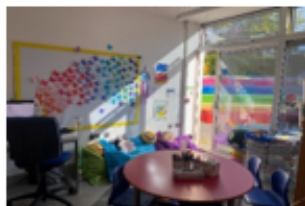
Let's talk

Supporting our pupils' Mental Health and Wellbeing

At Emmanuel, we have an established Wellbeing and Mental Health provision to support our children and their parents/carers across the school.

ELSA (Emotional Literacy Support Assistant) support

Mrs Watkins provides one to one or group support to children across the school and our parents and carers can email wellbeing@emmanuel.camden.sch.uk if they would like to discuss any concerns about their children's mental health and wellbeing needs.



Let's Talk

If a child has a worry or finding something difficult, they can talk to any adult in the school, or they can put notes in the class worry boxes or pupils can ask to talk to Mrs Watkins in the Bubble room at **lunch times** next to the playground. Parents and carers can encourage children to put a note in the worry box or go to The Bubble if they need to share something.

Peer to peer support: Wellbeing Champions

We always hope and expect that all our children at Emmanuel look out for and support each other when their peers need help but we are delighted to have a team of Wellbeing Champions from Years 5 and 6 who will be going one step further. They are responsible for helping to promote positive wellbeing across the school, in the playground and through class lessons, Collective Worship and events during the year. They are: **Portia, Sabrina and Luken** from Year 6 and **Caitlin, Henry and Olivia P** from Year 5. They will receive training from Mrs Watkins and the Camden Learning team.



Camden Mental Health Support Team (MHST): Victoria O'Mard, our School Practitioner

To help widen our ability to support pupils and parents, we have established a support network with the Tavistock's Camden Mental Health Support Team. Victoria is our school practitioner and works with Mrs Watkins to see how we can best help our pupils and parents/carers - this can be through parent-led support interventions, individual or group pupil interventions (such as for anxiety or secondary school transitions), whole class interventions or parent webinars and workshops - as shared in this newsletter). For further information on the MHST please speak to Mrs Watkins.



PSHE and class lessons on the Zones of Regulation

All children receive lessons focussed on mental health and wellbeing as part of their PSHE lessons throughout the year. In particular, from year 1 onwards, the children receive lessons on the Zones of Regulation which is our school-wide framework for helping children recognise and manage their emotions.

Parent/carer workshops

During the year, we will be inviting parents and carers to attend workshops that are led by members of these teams or the Camden Learning team. These are delivered via Zoom or face to face and our next one will be on 'Managing challenging behaviours' which was postponed last term. More information on dates to follow.

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 Support Team (MHST) Webinar Series for Parents/Carers of Primary School aged 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. 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 opt in for all topics, or whichever most appeals to them.

To find out more information about each workshop and to sign up for free, please follow Eventbrite link:

Or please scan the QR code using your mobile phone's camera:



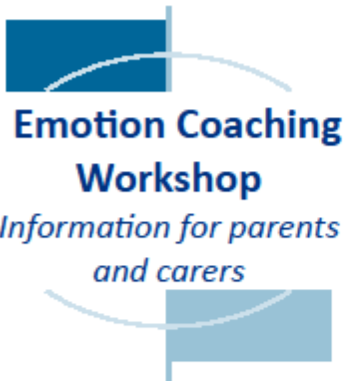
The scheduled topics, dates and times are:

Webinar topic	Intended Parent Audience	Date	Time
Parent Self Care	Primary & Secondary	Friday 13 th October	12pm to 13.30pm Q and A: 13pm to 13.30pm
Parent-child interactions	Primary & Secondary	Friday 20 th October	12pm to 13.30pm Q and A: 13pm to 13.30pm
Managing routines	Primary	Friday 3 rd November	12pm to 13.30pm Q and A: 13pm to 13.30pm
Sleep	Primary & Secondary	Friday 10 th November	12pm to 13.30pm Q and A: 13pm to 13.30pm
Screen-time	Primary & Secondary	Friday 17 th November And Wednesday 15 th November (Evening)	12pm to 13.30pm Q and A: 13pm to 13.30pm and 17.00-18.30 Q and A: 18.00 to 18.30
Understanding adolescent development	Secondary	Friday 24 th November	12pm to 13.30pm Q and A: 13pm to 13.30pm
Having therapeutic conversations with your child	Primary & Secondary	Friday 1 st December	12pm to 13.30pm Q and A: 13pm to 13.30pm
Sibling relationships	Primary & Secondary	Wednesday 6 th December	12.00-13.00 Q and A: 13.00 to 13.30

Supporting childhood worries	Primary & Secondary	Friday 8th December And Wednesday 6 th December (Evening)	12pm to 13.30pm Q and A: 13pm to 13.30pm and 17.00-18.30 Q and A: 18.00 to 18.30
Anxiety in Adolescence	Secondary	Friday 15th December And Wednesday 13 th December (Evening)	12pm to 13.30pm Q and A: 13pm to 13.30pm And 17.00-18.30 Q and A: 18.00 to 18.30
Supporting your young person with low mood	Secondary	Wednesday 20 th December	12pm to 13.30pm Q and A: 13pm to 13.30pm
Parent Self Care	Primary & Secondary	Thursday 11th January	12pm to 13.30pm Q and A: 13pm to 13.30pm
Parent-child interactions	Primary & Secondary	Thursday 18th January	12pm to 13.30pm Q and A: 13pm to 13.30pm
Managing routine	Primary	Thursday 25th January	12pm to 13.30pm Q and A: 13pm to 13.30pm
Sleep	Primary & Secondary	Thursday 1 st February	12pm to 13.30pm Q and A: 13pm to 13.30pm
Screen-time	Primary & Secondary	Thursday 8 th February Thursday 8 th February (evening)	12pm to 13.30pm Q and A: 13pm to 13.30pm And 17.00-18.30 Q and A: 18.00 to 18.30
Understanding adolescent development	Secondary	Thursday 22 nd February	12pm to 13.30pm Q and A: 13pm to 13.30pm
Having therapeutic conversations with your child	Primary & Secondary	Thursday 29 th February	12pm to 13.30pm Q and A: 13pm to 13.30pm
Supporting childhood worries	Primary & Secondary	Thursday 7 th March Thursday 7 th March (Evening)	12pm to 13.30pm Q and A: 13pm to 13.30pm And 17.00-18.30 Q and A: 18.00 to 18.30
Anxiety in Adolescence	Secondary	Thursday 14 th March Thursday 14 th March (Evening)	12pm to 13.30pm Q and A: 13pm to 13.30pm And 17.00-18.30 Q and A: 18.00 to 18.30
Sibling relationships	Primary & Secondary	Thursday 21 st March	12.00-13.00 Q and A: 13.00 to 13.30
Supporting your young person with low mood	Secondary	Thursday 28 th March	12pm to 13.30pm Q and A: 13pm to 13.30pm

Camden Mental Health Support Team (MHST)

Working with young people, families and the school community to promote and support mental health



What?

A two-part, in-person workshop for parents and carers of primary-age children (4-11 years)

When?

Monday 13th and Monday 20th November
11:45-14:15

Where?

The Tavistock and Portman NHS Foundation Trust, 120 Belsize Lane, London, NW3 5BA

Emotion Coaching is an evidence-based approach that involves responding to and talking with children in a way that develops self-regulation.

Emotion Coaching supports children to name and understand their emotions and teaches them ways to process and manage emotions in a helpful way.

How will Emotion Coaching support you and your child?


- ✓ To better understand and validate your child's emotions
- ✓ Helpful ways to respond during moments of heightened emotion
- ✓ To implement appropriate boundary setting
- ✓ To reduce behaviours that you find challenging
- ✓ To further improve the parent/child relationship




Scan the QR code to
sign up



Contact details

 Sarah Relton (MHST Psychologist)

 020 8938 2232

 Camden Mental Health Support Team

 MHST@tavi-port.nhs.uk



PFE
PARENTS & FRIENDS OF
EMMANUEL



JOIN THE ANNUAL
EMMANUEL SCHOOL

QUIZ NIGHT

Your chance to show your school mates
that you **REALLY DO** know it all!

**THURSDAY
NOVEMBER 2
7:00 PM**

£5/entry

WE'LL START WITH
OUR AGM -
THEN THE FUN
REALLY BEGINS

Come as an individual or a
team. Food from the
delicious David's Deli
and drinks will be for sale.

GIVE YOURSELF A NIGHT OFF
This one's for the grownups only!

CAMDEN YOUTH FC



GIRLS FOOTBALL CLUB

Interested in playing for a team!
We are continuing to recruit
players for Season 2023/24

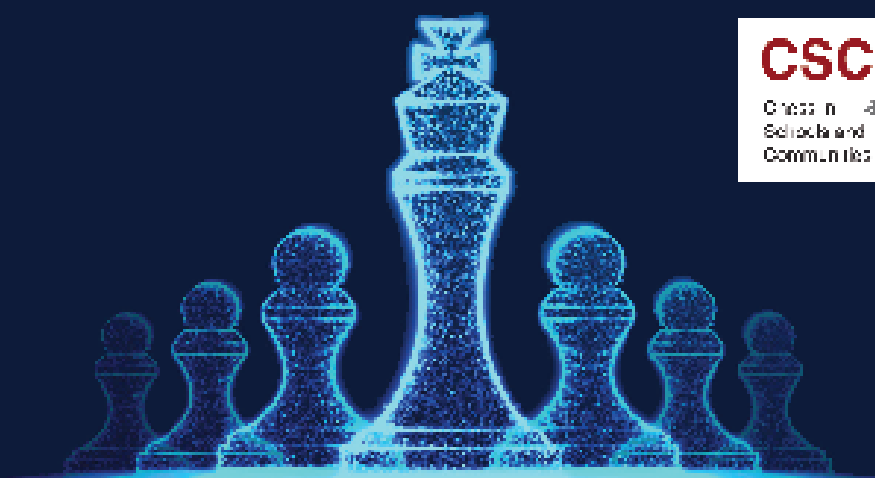
We are offering free open training
sessions/trials for
New Players during September!

To sign up: Scan the
QR Code provided to register.
Or you can send us an email:
camden.youthfc@gmail.com

Age groups : U9's-U10's,
U11's-U12's, U13's - U14's,
U15's-U16's , U17's - U18's



FREE ENTRY FOR ALL COMPETITORS



The CSC Junior Chess Grand Prix

2023 Tournament Dates

Saturday 23rd September

Sunday 15th October

Sunday 12th November

+ December 2023 (TBA)

Free Entry! Prizes of chess coaching for each section

5 sections: Under 8, Under 10, Under 12, Under 14, Under 18

All tournaments will be ECF Rated and feature six rounds.

**All tournaments will be held at
The UCL Academy, Adelaide Rd, London NW3 3AQ**

**Closest tubes: Swiss Cottage (Jubilee) 3 min walk, Finchley Road
(Metropolitan) 8 min walk, Chalk Farm (Northern) 8 min walk.**

ENTER ONLINE AT WWW.CHESSINSCHOOLS.CO.UK/GRANDPRIX

FREE ENTRY FOR ALL COMPETITORS

Tournament information

Each tournament consists of 6 rounds/games. All competitors play in all rounds. Any withdrawal must be advised to the tournament director. The tournaments are ECF rated, and players must hold a minimum of Silver membership of the English Chess Federation in order to compete. Junior Silver membership is available FREE for the first year to juniors who have not previously been members of the Federation. For those that have been a member of the ECF previously, the cost is £6 for a year. See www.englishchess.org.uk

Players must be below the age of their section (Under 8, Under 10, Under 12, Under 14, Under 16) at midnight on 1st September 2023. Players can play in an older age category if they choose to do so, but not a younger one. **Entries will be closed 48 hours before the start of each tournament.**

Prizes will be awarded in each tournament for the top 3 players in each age category.
1st place - Winners' Trophy & £100 voucher for chess coaching
2nd & 3rd places - Medal & £50 voucher for chess coaching

Only light refreshments will be available at the venue so we recommend your child brings a packed lunch.

Children aged under 16 must be accompanied by an adult.

CSC reserves the right to refuse entry. Please advise the organisers by emailing info@chessinschools.co.uk if you need to withdraw from the tournament before it starts. Failure to notify the organisers will result in a refusal of entry to future events.

About the Junior Chess Grand Prix

The Junior Chess Grand Prix is a series of free chess tournaments organised by the charity, *Chess in Schools and Communities*, aimed at school children aged 6 to 18. You can participate in any or all of the chess tournaments in the series, with the game points you score in each event counting towards your score in the Grand Prix. There will be a fourth and final tournament in the Grand Prix series, to be held in either December 2023 or early 2024, where points scored will count double towards the overall Grand Prix standings.

Round One	11am
Round Two	12:10 pm
Round Three	1:20 pm
Round Four	2:30 pm
Round Five	3:40 pm
Round Six	4:50 pm
Prize giving	6:15 pm

The winner in each category of the 2023 Junior Grand Prix will also receive a voucher for an additional £500 of chess coaching, with second and third places receiving a voucher for £250 of chess coaching.

Schedule for all tournaments (see right):

The venue is open and registration starts from 10:30am. Please ensure you have visited the registration desk by 10:45am to ensure you are paired for round one.

Time control for all tournaments: 15 minutes + 10 second increment

ENTER ONLINE AT WWW.CHESSINSCHOOLS.CO.UK/GRANDPRIX