

FROM ALPHA TO OMEGA



'Life in all its fullness'

(JOHN 10:10)



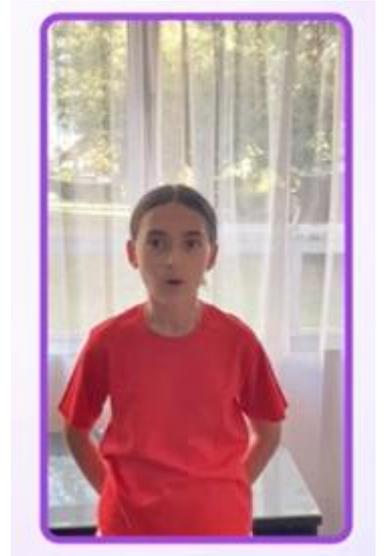
Weekly newsletter
Friday 27th September 2024

Dear parents and carers,

Despite the rain, we've had a great week at Emmanuel! We were especially proud of Caitlin, Eric, Gideon and Maggie who performed live on the BBC in an episode of their Live Lessons series. They had the opportunity to see what it's like to work in television, and they told us about long rehearsals, early starts, but also amazing catering and loads of fun!

They were such brilliant ambassadors for our school and the producer reported that they were "some of the best (kids) we've had in a long time. They did so well!" We are very proud of you all, and also Olivia and Ethan, who were also selected as standbys and read out question on camera, too.

You can catch the episode again [here](#).



Superhero Day 2024

It is coming up to four years since Krish Kent, who would have been in Year 4, passed away. As a school, we are keen to keep Krish's memory alive and remember all the joy he brought to our school community.

One of Krish's great loves was superheroes and so on Monday 21st October 20th October, we are going to have a 'Superhero Day' in school to celebrate Krish on the day when he would have turned 9.



On the day, children can come into school dressed as their favourite superhero, which might be 'Catwoman', 'Black Panther', 'Spiderman', 'Wonder Woman' or any individual who has shown strength and courage. Children can wear a whole costume or even just a mask and there is no need to bring any donation into school. Krish's mum and dad, Rakhi and Rajiv, have said 'Superhero Day' is something Krish would have loved.

As ever, Rajiv, Rakhi, Ishaan and Amaya are in our thoughts and prayers and whilst this day will be another difficult one for them, I hope the school community coming together in this way for Krish will also bring them a little comfort, too.



Attendance: Our school target for attendance is 96%. Well done to Year 3 and Year 4 who achieved the highest attendance this week with 100%

Class	Attendance
Nursery	91.5%
Reception	98.1%
Year 1	98.1%
Year 2	98.9%
Year 3	100%
Year 4	100%
Year 5	92.7%
Year 6	99.3%
School	97.8%

Wishing you a lovely weekend,

The Emmanuel Team

[Diary Dates](#) – click here for our school calendar

Here is a list of important dates for the Summer Term:

Key:

	PFE events
	In-school events to which parents are invited
	Dates to note

Date	Event	Year group	Location
Monday 30 th September	Trip to British Museum	Year 3	British Museum
Friday 4 th October 9.15am	Open Classroom	Year 5	Year 5 classroom
Monday 7 th October 9am	Individual photos	Years 1-6	
Friday 11 th October 9.15am	Open Classroom	Year 4	Year 4 classroom
Monday 14 th October 9am	EYFS individual and whole school sibling photos		
Friday 18 th October 9.15am	Open Classroom	Year 3	Year 3 classroom
Monday 21 st October	Superhero Day	All	
Friday 25 th October 9.15am	Open Classroom	Year 2	Year 2 classroom
wb Monday 28 th October	Half term		
wb Monday 4 th November	Bikeability	Year 6	MUGA
Wednesday 6 th November	Nasal vaccine	Rec – Year 6	The Brainbox
Thursday 7 th November 7.30pm	PFE Quiz Night (adults only)	All	School hall
Friday 8 th November 9.15am	Open Classroom	Year 1	Year 1 classroom
wb Monday 11 th November	Bikeability	Year 5	MUGA
Wednesday 27 th November 3.30 – 6pm	Parent Consultations	All	School hall
Friday 29 th November	INSET Day	All	
Monday 2 nd December	St Andrew's Day – wear blue	St. Andrew's House	
Tuesday 3 rd December 3.30 – 6pm	Parent Consultations	All	School hall
Thursday 5 th December 2.15pm	Brass Concert	Year 5 and 6	School hall
Friday 6 th December 2pm	Christmas Panto	All	School hall
Saturday 7 th December 1 – 5pm	PFE Christmas Fayre	All	MUGA
Monday 9 th December 3.30pm	Christingle Service	Rec – Year 6	Emmanuel Church
Thursday 12 th December	Christmas jumper day	All	
Thursday 12 th December 2pm	EYFS Christmas Show	Nursery and Reception	School hall
Friday 13 th December	Christmas Lunch	All	
Wednesday 18 th December 2pm	Nativity performance	Year 1 and Year 2	School hall
Thursday 19 th December 10am	Nativity performance	Year 1 and Year 2	School hall
Friday 20 th December 12.30pm	Last day of term	All	

*Please note that some trips will be added over the course of the term

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)

Max F and Isabelle in Year 1
William and Oliver in Year 2
Leon L and Fleur and in Year 3
Kim and Yusei in Year 4
Amar and Clara in Year 5
Ben K and Olivia P in Year 6





HARVEST FESTIVAL

at Emmanuel Church,
West Hampstead

Supporting the
West Hampstead
Food Hub

SUNDAY 6 OCTOBER

We will collect food at all three
Sunday services & at Monday
school worship



Scan QR code to find
out what to donate.

info@emmanuelnw6.com
www.emmanuelnw6.com



Supporting our pupils' Mental Health and Wellbeing EYFS parent/carer workshop

Save the date! Wednesday 9 October at 2-3pm followed by discussion/Q&A

Workshop for our Nursery and Reception parents on **'Supporting children with their emotions and resulting behaviours'**

Where: Top room of the Alpha building

Does your child struggle with their emotions? Do they have angry outbursts, tantrums, anxious episodes, show defiant behaviours, struggle with change or appear withdrawn? Sometimes it may feel completely out of the blue.

All Nursery and Reception parents/carers are invited to our next workshop (above the Alpha building) which will share information, ideas and strategies on how to support children who show emotional dysregulation. This includes:

- Understanding the Zones of Regulation framework and how we use it at school.
- How to use 'Emotions Coaching' to support children to understand and recognise their emotions, guiding them through reflection and problem solving to agree what they could do differently to ensure they make good choices in future.
- Discuss and share ideas that can help prevent big emotions: understand what's in their control and not in their control; setting boundaries for behaviour and knowing when it is the right time to have a conversation about their emotions and behaviours; challenging negative thoughts which can overwhelm them in the moment; and tips for positive wellbeing.
- Building resilience and coping skills to help with changes and events which can cause additional stress such as playdates, performances, changes at home and changing schools.

If you would like to register for this workshop, please email Mrs Watkins, at wellbeing@emmanuel.camden.sch.uk or let the office know.





Supporting our pupils' Mental Health and Wellbeing

At Emmanuel, we have a long established Wellbeing and Mental Health provision to support our children and their parents/carers across the school. On our school website (within Parents and carers/Pupil Wellbeing) you will find more information and links to helpful support services.



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 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 care 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: **Arua, Lucie, Vivienne and Oscar in Year 5 and Kisa, Gabriella and Ben in Year 6.** 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 curriculum throughout the year. In particular, from Nursery to Year 6, the children receive lessons on the Zones of Regulation which is our school-wide framework for helping children recognise and manage/regulate 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 **'Supporting children with big emotions'** for our EYFS parents and carers on Wednesday 9th October at 2-3pm. See the advert for further information.

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.



info@emmanuelnw6.com 07751534297

Evening Service for youth,
Yr5 & up

Prayer, music & silence by
candlelight, Taize style.

Sun 29th September 6.30pm at
Emmanuel NW6 1JU

Sun 20th October 6.30pm at
Heath St Baptist NW3 1DN



PLEASE HELP CAMDEN FOODBANK



Camden Foodbank is a local charity supporting adults and children in food crisis. In the past 12 months the Trussell Trust group of foodbanks gave over 3.1 emergency food parcels to people in food crisis with over 1.1 million of these parcels being given out to children. The winter months are the worst for people with no access to food as they also need to keep warm to survive.

HOW CAN YOU HELP? Please donate **targeted food** to help Camden Foodbank make up emergency parcels or please donate money.

THIS AUTUMN & WINTER PLEASE HELP US TO FEED LOCAL PEOPLE IN FOOD CRISIS

HOW TO DONATE FOOD BY HAND?

DAY	TIME OPEN	ADDRESS
Everyday	8am – 10pm	Camden Town Methodist Church, Wesley Hotel, Camden Town, 89 Plender Street, NW1 OJN.
Everyday	8am – 10pm	The Wesley Hotel, 81-103 Euston Street, NW1 2EZ.
Tuesday	11.30am - 3pm	Camden Foodbank, 14 Pratt Mews, NW1 OAD.
Friday	11.30am - 3pm	Camden Foodbank, 14 Pratt Mews, NW1 OAD.
Sunday	10am - 12pm	Camden Foodbank, 14 Pratt Mews, NW1 OAD.

HOW TO DONATE FOOD OVER THE NET?

DAY	TIME	ADDRESS
Tuesday or Friday	11.30am – 2pm	Camden Foodbank, 14 Pratt Mews, NW1 OAD.

HOW TO DONATE MONEY?

THROUGH JUST GIVING

<https://checkout.justgiving.com/c/3445418>

100% of your donation will go directly to Camden Foodbank.

Selecting **GIFT AID** which will increase your donation.

FOR CHEQUES/DIRECT DEBITS AND OTHER WAYS OF GIVING <https://camden.foodbank.org.uk/give-help/donate-money>

Camden Foodbank 14 Pratt Mews, London NW1 OAD.

Phone for food deliveries only Tuesdays and Fridays – 020 7387 4551

info@camden.foodbank.org.uk

URGENTLY NEEDED TARGETED FOOD

- Tinned Meat
- Tinned Fish
- Tinned Vegetables
- Tinned Soup
- Tinned Fruit
- Tinned Tomatoes
- Pasta & Pasta Sauce
- Rice
- Biscuits
- Jam and Honey
- Baked Beans
- Cereal
- Longlife Milk
- Longlife Juice
- Toothbrush & Toothpaste
- Soap/Shower Gel
- Toilet Rolls
- Laundry Powder



Just Giving
for
Camden
Foodbank

FORTUNE GREEN CHOIR

All welcome - no auditions
singing everything from pop, jazz,
and musicals to classical and more

come     
with us

Tuesdays 7.00 - 8.30pm

Emmanuel Church, Lyncroft Gardens, NW6 1JU

www.fortunegreenchoir.org.uk

New term starts 17 September 2024

A fun & accessible community choir
Just commit to sing, have fun & join in
First session free taster for newbies

No auditions

No need to read music

Songs from musicals to classical

fortunegreenchoir@gmail.com for more info