

FROM ALPHA TO OMEGA



Weekly newsletter
Friday 17th October 2025

Dear Parents and Carers,

We've had a great week at Emmanuel, rounded off by a super-informative and inspiring assembly by Rafaela and Santiago's mum, Daliany, about Black History Month and the Windrush Generation. As a professor of Black history at NYU, we are so grateful to her for lending us her expertise and considerable knowledge and sharing it with the children. Thank you, Daliany!

PGL

A highlight of this week of course was our annual PGL trip for Year 6! They did the giant swing, the zipwire, survival skills, paddleboarding, sensory trails, and had far too many snacks and far too little sleep! A brilliant time was had by all, and I want to send our heartfelt thanks to Mr Edwards, Ms Amanuel, Mrs King, Mrs Koopman and Miss Langston for ensuring everyone's safety and happiness throughout the duration of the trip.

Next week

Next week we have Superhero Day on Monday. Don't forget to dress up as your favourite superhero for the day, ready to celebrate Krish's birthday on the day he would have turned 10. We also have a trip to Westminster Abbey for Year 2 and a Shakespeare Workshop for Years 3 to 6, so lots to look forward to!

PFE Bavarian Bingo

Bavarian Bingo is nearly upon us! Preference for beer not necessary, but a penchant for a good time an absolute must! Come and join us on Thursday 23rd October at 7.30pm for some laughs and to raise funds for the school in the process.

Wishing you all a restful weekend,

The Emmanuel Team



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

Here is a list of important dates for the Autumn Term 2025:

Key:

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

Date	Event	Year group	Location
Monday 20 th October**	Superhero Day	All	
Wednesday 22 nd October	Trip	Year 2	Westminster Abbey
Wednesday 22 nd October	Shakespeare performance	Years 3-6	Hall
Thursday 23 rd October 7.30-10pm	PFE Bavarian Bingo Night!	Adults only	School hall
Friday 24 th October 9-9.30am	Open Classroom	Year 3	Year 3 classroom
Monday 27 th – Friday 31 st October	Half term	All	
Friday 7 th November 9-9.30am	Open Classroom	Year 1	Year 1 classroom
Wb Monday 10 th November	Bikeability	Year 5	MUGA
Monday 17 th November 9.15	Primary Maths Challenge	Some Yr 5 and 6	Hall
Tuesday 11 th November	Armistice Day Service	Year 4	Hampstead Cemetery
Tuesday 11 th November 4 – 5.30pm	CSSA Football	Football squad	Castlehaven
Tuesday 25 th November 4 – 5pm	CSSA Football	Football squad	Castlehaven
Wednesday 26 th November 3-6pm	Parent Consultations	All	School hall
Friday 28 th November	INSET Day	All	
Monday 1 st December	St. Andrew's Day celebration	St. Andrew's House	
Tuesday 2 nd December 2pm	Christmas Pantomime	All	School hall
Tuesday 2 nd December 5.30 – 6pm	CSSA Football	Football squad	Castlehaven
Wednesday 3 rd December 3-6pm	Parent Consultations	All	School hall
Thursday 4 th December	Brass Concert	Year 5 and 6	School hall
Saturday 6 th December 2-6pm	Christmas Fayre	All	
Monday 8 th December 3.30-4.30	Christingle Service	Year 1 – Year 6	Emmanuel Church
Tuesday 9 th December 4 – 5.30pm	CSSA Football	Football squad	Castlehaven
Wednesday 10 th December	Trip	Year 4	National Portrait Gallery
Thursday 11 th December	EYFS Christmas Show	Nursery and Reception	School hall
Friday 12 th December	Christmas Jumper Day	All	
Friday 12 th December	Christmas lunch	All	
Wednesday 17 th December 10am & 2pm	Nativity	Year 1 and 2	School hall
Friday 19 th December 12.30pm	End of term	All	

*Please note that some trips and events 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)



Nursery: Finlay and Zaynab

Reception: Ryan and Maddie

Year 1: Ali and Aiden

Year 2: Rashaan and Isabelle

Year 3: Alex and Leanna

Year 4: Rufus and Sienna

Year 5: Athina and Nuria

FROM ALPHA TO OMEGA

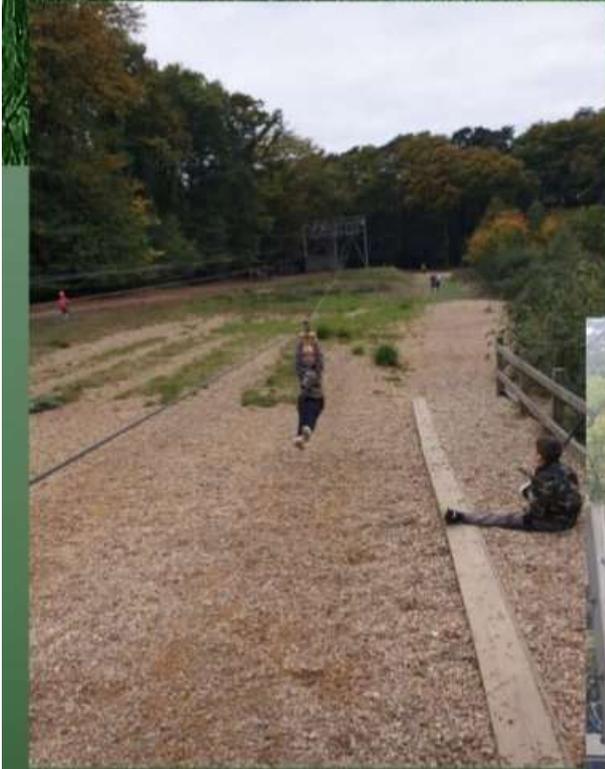


'Life in all its fullness'

(JOHN 10:10)

Year 6 PGL









Volunteer for C4WS Night Shelter

Emmanuel Church will be participating in Season 22 of the C4WS Night Shelter, and we need your help to ensure its success. The shelter is emergency accommodation that offers guests a 28-day stay and a caseworker who will provide holistic welfare support. Whilst in the shelter, guests have access to support pertaining to employment, education, immigration and can attend weekly English classes. Since 2006, the Winter Shelter has been hosted in rotation by supporting churches. Members of the community volunteer their time to cook and provide companionship to guests. Every effort is made to make guests feel comfortable and at home. We very much hope that you'll want to sign up this season to support a worthy activity! For those of you who aren't already familiar with C4WS, you can read more about their vital service here:

<https://c4wshomelessproject.org/winter-night-shelter-1>.

This year, we'll be hosting guests on Tuesday nights from 4 November 2025 to 13 January 2026.

The volunteer slots are now available for you to sign up for on SignUp.Com using the QR Code or by following this link: <https://signup.com/go/QemCcnU>. **Please feel free to share this information to anyone else you know in the community you think may be interested in supporting the Night Shelter.**

There are several jobs/timeslots for which you can volunteer:

- **Providing a light welcome snack:** Provide a light snack (crisps, fruits, cheeses, etc) to welcome guests when they arrive.
- **Cooking the evening meal and/or dessert** (This can be done at home and brought in during the day, or it can be cooked at Emmanuel in time for the meal at 8ish. Please be aware if you plan to cook at Emmanuel that we have 4 hobs and one oven and a limited supply of cooking equipment....) We generally have about 15-20 guests and volunteers each evening.
- **Set up beds/the dinner area in the Wood room** 5.45pm - 7.00pm
- **Dinner service** 6.45pm-9.00pm serving the guests and volunteers, washing up, socialising
- **Overnight** 9pm - 7am keeping an eye on everyone, being available to chat if needed, making sure no one leaves for a smoke after 11. No requirement on staying awake!
- **Morning shift** 7am- 9am Set up breakfast (we'll source from West End Lane shops), eat breakfast with guests, help strip beds and fold beds, put laundry together to be collected by laundry services, do breakfast washing up. Hand over logbook to C4WS staff.





VOLUNTEER HERE

to welcome homeless guests

**Emmanuel Church becomes a Night Shelter
every Tuesday evening from
04 Nov-13 Jan.**

Sign up to cook or serve a meal, set up beds,
welcome our guests, or stay the night, or come on
Wednesday mornings to serve breakfast and clear up.

**Scan to sign up
or find out
more!**



**emmanuelnw6nightshelter@gmail.com
Lyncroft Gardens, NW6 1JU**



EMOTION COACHING

This is a two-part workshop; both sessions need to be attended

The workshop is interactive, a mixture of discussion, reflection & presentation

The workshop aims to support parent/carers to understand and validate their child's emotions, respond more helpfully during moments of heightened emotions, and implement appropriate boundary setting



Sign up with the QR code below:



Thursday 4th & 11th December,
12.00 to 2.00pm,
Tavistock & Portman Trust,
120 Belsize Lane, NW3 5BA





Supporting children with bereavement and loss

Talking to children about death is difficult at any age. Grief is normal, so normalising the process of grief for a bereaved child is very helpful, but we also all grieve differently. Loss can be experienced in different ways, and talking about the death of someone with children can ignite powerful emotions and other feelings of loss, for instance, the death of a pet, moving home, changes to trusted adults (e.g. teachers), loss of special possessions, Covid lockdowns, separation of parents, etc. Your support in helping to validate their feelings will help their longer-term processing of what has happened. In supporting our loved ones we all bring our own hurts and losses, our own feelings about loss by death, and our own struggles when we are hit by the tragedy and sadness of losing someone. Sometimes these things can take us by surprise or we can unconsciously project them onto others. It is important that you take time to care for yourself too.

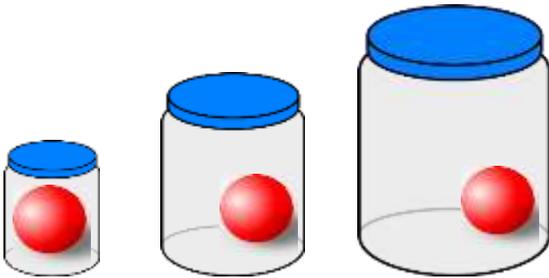
What to say...

The Education Psychologist Service in Camden provided the following advice when talking to children about loss:

- give children simple, factual information e.g. use the word died
- avoid abstract ways of explaining death e.g. *gone to sleep, passed away*
- reassure children that it is not their fault
- gently remind them that the person will not come back
- maintain a normal routine as much as possible for the child
- encourage children to ask questions and try to answer them honestly and simply. Be honest if there is no answer or you do not know the answer

"Grief, I've learned, is really just love. It's all the love you want to give but cannot. All of that unspent love gathers up in the corners of your eyes, the lump in your throat, and in that hollow part of your chest. Grief is just love with no place to go."

Grief does not go away, it is forever

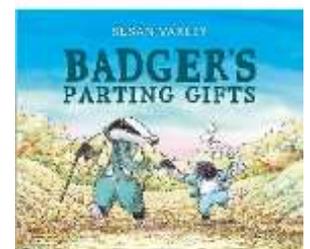
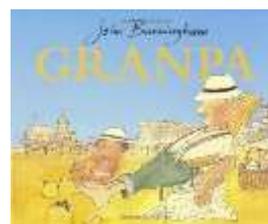


This visual (Barbara Monroe adapted Tonkin's model 'Growing Around Grief') helps show that grief does not lessen over time or become smaller. Instead life grows around the grief and the person adjusts their lives to accommodate the pain of living with the grief. This in turn leads to the grief being less dominant and all-encompassing in their lives. Other people and experiences come into their lives and although the person has not forgotten their grief they have learnt to live with it. Grief (the ball) doesn't get any bigger or any smaller. It stays the same. However, the jar (life) is getting bigger as time moves on.

Some recommended resources

Books

- Grandpa- John Burningham
- Badgers Parting Gifts- Susan Varley
- Fred- Posy Symonds
- Goodbye Mousie - Robie Harris
- When Dinosaurs Die: A Guide to Understanding death
- The day the sea went out and never came back -Margot Sunderland



Websites

Winston's Wish - www.winstonswish.org.uk - Freephone helpline: 08088 020 021 for guidance and information for families of bereaved children and professionals supporting bereaved children.

The Child Bereavement Charity - www.childbereavement.org.uk - National UK charity providing specialised training, information, support and guidance for professionals to help them respond to the needs of bereaved families. Support and Information line: 0800 02 888 40 [excellent website/ support@childbereavementuk.org](http://excellentwebsite/support@childbereavementuk.org)

If you or your child need further support, please contact Mrs Lorraine Watkins, our school ELSA (Emotional Literacy Support Assistant), at wellbeing@emmanuel.camden.sch.uk .



Emmanuel Church, West Hampstead

HALLOWEEN WORKSHOP

Friday, 31st October

4:30 - 6:00 pm

Crafts

Make your own Trick or Treat Bag

Activities for kids aged 3+

Pumpkin Carving



Lyncroft Gardens, NW6 1JU
info@emmanuelnw6.com

Let's Talk About Black Women And Breast Cancer 2025



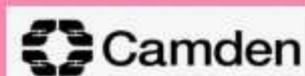
Join us as we unpack what clinical research really means, why representation matters, and how you can be part of shaping the future of breast cancer care. Hear directly from Black women who've bravely taken part. Their stories are powerful—and yours is, too.



Saturday 18th October 2025

Crowndale Centre
218 Eversholt StreetL, London
NW1 1BD

Time: 2PM-4PM



Register to secure your place

CYPHER

UNLOCK THE CODE TO THE FUTURE

UK'S LEADING CODING SCHOOL*

OCTOBER HALF-TERM CODING CAMPS

20 - 31 October 2025

Build A Business

with code + AI

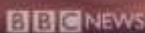
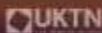
NEW: AI literacy incorporated into every camp day

SCAN ME



Weekly coding, STEM & AI camps for children aged 5-12, daily from 10am - 4pm

www.cyphercoders.com



CYPHER'S OCTOBER CODING & AI CAMPS

Build A Business

Invest in your child's future at our "Build a Business" coding camps - where STEM, AI and entrepreneurship meet

This October we are transforming young minds into entrepreneurs! Our engaging and interactive camp introduces children to the exciting world of coding, STEM, AI and entrepreneurship.

NEW: Every camper will explore the fundamentals of AI - what it is, how it works, and how it's shaping the world today, through hands-on, age-appropriate projects built into our popular 'Build a Business' theme.

Cypher camps are perfect for children aged 5-12 and run daily from 10am-4pm, October 20th through October 31st.

- Develop coding & STEM skills through hands-on activities
- On & off-screen activities
- Fun-filled, interactive learning environment
- Enhanced DBS certified teachers



* AS SEEN IN



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*Discount ends on 20/10/2025 at midnight. Not valid in conjunction with any other offer.

UK'S LEADING CODING SCHOOL*

CYPHER

UNLOCK THE CODE TO THE FUTURE

20th - 31st October 2025

OCTOBER HALF-TERM CODING CAMPS



**Community Association
for West Hampstead**

Free Workshops for Children October Half Term 2025



**Mon, 27th Oct, 1pm - 4:30pm
Arts & Crafts**

Halloween Painting with Janine followed by a Nature Craft Session with Roshi who will show us how to create an Autumn Wreath.

**Tues, 28th Oct, 11am - 2:30pm
Cushion Making with Tash**

Bring a few old fabrics if you can and let's upcycle!

**Wed, 29th Oct, 11am - 2:30pm
Pumpkin Artwork & Capoeira**

A hands-on art workshop run by Roshi, where children can design, colour, and create their own pumpkin scene, followed by an energetic Capoeira session run by Senzala London.

**Fri, 31st Oct, 1pm - 4:30pm
Make your own Halloween Bag with Amber**

Trick or treating tonight? Get ready and create your own spooky bag .

All children's activities are aimed at children aged 6+.

**To book your free place, please email Anika:
candypeople@cawh.org.uk**



0207 794 3729 - 07561 698 704

www.cawh.org.uk - 17 Dornfell St NW6 1QN

Registered Charity: 1135778 - Ltd Company: 6956009

Half-term fun at the RCP Museum!

Book to join one of our fun and creative
half-term events.

> **Tales from the doctors' library**

27 October

Join London storyteller Vanessa Woolf for a colourful interactive storytime with music, props and even smells!

*The story will be repeated at
10.30am, 1.30pm & 2.30pm.*

*There is a session aimed at SEND
families at 11.30am.*

Tickets: £10 per child.

> **Patterns, pages and prints: crafts**

28, 29 & 30 October | 10.30am–
12.30pm

Have a go at printing your own
patterns, creating moving diagrams,
making bookmarks, colouring
pictures & more!

Tickets: pay what you feel.

Suggested £5 per child.

> **Perilous patterns and ghoulish
prints: crafts**

31 October | 10.30am–12.30pm

Print your own ghoulish patterns,
make spooky bookmarks, create
eerie moving models and more!

Tickets: pay what you feel.

Suggested £5 per child.



*Events are recommended for
children aged 5 - 11 but all are
welcome. All children must be
accompanied by an adult but
accompanying adults can
attend free and do not need to
book separately.*

**Royal College of Physicians,
11 St Andrews Place, Regent's
Park, London NW1 4LE**

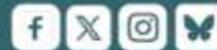
history@rcp.ac.uk

For access information and how
to get here, please visit the
website history.rcp.ac.uk/visit-us

To book, visit



history.rcp.ac.uk/events



@RCPmuseum #BodyofKnowledge



WHAT'S ON AT MILL LANE GARDEN CENTRE



Autumn/Winter 2025



GARDEN
DESIGN
CLINIC



CRAFTY
MONDAYS



LASAGNE
BULB
WORKSHOP



WREATH
MAKING



LONDON
FIRE BRIGADE
OPEN DAY



WEST
HAMPSTEAD
CHRISTMAS
MARKET

Full details of events and activities overleaf!



Find us at The Open Space, 160
Mill Lane, NW6 1TF



UNITY WORKS

WHAT'S ON AT MILL LANE GARDEN CENTRE

GARDEN DESIGN CLINIC

Price: £15 per 15minute consulation
Date: Sept & Oct

LASAGNE BULB WORKSHOP

Price: £10
Date: Saturday 18th October 11-12:30
(Booking essential)
Thursday 23rd 3.00-4:45pm

CRAFTY MONDAYS

Date: Every Monday in October 3:00pm -
4:45pm

WREATH MAKING

Price: £60 per person
Date: 22/11, 23/11 and 06/12 from
1:30pm - 3:00pm

LONDON FIRE BRIGADE OPEN DAY

Date: 29th November 12:00pm - 3:00pm
Location: West Hampstead Fire Brigade

WEST HAMPSTEAD CHRISTMAS MARKET

Date: 13th December from 10:00am
Location: West End Green

All activities taking place at Mill Lane Garden unless otherwise stated.

For more information contact us at

milllane@unityworks.org.uk

020 7431 1160

Find us at The Open Space, 160 Mill Lane, NW6 1TF

Ages | 3-13 Years Ofsted



Let's Leap
HOLIDAY CAMPS

CHILDREN'S HOLIDAY CAMP

Running Every School Holiday!



Arts & Crafts



Electric Go-karting





Bouncy Castle



Laser Tag

**Location | Devonshire House Preparatory School
2 Arkwright Road, Hampstead, NW3 6AE**

Want the exact camp dates? Just hop on over to our website!
letsleapsportsacademy.co.uk

Ages | 3-13 Years

All staff are DBS checked and First Aid Qualified.

camp activities

- Canoeing* (Ages 6+)
- Electric Go-karting (Ages 4+)
- Segway training (Ages 8+)
- Zorb Football (Ages 6+)
- Kin-Ball
- Nerf Tag
- Multi Sports
- Laser TAG (Ages 6+)
- Fencing (Ages 8+)
- Animal Shows
- Parachute Games
- Forest School*
- Swimming*
- Arts & Crafts
- Bouncy Castle
- Team Games
- Electric Bumper Cars
- Inflatable Obstacle Course*



Ofsted

Times & Prices

*Activities subject to camp location

Standard Day	Extended Day	Extra Slice
8:30am – 4:30pm £70	8:00am – 5:30pm £75	5:30pm – 8:00pm £8



Fencing

Please provide your child with a healthy & balanced packed lunch with additional snacks for break times including a refillable drinks bottle.

Don't bring a **NUDIE TUB** CAMP to the pool please!






Swimming

300+ 5★ REVIEWS

Trustpilot

from parents



Scan to see reviews

HOW TO BOOK | @letsleapsportsacademy.co.uk | ☎ 020 3797 6386



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☎ 07961 183 746

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📍 [wemakefootballerskilburn](https://www.facebook.com/wemakefootballerskilburn)

LOCATIONS

Camden

Kilburn

Willesden

Queens Park

