

# THE HAMLET HERALD



'Outstanding learning, within a glittering curriculum, where everyone matters'

ISSUE 32 | 22<sup>nd</sup> May 2020

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## HEAD OF SCHOOL'S NOTE

More than ever, we are having to think about the mental health of our families and ourselves. Being aware and mindful is certainly the first step, actively finding ways to manage and maintain our mental health is a greater challenge. Easier said than done...

I am always impressed with the resources from the Anna Freud National Centre for Children and Families. In celebration of Mental Health Awareness Week 2020 with the theme of Kindness, they have designed a calendar, encouraging children to do two acts of kindness each day – one to someone else and one to themselves. Follow this link for some ideas, and a template the children can use. We all need a little kindness right now, this could be a super half-term activity to do as a family:



<https://mentallyhealthyschools.org.uk/media/2036/seven-days-of-kindness-calendar.pdf>

## SUMMER TERM 2: THE PLAN FOR NOW.....!

Following government guidance, considerable planning, risk assessing, and discussion with colleagues across the Trust, all things being well, we will re-open to our Y6 cohort on June 2<sup>nd</sup>. We await the Government's decision regarding school opening next Thursday, 28<sup>th</sup> May. We will then communicate all updates at our earliest convenience.

We are going to take our INSET on Monday 1<sup>st</sup> June in order to ensure all staff are trained with our new arrangements, ensuring the safety of the new 'bubbles' of children and staff. As such, Key Worker School will be closed on this day.

## OAK ACADEMY HALF-TERM PROGRAMME

With our usual half-term activities out of the picture, you may be interested in the launch of Oak Activity Club, via the national Oak Academy online learning platform. If you are looking for some engaging activities, or perhaps a bit of structure to the day, this might be worth a look...



<https://twitter.com/OakNational/status/1263352385088471041?s=08>

## PTA NEWS

We are really glad the WhatsApp class groups are being used as a way for parents to stay in contact, share ideas and support one another during this unprecedented time and we look forward to seeing you all in person when the school gates eventually open.

In the mean-time, we wanted to let you know that for obvious reasons, we have cancelled all planned PTA events. This includes cake sales, end of term discos, the summer fair and camping at the Scout Hut. We will be in contact separately about the Y6 End of School celebration.

In order to make up for lost PTA income, we will be making applications to trusts and foundations. If you are able to help with any fundraising ideas/initiatives, please let Gillian and Philippa know by emailing [dulwichhamletpta@gmail.com](mailto:dulwichhamletpta@gmail.com)

## SCHOOL NURSES RECRUITING

Between October and December, the immunisation team attend all primary schools in Lambeth and Southwark boroughs to administer the nasal flu vaccine in schools. This is a massive - and growing - programme which is why they are looking to expand the team, and want to attract nurses from the local community.

Are you a nurse looking for flexible/casual/term-time hours? HRCH are recruiting bank nurses to their school immunisation team locally. Training and revalidation support offered as part of this role, please visit:

[www.jobs.nhs.uk](http://www.jobs.nhs.uk) Job reference: 779-BANK-2424615

## TRAVELLING SAFELY

The government has published guidance on travelling safely during the COVID-19 outbreak:

<https://www.gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers>

The advice is that individuals should avoid using public transport where possible. Instead they should try to walk, cycle, or drive. If they do travel, they have to think carefully about the times, routes and ways they travel. This will mean we will all have more space to stay safe.

With this in mind, and in anticipation of a greater number of pupils returning to school in June, increasing traffic flow, it is a good time to remind ourselves of the need for basic road sense and safety.



National Online Safety

#WakeUpWednesday

# 14 WAYS TO BE KIND ONLINE

Showing kindness online can mean so much to someone else. It is a choice we can all make that helps others, puts people's needs before our own and which can generate feelings of empathy and compassion. Small gestures can have a large impact and often one act of kindness can lead to more, making the world a happier and more positive place. That's why we've created this guide to suggest a few simple 'acts of kindness online' that can benefit people's mental health, support their wellbeing and encourage a more positive approach to engaging online.



## 1. BE POSITIVE

Post about things that make you happy and that you're thankful for. It could brighten up someone else's day.



## 2. OFFER TO HELP

Sometimes a friend or family member might post a question online or ask for help with something they can't do themselves. If you know the answer or are able to offer help, provide support and send a response. Something that may be easy for you might be difficult for someone else.



## 3. SHOW APPRECIATION TO OTHERS

If somebody you know has done something good or shown kindness themselves, thank them for it. It costs nothing and showing them that you appreciate it means so much.

## 4. SHARE FUNNY VIDEOS OR IMAGES WITH FRIENDS & FAMILY

We often come across funny videos or images online that make us laugh and then we move on. If you found it funny, your friends and family might too. It could help someone smile who may be having a bad day.

## 5. LIKE, LOVE & CELEBRATE

If somebody posts something that you like on social media, like it, love it or celebrate it! It's a small gesture but could mean a lot.

## 6. VIDEO CALL YOUR FRIENDS & FAMILY

It can be easy to be consumed by daily routine. Using apps like Zoom, FaceTime or WhatsApp are great for connecting with others far away and shows you're thinking of them even though you can't physically meet them in person.

## 7. TELL SOMEONE YOU'RE THINKING OF THEM

We can't always tell how people are feeling online and just dropping somebody a message to ask if they're ok or that you're thinking of them could literally make their day.

## 8. SHARE POSITIVE POSTS

If you see something online that inspires you, share it with people you know. An inspirational quote, a beautiful photo or a motivational video can lift spirits, improve self-esteem and help make people feel better about themselves.

## 9. HOST AN ONLINE QUIZ

Video conferencing apps are a great way to get friends and family together. If you know someone who is feeling lonely, host an online quiz and invite them to join in. It could really cheer them up.

## 10. THINK BEFORE YOU COMMENT

Sometimes thinking before you act can be just as significant as acting in the first place. Showing thought before you comment could stop you posting something hurtful, offensive or negative. It's always better to post positively or post nothing at all.

## 11. BE COMPASSIONATE & UNDERSTANDING

Being empathetic towards others and their situation is often an act of kindness and selflessness that gets overlooked. If you notice someone who is upset, drop them a message and offer to listen.

## 12. CONNECT FRIENDS & FAMILY WITH SIMILAR INTERESTS

You may know two people amongst your friends and family who you trust and know well who have similar interests and ideas. Introducing them can be a great way for them to make new friends but remember to always ask their permission first.

## 13. RECOMMEND SOMETHING YOU ENJOY DOING TO OTHERS

If you enjoy doing something online, such as playing a game, or if you've found a great learning resource, share it with others. Even if you've watched a good film, letting others know can be an act of generosity that brings them excitement or pleasure at a time when they might need it the most.

## Meet our expert

This guide has been written by Anna Brannen. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.



## 14. PRAISE OTHERS FOR THEIR ACHIEVEMENTS

Sometimes your friends or family might post something online that they're proud to have done. It might be an exam they've passed, learning a new skill or just completing a task. Either way, it's always kind to recognise hard work and effort through praise and celebration.