

## FROM ALPHA TO OMEGA



Weekly newsletter  
Friday 31st January 2025

Dear parents and carers,

We've had a great week at Emmanuel this week, finishing January on a high! This afternoon saw our first ever PFE Tea Concert; a chance for children to showcase their musical talents in a supportive and relaxed setting. The children did brilliant, and spoke, sang and played with real confidence, and the parents very much enjoyed the opportunity to appreciate with a slice of cake! Huge thanks go to Rhian for taking the time to organise and lending her considerable expertise in this field...

### St. Paul's Cathedral

Yesterday the children undertaking their confirmation this year visited St. Paul's Cathedral with Mthr Melissa and Mr Edwards for the LDBS's annual service. Being a Church school and part of the London Diocesan Board for Schools is such a big part of our identity, so it was wonderful for our children to come together with other children and staff from across other London schools and come together to give thanks. If you would like to support the confirmation, it is on Sunday 23<sup>rd</sup> February at the 10.30am Mass.



### Wellbeing and Mental Health Day - Friday 7th February

We are marking Children's Mental Health Week this year by hosting a whole day's worth of activities and lessons dedicated to many aspects of wellbeing which promote positive physical and mental health. In honour of one of the sessions (and back by popular pupil demand) we have asked the children to come **dressed in their pyjamas** and onesies with a small voluntary donation to raise funds for Place2Be who provide mental health support across the UK. You can find out more about this charity and their theme this year - "Know Yourself, Grow Yourself" - at <https://www.childrensmentalhealthweek.org.uk/families/>

*Children in Years 1-6 will experience the following activities in their houses or classes:*

- An introductory session to Brazilian Jiu-Jitsu with coaches from our local dojo - <https://themartialartsplace.com/west-hampstead-dojo> (Brazilian Jiu-Jitsu is a non-violent martial arts which focusses more on self-defence)
- A lesson on the importance of sleep by Grace Chadwick, Camden's Mental Health and Wellbeing Advisor
- Playground and team games with a focus on the importance of following rules and co-operation
- A lesson on Gratitude from our Mental Health Support Team practitioners Victoria O'Mard and Leila Cass Darweish
- Show and tell (with special pets!) - children can bring in examples of things that give them emotional support and regulation such as favourite toys, arts and crafts, photos of pets and music.
- Emotional self-regulation strategies and mindfulness

- And a final lesson chosen by their teacher with their favourite type of wellbeing

- 

Our children in Nursery and Reception Classes will be having their own day of age appropriate Wellbeing activities, such as recognising emotions and the Zones of Regulation, reading with our school Wellbeing Champions, making healthy snacks, show and tell and Yoga.

We look forward to sharing more about the day next week!

Wishing you 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   | 89.3%      |
| Reception | 94%        |
| Year 1    | 96%        |
| Year 2    | 96.7%      |
| Year 3    | 97%        |
| Year 4    | 94.7%      |
| Year 5    | 96.4%      |
| Year 6    | 94.3%      |
| School    | 95.2%      |

## 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            |
|--|-----------------------------------|------------------|---------------------|
| Wb Monday 3 <sup>rd</sup> February             | Children's Mental Health Week     | All              |                     |
| Monday 3 <sup>rd</sup> February                | PFE Challenge starts              | All              |                     |
| Wednesday 5 <sup>th</sup> February             | Camden Maths Challenge            | Some Y6s         | The Rosary School   |
| Friday 7 <sup>th</sup> February                | Mental Health and Wellbeing Day   | All              |                     |
| wb Monday 10 <sup>th</sup> February            | Safer Internet Week               | All              |                     |
| Monday 10 <sup>th</sup> February               | Christ's Hospital Maths Challenge | Some Y5s         | The Guildhall       |
| Wednesday 12 <sup>th</sup> February 2.30pm     | Sharing assembly                  | Year 5           | School hall         |
| Friday 14 <sup>th</sup> February               | RAH Brass players rehearsal       | 3x Brass players | Gospel Oak School   |
| wb Monday 17 <sup>th</sup> February            | Half term                         | All              |                     |
| Sunday 23 <sup>rd</sup> February 10.30 – 11.30 | Confirmation Service              | Some children    | Emmanuel Church     |
| Wednesday 5 <sup>th</sup> February 9.10am      | Ashing Service                    | Years 1-6        | School hall         |
| Wednesday 5 <sup>th</sup> March 2.30pm         | Sharing assembly                  | Year 6           | School hall         |
| Thursday 6 <sup>th</sup> March 9.00am          | World Book Day parade             | All              | MUGA                |
| Thursday 6 <sup>th</sup> March 3.20pm          | PFE Book Sale                     | All              | Omega Playground    |
| wb Monday 10 <sup>th</sup> March               | Assessment Week                   | All              |                     |
| Tuesday 11 <sup>th</sup> March 1.30pm          | Emmanuel's Got Talent             | Years 1-6        | School Hall         |
| Wednesday 12 <sup>th</sup> March 2.30pm        | Sharing assembly                  | Year 2           | School hall         |
| Wednesday 19 <sup>th</sup> March 2.30pm        | Sharing assembly                  | Year 1           | School hall         |
| Wednesday 19 <sup>th</sup> March 3-6pm         | Parent Consultations              | All              | School hall         |
| Friday 21 <sup>st</sup> March                  | RAH Brass players rehearsal       | 3x Brass players | Gospel Oak School   |
| Wednesday 26 <sup>th</sup> March 3-6pm**       | Parent Consultations              | All              | School hall         |
| Wednesday 26 <sup>th</sup> March 2.30pm        | Sharing assembly                  | Reception        | School hall         |
| Thursday 27 <sup>th</sup> March 9am-12pm       | Royal Albert Hall rehearsal       | Choir Y3-Y6      | Kentish Town School |
| Thursday 27 <sup>th</sup> March 2.30pm         | Brass Concert                     | Year 5 and 6     | School hall         |
| Monday 31 <sup>st</sup> March 9.30am           | Whisper Me Happy workshop         | Year 5           | School hall         |
| Thursday 3 <sup>rd</sup> April 10am and 2pm    | Easter Play                       | Years 3 and 4    | School hall         |
| Friday 4 <sup>th</sup> 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 25<sup>th</sup> to Wednesday 26<sup>th</sup> 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 5<sup>th</sup> February and Wednesday 12<sup>th</sup> 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*

# Year 1 trip to Hampstead Synagogue Trip



PIC • COLLAGE



## PFE Tea Concert



## 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)

Rafaela and Zain in Nursery

Henry and Maria in Reception

Rashaan and Sarah in Year 1

Malena and Vinnie in Year 2

Samar and Clara Louise in Year 3

Emma and Joshua in Year 4

Hugo and Byron in Year 5

Adam and Isla in Year 6



# Balancing screen time

internet  
matters.org

5 top tips to support children and young people

1

## Lead by example

Just like anything, **children copy their parents' actions and behaviour**. If you set boundaries for your own screen, it will be easier for your kids to do the same.

2

## Set boundaries WITH your kids

Get them involved in the process of **setting age appropriate limits** on how long they can spend online, at what times and on which platforms. Set up screen-free times or rooms where screens are out of sight and therefore more likely to be out of mind. Review these as they get older and give them the space to take greater responsibility for their screen use.



3

## Ensure a healthy mix of screen activity

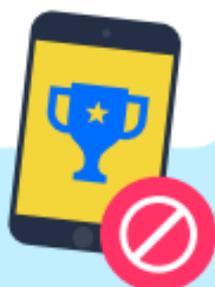
Make sure they have a **good balance of screen activities** that encourage creativity, learning & education, connecting with family & friends, as well as using devices for passively engaging with content.



4

## Avoid using screen time as a reward

This will elevate the status of screen time above other activities and like using food as a reward **may encourage children to simply want more.**



5

## Physical activity & sleep are really important

Make sure screens are not displacing **these things** by keeping screens out of bedrooms at bed time and that you are creating opportunities for your children to be active each day.



# Creating a balanced digital diet

Like a healthy meal, a healthy digital diet can help children to **develop good online habits**. Use our **digital diet tips** to help children prioritise screen time activities in a balanced way.



Scan below or visit [internetmatters.org](https://internetmatters.org) for more advice



[InternetMatters](https://www.facebook.com/InternetMatters)

[@im\\_org](https://twitter.com/im_org)

[@InternetMatters](https://www.youtube.com/InternetMatters)

[Internet Matters Ltd](https://www.linkedin.com/company/Internet-Matters-Ltd)

[@internetmattersorg](https://www.instagram.com/internetmattersorg)

[@InternetMatters\\_org](https://www.pinterest.com/InternetMatters_org)

[internetmatters.org](https://internetmatters.org)



# Celebrate Candlemas at Emmanuel West Hampstead



**Saturday 1st February  
6.30pm – Choral Evensong**

A reflective service with  
traditional sung prayer lead by the choir  
**All Welcome**

[info@emmanuelnw6.com](mailto:info@emmanuelnw6.com) 07751 534 297



## TMAP BJJ West Hampstead

### Brazilian Jiu-Jitsu Classes for All Ages and Levels

The BJJ Place is a full-time Brazilian Jiu-Jitsu school with classes running 7 days a week for children and adults. All ages and levels are welcome.

Brazilian Jiu Jitsu (BJJ) is a **highly effective form of non-violent martial arts** especially in self-defense as it focuses on grappling and ground fighting.

It teaches students how to defend themselves on the ground against bigger and stronger opponents utilising control and submission over kicks and punches.

#### Class benefits:

- Confidence
- Respect
- Fitness
- Discipline
- Team work
- Empowerment
- Community

#### FIND OUT MORE

Read about our classes and see the full timetable of adult and children's classes at:

[www.themartialartsplace.com](http://www.themartialartsplace.com)  
or email [bjj@themartialartsplace.com](mailto:bjj@themartialartsplace.com)

And follow us on Instagram [themartialartsplace](https://www.instagram.com/themartialartsplace)

☎ 0203 417 4640

📍 Unit 2 Beckford Building, Heritage Lane  
West Hampstead  
NW6 2AQ



SCAN ME



Camden  
**MUSIC**

# Try An Instrument Day

**Saturday 22nd February 2025**

10 am to 2 pm

For all pupils in Key Stage 2 aged 7 to 11

**Clarinet | Flute | Trumpet  
Trombone | Violin | Cello | Guitar**

- Experience free taster lessons
- Meet our specialist music tutors
- Find out more about Camden Music and how you can get involved

Find out more and sign up now by clicking the link or scanning the QR code.

<https://forms.office.com/e/uikjKGkH2s>



CAMDEN MUSIC | CROWDALE CENTRE  
218 EVERSOLT STREET | LONDON | NW1 1BD

Camden Family Learning  
FREE STORY SESSIONS for Children Aged 3 Years Plus



## SATURDAY Story Sacks For All The Family

A free fun and creative storytelling and prop making session.

Come along and find out how to bring storytelling to life using our imagination and creativity.

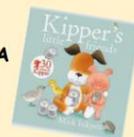
Pick a session and phone Alison to book a family place 07876 651950.

You must book to join in (due to health and safety rules)



Saturday 1<sup>st</sup> February  
Queens Crescent library NW5 4HH  
11:15am-1:15pm  
Kipper's New Pet

Saturday 15th March  
Swiss Cottage Library NW3 3HA  
10:30am-12:30pm  
Kippers Little Friends



Saturday 29th March  
Kentish Town library NW5 2AA  
11:15am-1:15pm  
Going on a Bear Hunt

**A free book for every family that attends**

SUPPORTED  
MAYOR OF LONDON





# Free Triple P sessions

Triple P online is a programme where you can set your own parenting goals learning step by step.

Venue: Netherwood Youth and Family Hub

5 Netherwood Street, NW6 2QU

Date: Tuesdays, from 11th February 2025

Time: 1:00 -3:00 pm

It will help you:

- Learn to cope with your child's emotional stress
- Encourage good behaviour
- Take the stress out of parenting
- Parent calmly
- Strengthen your relationship as you teach your child new skills

Sign up by for  
your free Triple P  
place



For any inquiries, please email: [lane.alwaily2@camden.gov.uk](mailto:lane.alwaily2@camden.gov.uk)

