

## FROM ALPHA TO OMEGA



Weekly newsletter  
Friday 7<sup>th</sup> February 2025

Dear parents and carers,

### Wellbeing and Mental Health Day

On Mental Health and Wellbeing Day, the children rotated through a carousel of engaging sessions designed to promote self-care, resilience, and emotional well-being. They began with an exciting introductory session to Brazilian Jiu-Jitsu, led by expert coaches from our local dojo, where they learned self-defence techniques in a non-violent and controlled way. A lesson on the importance of sleep, delivered by Grace Chadwick, Camden's Mental Health and Wellbeing Advisor, helped them understand how rest impacts their overall well-being. Team games and playground activities emphasized cooperation and the value of following rules, while a gratitude session with our Mental Health Support Team practitioners encouraged students to reflect on positivity in their daily lives. During a heartwarming Show and Tell, children shared personal items that provide them with emotional support, from favourite toys and crafts to real-life pets! The day concluded with mindfulness exercises and emotional self-regulation strategies, equipping students with practical tools to support their mental well-being. A huge thank you to Mrs. Watkins for all her hard work in planning such a meaningful and enriching day for our students! We are so grateful to you. We raised £223 for the charity Place2Be!

### Primary Maths Challenge

On Wednesday, I had the pleasure of taking four brilliant Year 6 mathematicians—Diana, Ethan, Isla, and Shayan—to Rosary School for the Primary Maths Challenge. It was an exciting, high-energy day filled with challenging maths problems, teamwork, and determination. Competing against eleven other Camden schools, our team tackled six rounds of logic, crossnumbers, and puzzles, culminating in a thrilling relay race. After an incredible performance that saw us leading after the fifth round, we finished in an impressive 2nd place—for the second year in a row! They did an outstanding job, and we couldn't be prouder of them!

### Safer Internet Week

We are pleased to inform parents that our school will be celebrating Safer Internet Week from 10th to 14th February. This important initiative aims to promote online safety and digital citizenship among our students. Throughout the week, engaging activities will be held in class, including interactive lessons on responsible internet use and discussions on cyberbullying. In addition, we will host a whole school collective worship to reinforce these vital messages. Your support in this matter is greatly appreciated. Please find lots more information about the week as well as resources to support you at home in ensuring your child is safe online at: <https://saferinternet.org.uk/guide-and-resource/parents-and-carers>

### A note about upcoming dates

**World Book Day:** On the week beginning 3rd March we will be holding a number of events to celebrate World Book Day - we celebrate reading so much in school that rather than a day, it's more of a World Book Week at Emmanuel! Throughout the week we will be attending live-stream workshops with famous authors. Children will also be bringing in their favourite books and sharing them with their classes, visiting West Hampstead Library, participating in a 'drop and read' along with our annual 'costume parade' - where you child will have the chance to show off their wonderful costumes to the school.

*Please note that all children will be invited to dress up as their favourite book character on Thursday 7th March, and that the costume parade for Reception to Year 6 will be held between 9 and 10am in the MUGA – this is the playground at the back of the Omega building.*

### Emmanuel's Got Talent

To alleviate some of the pressure on the Summer term, we are moving Emmanuel's Got Talent to the second half of the Spring term. Auditions will take place after half term, and successful auditionees' parents will be invited to the final on Tuesday 11th March at 2pm. We can't wait to see all the incredible talent on display!

Wishing you a wonderful weekend,

The Emmanuel Team

**Attendance:** Our school target for attendance is 96%. Well done to Year 6 who achieved the highest attendance this week.

Class	Attendance
Nursery	91.3%
Reception	97.8%
Year 1	99.3%
Year 2	97.8%
Year 3	94.7%
Year 4	96.1%
Year 5	97.5%
Year 6	99.7%
School	97%

## 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 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





## Wellbeing Day Sleep and Gratitude workshops



PIC•COLLAGE

# Wellbeing Day



# Year 1 Challah making with Mrs Lubert





*Wellbeing Champions reading with Reception and Nursery for CM&HY - 4.2.25*

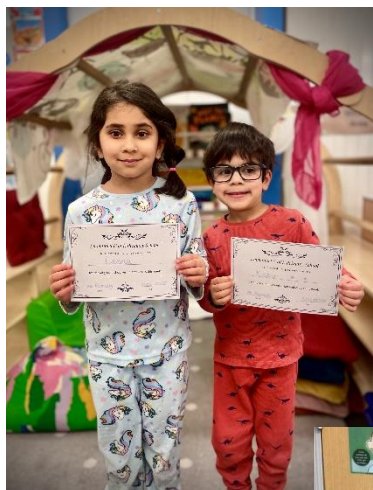


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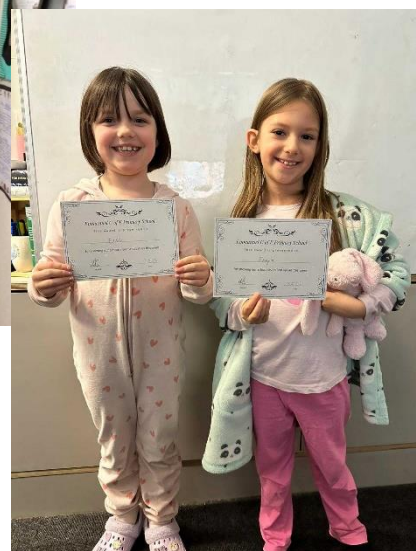
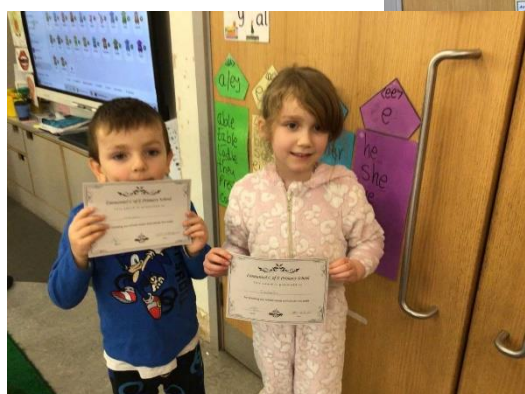
## School visionaries

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)



Sana and Sandra in Nursery  
Leena and Kabir in Reception  
Isabelle and Gonzalo in Year 1  
Eliza and Mika in Year 2  
Elsi and Freja in Year 3  
Niko and Baldur in Year 4  
Vivienne and Izabel in Year 5  
Anthony and Olivia P in Year 6



# Primary Maths Challenge



# TIPS FOR FAMILIES

Place2Be's  
**CHILDREN'S  
MENTAL HEALTH  
WEEK**

## 1 Encourage journaling

Just like Riley, encourage your older children and young people to express their emotions and thoughts through journaling. It can be less confronting than speaking out loud and is a helpful way to process what is going on.

## 2 Make space for reflection

When children and young people reflect on their different emotions, it can help them better understand themselves and what they need. Go for a walk, drive, or try some mindful colouring or baking together.

## 3 Be visual

Use imagery, such as emojis or flashcards to help children and young people recognise and label their feelings.

## 4 Practice mindfulness

Try mindful activities, and quiet family time, to enjoy being in the present moment. This can help children and young people be aware of their thoughts and emotions and learn a useful new coping technique.

## 5 Communicate

Feedback is crucial for helping us see our blind spots and gain greater insight. Children and young people are no different. Creating safe and supportive ways to share your own experience with your child can help them understand themselves and their impact on the world around them.



If you're a parent or teacher, you'll find loads of useful advice to help you support the brilliant young people in your lives – from FAQs to downloadable packs. [Here4You.co.uk](https://www.here4you.co.uk)





## 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

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West Hampstead  
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SCAN ME

**The Emmanuel Church Social Justice Group want to let you know about a project we've been working on with Hampstead School.**

Our aim is to help level the playing field within our community.

One of the biggest barriers to equality is contacts, or rather lack of them. Choosing the right job path is a process that starts in school and it's a huge privilege to have family members or friend who you can ask for advice. We want to try put all students on a more equal footing when it comes to guidance and advice, with your help we're confident we can.

We want to create a directory with every job imaginable on it from artist to Zumba teacher. That way, when a student expresses an interest in a job type, we can match them up and make that person their contact.

In terms of commitment – it could be as little as an hour per year or simply answering a few questions over email.

For others, it might be giving a talk about your job during careers week or offering some work experience.

And for some it might be a longer term mentoring relationship.

The point is that we really believe we can help local young people to reach their potential but we really do need ALL of your help.

Please scan the QR code or follow the link and tell us what you do and whether you could help.

We won't take this as a firm commitment, more an expression of interest!

Thank you



<https://www.surveymonkey.com/r/GHVLYN2>

# SLEEP TIPS FOR BEDTIME



## WHAT TO DO IN THE DAY TO HELP WITH SLEEP

- Wake up at a similar time every day,
- Spend time in natural light,
- Reduce amount of fizzy or caffeinated drinks,
- Exercise during the day,
- Keep homework and other brain engaging/stressful things out of your bedroom,

## WHAT TO DO AT BEDTIME TO HELP WITH SLEEP

- Go to bed at a similar time every evening,
- Avoid screens and devices for at least one hour before bedtime.
- Only get into bed when you are going to sleep.
- If you struggle to fall asleep, spend 15-20 minutes engaging in a quiet activity (read, journal, listen to soft music).





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>



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