

FROM ALPHA TO OMEGA



'Life in all its fullness'

(JOHN 10:10)



Weekly newsletter
Friday 8th November 2024

Dear parents and carers,

We've had a great first week back of this half term. On the run up to Christmas our school value is Joy, and it is very apt as the children (and staff!) have been experiencing so much of it this week! Well done to Year 1 who welcomed their parents into school for their Open Classroom. They spoke so beautifully and made all their parents very proud. Well done as well to Year 6 for their Bikeability week, and for becoming so confident on their bikes and on the roads. Next week it's the turn of Year 5, and it will be the Year 5 class who participate in this activity in subsequent years.

PFE Quiz Night

Thank you to all parents and staff who came to last night's quiz night. Much fun was had by all, and congratulations to The Souster Boosters for being crowned this year's winners! Thank you to Jo, Jax and Tomasz for all their organising efforts and for making this lovely event a success once again. Now our attentions turn to the Christmas Fair! Look out in your child's book bag for raffle tickets and instructions for what to do to win big prizes!



Clubs Spring Term 25

The club letters/flyers for next Spring Term are now on our website. You can find the club timetable [here](#). Some clubs are booked directly through the external provider (please see flyers on our website on how to book), and some are booked through the school, via our booking system <https://emmanuelce.parentseveningsystem.co.uk>. The booking facility will be open from **8.00pm on Sunday 17th November 2024** and will close at **8.00pm on Tuesday 19th November 2024**. *Please note, all external clubs will be open for bookings at the same time.*

Wishing you a lovely weekend,

The Emmanuel Team

Attendance: Our school target for attendance is 96%. Well done to Year 2 who achieved the highest attendance this week.

Class	Attendance
Nursery	89%
Reception	93.9%
Year 1	92.3%
Year 2	97.4%
Year 3	96.3%
Year 4	91%
Year 5	96.1%
Year 6	95.6%
School	94.2%

Diary Dates –

click here for our school calendar

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

Key:

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

Date	Event	Year group	Location
wb Monday 11 th November	Anti-Bullying Week	All	
wb Monday 11 th November	Bikeability	Year 5	MUGA
Monday 11 th November	Armistice Day Service	Year 4	Hampstead Cemetery
Tuesday 12 th November	Odd Socks Day	All	
Friday 15 th November	Trip	Year 2	Tower of London
Friday 22 nd November	Trip	Year 1	London Aquarium
Wednesday 27 th November 3 – 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 – 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

Emmanuel Express

Well done to our Emmanuel Express competition winners! We asked the children to design a new front cover for our pupil newspaper and we were delighted by the entries. After a difficult judging process by the Express managers and Class Reps, we are pleased to announce that designs by Leila from Y3, Gabriella from Y6 and Tiggy from Year 5 were chosen as the winners for their bright, eye catching and reflective ideas. They will appear on the front of each termly edition this year and they received a special prize!



Year 6 Bikeability



St George's House Party

Well done to St George's house for getting the most house points last half term.





Supporting our pupils' Mental Health and Wellbeing Anti-Bullying Week: 11th – 15th November 2024

Next week, Emmanuel School will be celebrating Anti-Bullying Week and joining in with the 'Choose Respect' campaign. We will launch the week with **Odd Socks Day** (on **Tuesday 12th November**) where we ask that all children and staff wear odd socks to school to have a bit of fun but with the serious message behind it: 'let's pull on odd socks to show we're ALL unique and different, and let's be kind to each other and respect each other's individuality.' Children should continue to wear uniform that day. This is not one of our fundraising days, so they do not need to bring a donation.



During the week, every class will have PSHE lessons dedicated to how we can be respectful to others and how to show respect in disagreements, having positive friendships and relationships and the understanding of what bullying means and what to do if a child thinks they are being bullied or if it is happening to somebody else.



Parent/carers workshop – Wednesday 20th November, 2.15pm start, Alpha building

We would like to invite our parents and carers to an Anti-Bullying workshop on Wednesday 20th November at 2.15-3.15 in the top of the Alpha building. Led by Grace Chadwick from the Camden Learning Mental Health team, the workshop will explore how to support children to develop positive friendships and relationships.

If you would like to attend this workshop, please email Mrs Watkins at wellbeing@emmanuel.camden.sch.uk.

Further information

What is bullying? How do I know if my child is being bullied or if they are bullying?

In line with the Department for Education's definition in their guidance (Preventing and Tackling Bullying" July 2017 and the definition used by the Anti-Bullying Alliance): **'Bullying is the repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. Bullying can be physical, verbal or psychological. It can happen face-to-face or online'**.

Bullying can be physical, verbal, emotional (e.g. *social exclusion, talking about children behind their back*), indirect (e.g. *spreading rumours*) or online (also known as cyberbullying). People can be bullied because they are different or are perceived to be different.

Further information on Emmanuel's approach to bullying can be found in our Anti-Bullying policy on the school website. Please see below some helpful links for further information available to support parents and carers:

- **Anti-Bullying Alliance** - <https://www.anti-bullyingalliance.org.uk/tools-information/advice-parents>
- **2024 Choose Respect Anti-Bullying week toolkit for parents and carers** - [ABW Parents Pack 2024 – Printable Version.pdf](#)
- **Kidscape** - <https://www.kidscape.org.uk/advice/advice-for-parents-and-carers/>.

What can you do to help?

Please encourage your child to get involved, ask questions, explain to you what they have learnt next week and what they understand about bullying. If you would like to get more advice information on how we prevent bullying in school and speak to somebody about how to support your child, please don't hesitate to contact Mrs Watkins, our school ELSA, at wellbeing@emmanuel.camden.sch.uk.

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)

Mia in Nursery

Hazel in Reception

Diego and Tafara-I in Year 1

As Miss Aoki was not in today, there will be double awards next week!

Aidan and Samar in Year 3

Daniel and Zoe in Year 4

Tomiwa and Izabel in Year 5

Caitlin in Year 6



Child Online Safety for Parents



**Do you know what
your children are
doing online?**

**Do you want to
help your children
develop healthy
online habits?**

Children and young people spend so much time online, and parents often struggle to keep up with all the new digital apps, games and media their children are using.

This is a non-judgemental space for parents to talk about your fears, share knowledge, and become better informed.

- Understand the main risks involved in social media, streaming, online gaming and more
- Discover apps and resources available to support parents
- Get help to manage security settings & use tracking apps
- Become more confident to talk to your children
- Know what to do if you are concerned about your child

Camden Adult Community Learning
www.webenrol.com/camden

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Child Online Safety for Parents



Choose an online **Awareness Workshop** for a quick guide to the main issues.

Choose a **Short Course** if you want hands-on support with other parents in a Camden venue.

Awareness Workshops:

- Tuesday 17th September, 10:00-12:30
- Tuesday 22nd October, 1:00-3:30
- Tuesday 3rd December, 10:00-12:30

Online – join from your home or workplace.

Short Courses:

Tuesdays, 10:00-12:00

Euston Skills Centre, Starcross Street, NW1 2HR

Starts Tuesday 24th September, 24/09/2024 – 22/10/2024

Starts Tuesday 5th November, 05/11/2024 – 10/12/2024

**Scan the QR Code to
enrol online!**



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Mental health support for children, young people and their families

We are working with our local authority partners and other NHS organisations to ensure children, young people and their families in North Central London – Barnet, Camden, Enfield, Haringey and Islington – get the advice and support they need.

Where to get urgent help



24/7 mental health crisis support line

If you are a child or young person aged under 18 in crisis and living in Barnet, Camden, Enfield, Haringey or Islington, or if you are the parent or carer of a child or young person in crisis, you can call the mental health crisis support line available 24 hours a day, seven days a week on **0800 151 0023**.



Children and Young People's Mental Health Services (or CAMHS)

If your child is currently being supported by mental health services for children and young people (CAMHS), you can contact your care coordinator or the duty number for the team during office hours. Out of hours and on weekends, please contact the mental health crisis support line on **0800 151 0023**.



Accident and Emergency Department (A&E)

If a child or young person needs emergency medical help, is seriously ill or their life is at risk, then call **999** or take them to the nearest Accident & Emergency (A&E).



NHS 111

If you are not sure what to do, you can check **NHS 111 online** or call **111** for advice.

Mental health support for children, young people and their families

Other support including websites for children and young people

If a child or young person would like further information or advice on their mental health or difficulties they are experiencing, they could try one of the following websites or organisations:

Kooth – provides free, safe, anonymous online emotional and mental health support for young people aged 11-25 years across London.

As an online service, it is available seven days per week, 365 days a year for 24 hours. The Kooth team is available every day from noon until 10pm weekdays and from 6pm until 10pm on Saturday and Sundays (reduced cover during holidays).

 www.kooth.com

Shout 85258 – provides free, confidential, 24/7 text message support in the UK for anyone who is struggling to cope. They can help with issues including suicidal thoughts, depression, anxiety, panic attacks, abuse, self-harm, relationship problems and bullying. Text 'Shout' to 85258 to speak to a trained volunteer who will listen and work with you to solve problems.

 www.giveusashout.org

Papyrus – provides confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person:

- call **0800 068 41 41** for free – every day, 9am to 12am (midnight)
- you can also text **07860 039967** (charges may apply)
- you can email pat@papyrus-uk.org

 www.papyrus-uk.org

Childline – is a free, private and confidential service for children where you can talk about anything. Available online, on the phone, anytime. You can:

- call Freephone **0800 11 11**
- have an online chat with a counsellor – go to <https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>

 www.childline.org.uk

The Mix – provides a free confidential helpline and online service that aims to find young people the best help, whatever the problem. You can:

- call **0808 808 4994** for free – every day, 3pm to 11pm
- access the discussion boards

 www.themix.org.uk

- access group chats
- find local services
- get urgent help
- speak to The Mix team.

Every Mind Matters – includes advice for young people on how to look after their mental health and wellbeing and deal with the issues that matter to them.

 www.nhs.uk/oneyou/every-mind-matters/youth-mental-health

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