

FROM ALPHA TO OMEGA



Weekly newsletter
Friday 17th January 2025

Dear parents and carers,

It's been a great week at Emmanuel and some cold but bright days have been a welcome change from the rain!

PFE Tea Concert

The PFE are also hosting their first Tea Concert, which is a wonderful opportunity for students in Year 2 and above to showcase their musical talents, whether it's through singing or playing an instrument. There are 20 performance slots available, so be sure to sign up quickly via this link:

forms.office.com/e/h2ru1JjSuP

The Tea Concert is not a competition, but rather a chance for the children to:

- Build confidence performing in front of an audience
- Develop their communication skills
- Share their love of music

eSafety

As technology continues to play a significant role in our children's lives, it's essential to remind them about the importance of eSafety. Encourage your child to stay safe online by practising kindness, respect, and caution. Remind them that anything shared online can be permanent and that they should never say anything online that they wouldn't say to someone's face. By fostering open conversations and promoting good online habits, we can help ensure their safety and well-being in the digital world.

Emotionally supportive pets please!

On Friday 7th February, as part of Children's Mental Health Week, the children will be experiencing a whole day of activities and lessons dedicated to mental health and wellbeing.

We need your help! For one lesson, we would like to invite **one child from every class** to bring their pet that gives them emotional support. If you or your child is interested in this, you would need to be able to:

1. Bring the pet at 12.55 ready for a 1pm lesson
2. Stay for the time it takes to show and talk about the pet (approx 15 mins) to help manage the pet
3. Take the pet home afterwards (we are unable to keep them in school)

Emmanuel Tea Concert
31st January 2pm

Join us for the first ever Emmanuel Tea Concert - where pupils from Y2 and above perform, and our parents listen with a cuppa and cake provided by the PFE

Performing is great way to build communication skills and confidence: if your child is ready, please use the QR code or the link in ParentHub to sign them up. It's first come first served with 20 performing slots available, so hurry!

forms.office.com/e/h2ru1JjSuP

PFE
PARENTS & FRIENDS OF
EMMANUEL

Please consider the pet's nature and how they will be with 30 children surrounding them!
If more than one parent can bring a pet, we will do a draw a name out of a hat. We will also need to consider allergies and fears in that class. If interested, please reply to the parent hub notice from Mrs Watkins about this on Monday.

For the rest of the children, they will have the opportunity to 'show and tell' if they wish to share something that they enjoy doing to express themselves and emotionally regulate - this may be art or modelling, toys they play with, music or playing instruments. Show and tell is a something that the children thoroughly enjoy when they are in the younger years, and as part of previous wellbeing award surveys, they asked for it to be brought back!

Wishing you all a wonderful weekend,
The Emmanuel Team

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

Class	Attendance
Nursery	89.7%
Reception	93.8%
Year 1	96.1%
Year 2	96.5%
Year 3	97.1%
Year 4	94.6%
Year 5	96.3%
Year 6	94.4%
School	95.1%

Diary Dates –

click here for our school calendar

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

Key:

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

Date	Event	Year group	Location
Monday 20 th January	Trip to Synagogue	Year 3	
Tuesday 21 st January 5pm	CSSA Football	Some Y5s and Y6s	Talacre
Wednesday 22 nd January	Trip to Gurdwara	Year 5	
Wednesday 22 nd January 2.30pm	Sharing assembly	Year 3	School hall
wb Monday 27 th January	Swimming	Year 3	Swiss Cottage
Thursday 30 th January 2.30pm	LDBS Annual Service	Worship Reps	St. Paul's Cathedral
Friday 31 st January 2pm	PFE Tea concert	Some children	School hall
Wb Monday 3 rd February	Children's Mental Health Week	All	
Monday 3 rd February	PFE Challenge starts	All	
Wednesday 5 th February	Camden Maths Challenge	Some Y6s	The Rosary School
Friday 7 th February	Mental Health and Wellbeing Day	All	
wb Monday 10 th February	Safer Internet Week	All	
Monday 10 th February	Maths Challenge	Some Y5s	The Guildhall
Wednesday 12 th February 2.30pm	Sharing assembly	Year 5	School hall
Friday 14 th February	RAH Brass players rehearsal	3x Brass players	Gospel Oak School
wb Monday 17 th February	Half term	All	
Sunday 23 rd February 10.30 – 11.30	Confirmation Service	Some children	Emmanuel Church
Wednesday 5 th February 9.10am	Ashing Service	Years 1-6	School hall
Wednesday 5 th March 2.30pm	Sharing assembly	Year 6	School hall
Thursday 6 th March 9.00am	World Book Day parade	All	MUGA
Thursday 6 th March 3.20pm	PFE Book Sale	All	Omega Playground
wb Monday 10 th March	Assessment Week	All	
Tuesday 11 th March 1.30pm	Emmanuel's Got Talent	Years 1-6	School Hall
Wednesday 12 th March 2.30pm	Sharing assembly	Year 2	School hall
Wednesday 19 th March 2.30pm	Sharing assembly	Year 1	School hall
Wednesday 19 th March 3-6pm	Parent Consultations	All	School hall
Friday 21 st March	RAH Brass players rehearsal	3x Brass players	Gospel Oak School
Wednesday 26 th March 3-6pm**	Parent Consultations	All	School hall
Wednesday 26 th March 2.30pm	Sharing assembly	Reception	School hall
Thursday 27 th March 2.30pm	Brass Concert	Year 5 and 6	School hall
Thursday 3 rd April 10am and 2pm	Easter Play	Years 3 and 4	School hall
Friday 4 th April 12.30pm	Last day of term	All	

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

**The second Parent Consultations evening has been moved from Tuesday 25th to Wednesday 26th March so we can accommodate a new hall hire

Dear Parents and Carers,

Camden Mental Health Support Team (MHST) are excited to be offering a **2-part, face-to-face workshop** for parents and carers of primary age children (4-11 years) on:

Dates: Wednesday 5th February and Wednesday 12th February 2024 (12:00-2:00pm)

Location: Regents Park Children's Centre, Augustus St, London NW1 3TJ

The workshop will explore Emotion Coaching, a parenting approach that supports identifying and validating emotions, while also setting boundaries and limits around behaviour.

How will Emotion Coaching help you and your child?

- To better understand and validate your child's emotions
- To respond more helpfully during moments of heightened emotion
- To implement appropriate boundary setting
- To reduce behaviours that you find challenging
- To further improve the parent/child relationship
- To learn from other parents and carers

This is an interactive workshop, which will involve sharing research, learning about Emotion Coaching and practising strategies. We often find that group workshops are a great space to learn from each other so there will be lots of opportunities to talk about ideas and to think through any challenges that might be around.

Please use the QR code or link below to sign up; **this workshop is in two parts so you will need to be able to attend on both dates.**



<https://www.eventbrite.co.uk/e/emotion-coaching-two-part-workshop-for-parents-and-carers-0502-and-1202-tickets-1106402231859?aff=oddtcreator>

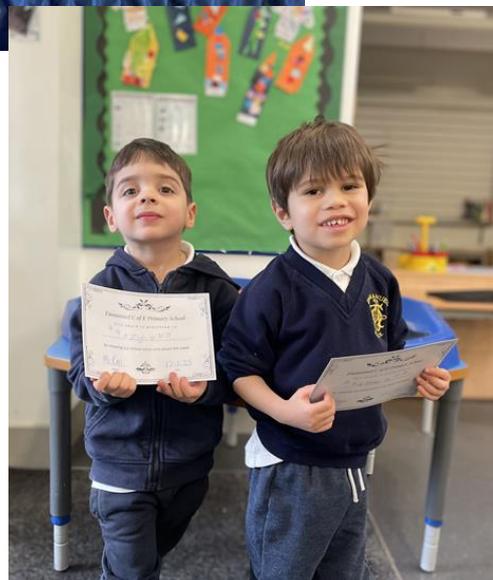
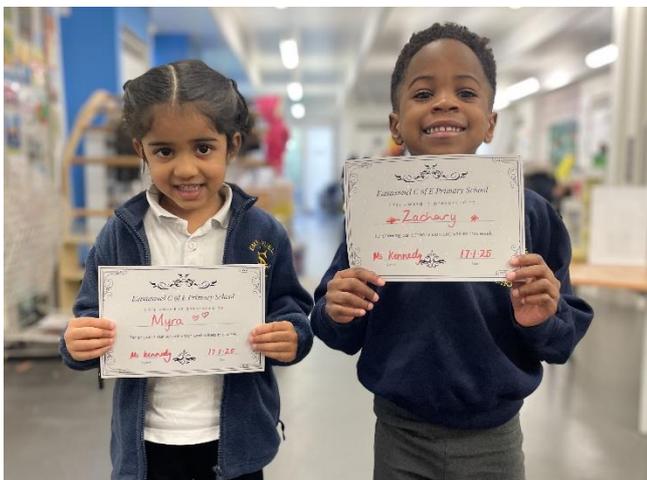
Looking forward to seeing you!

Best wishes, Camden MHST

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)

Zizi and Elias in Nursery
Myra and Zachary in Reception
Zaid and Louis and Oscar in Year 1
Lottie and Rotimi in Year 2
Leon L and Sienna in Year 3
Zoe and Raya in Year 4
Ella and Ava in Year 5
Maggie and Alex K in Year 6



West Hampstead Community Choir

come



All welcome – no auditions
All types of music
Join in and have fun singing



with us



WESTHAMPSTEAD.COMMUNITYCHOIR

Tuesdays 7pm to 8.30pm

Emmanuel Church, Lyncroft Gardens, NW6 1JU
www.westhampsteadcommunitychoir.org.uk

New term starts 14 January 2025

A fun & accessible community choir
Just come to sing, have fun and join in

First session free taster for newbies

No auditions

No need to read music

Songs from musicals to classical

westhampsteadcommunitychoir@gmail.com for more info

or scan QR code to follow & join us on Instagram



FREE

Playgroup for under 5s & Coffee Afternoon

**at the West Hampstead Community Centre
Monday afternoons, 2pm - 3:30pm
starting Monday, 20th January**

**Join our weekly coffee meet up for a relaxing and
friendly way to meet mums, dads, grandparents and
carers, while babies and toddlers get a chance to play.**

0207 794 3729 - www.cawh.org.uk - 17 Dornfell St NW6 1QN
Registered Charity: 1135778 - Ltd Company: 6956009





Camden Mobile Health

Come and visit us for a BMI and Know Your Risk score assessment and blood pressure check, winter flu and COVID vaccination for eligible people*, smoking cessation information and advice, no appointment needed

We will be open at the below locations:

Bus location	Date
Bacton Tower - Bacton Tower Deck Level, Haverstock Road, NW5 4PU (indoors)	Wednesday 15 January 11am-4pm
Sidings Community Centre - 150 Brassey Road, NW6 2BA	Saturday 18 January 10am-3pm
Fitzrovia Community Centre - 2 Foley Street, W1W 6DL (indoors)	Wednesday 22 January 11:30am-4pm
Swiss Cottage Market - Eton Ave, NW3 3EP	Monday 27 January 11am-4pm
Highgate Library - Chester Road N19 5DH (indoors)	Tuesday 28 January 12pm-4pm
St Peter's Church Belsize Park Belsize Square, NW3 4HJ (indoors)	Wednesday 29 January 11am-4pm



Winter Flu
and Covid
vaccines
offered



***Groups to be offered the Flu vaccination are:**

- pregnant women
- those aged 65 years and over
- those aged 18 years to under 65 years in clinical risk groups (as defined by the Green Book, Influenza Chapter 19)
- carers in receipt of carer's allowance, or those who are the main carer of an elderly or disabled person
- close contacts of immunocompromised individuals
- frontline workers in a social care setting without an employer led occupational health scheme including those working for a registered residential care or nursing home, registered domiciliary care providers, voluntary managed hospice providers and those that are employed by those who receive direct payments (personal budgets) or Personal Health budgets, such as Personal Assistants
- Find out more about flu vaccines: <https://www.nhs.uk/vaccinations/flu-vaccine/> and <https://www.nhs.uk/vaccinations/child-flu-vaccine/>

***Groups to be offered the COVID vaccination are:**

- all adults aged 65 years and over
- persons aged 6 months to 64 years in a clinical risk group, as defined in tables 3 and 4 of the COVID-19 chapter of the UK Health Security Agency (UKHSA) Green Book on immunisation against infectious disease
- Front-line health and social care workers and staff working in care homes for older adults will continue to be offered COVID-19 vaccination in the autumn 2024 programme in England.
- Find out more about COVID vaccines: <https://www.nhs.uk/vaccinations/COVID-19-vaccine/>

Know Your Risk assessment (KYR)

KYR score uses a points system to identify if a person is at low, increased, moderate or high risk of developing type 2 diabetes.

It is evidence-based and consists of seven simple questions related to age, gender, ethnicity, family history, waist measurement, Body Mass Index(BMI) and blood pressure.

Based on this score, advice is provided in the form of lifestyle changes or a GP referral