

THE HAMLET HERALD



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

ISSUE 9 | 5th November 2021

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HEADTEACHER'S NOTE

Just sometimes, we all need a little help. At DHJS, we recognise that while we may not always hold the answer or have the direct expertise required to help, an important part of our work is to provide information and sign-post parents and carers to where you can find and access support and networks. Many parents will at some point struggle with the different aspects of parenting their children, and may welcome some practical support, a listening ear, or advice on what to do when parenting becomes a challenge.

As such, you will have received a separate communication this week with the link to our 'Zones of Regulation' parent webinar, which was led by our in-house Speech and Language Therapist Bidy Kulkarni-Prendergast before the half-term break. We have also included further on in the HH information from The National Sleep Helpline and also Parent Talk, which provides parenting advice on a wide range of topics.

You may also find useful a new website 'Parenting Smart' that the children's mental health charity, Place2Be, has launched, aimed at helping parents with typical situations they can find themselves in with their children. These include secondary school transition, routines and rituals, anxiety, and the importance of boundaries and consequences. Please follow this link for the full range of advice and practical tips to support children's wellbeing and behaviour:

<https://parentingsmart.place2be.org.uk/>



DOODLEVISION!



The top three classes with the highest % of being in 'the green zone' this week are:

First place (12 points): **6S** **83%**
Second place (11 points): **5G** **72%**
Third place (10 points): **3H** **71%**



Many congratulations. We are very proud of you all!

KEY DATES

Monday 8th November

3H visit to the Black Cultural Archives

Tuesday 9th November

3GR visit to the Black Cultural Archives

Wednesday 10th November

5P class assembly, parents & carers welcome, 9:10 Turney
3F visit to the Black Cultural Archives

Thursday 11th November

Parent & carer café 8:45am Burbage (Parents new to DHJS not via DVIS this September – all year groups)
'DHJS Remembers' – Remembrance special assembly & two-minute silence in Turney playground

STAFF UPDATE

4S returned to a lovely surprise on Monday morning - we are all delighted to welcome back Mr Simms. He has been missed by us all this past half-term.

We have also welcomed a new member of staff to the DHJS team too. Miss McChesney joins us as a Teaching Assistant, based in 5TS.

LUNCH MENU

Further to our email this week informing you that we had switched to week 2 instead of what should have been week 3, we can confirm that we will be back on schedule as per the menu on our website from next week. (Week 1!)

WEEKLY HOUSE POINTS

Topaz Water	Ruby Fire	Garnet Earth	Sapphire Air
31	33	40	36

PTA HALLOWEEN FUN RUN

The weather cleared and a fantastic afternoon was had by all at this year's Fun Run in Dulwich Park last Sunday! A grand total of £771 was raised for the school. A HUGE thank you to those that volunteered, participated and donated.

The judges had a difficult time choosing winners for the best costumes as everyone (including the grown-ups) looked their Halloween best! Mummies, pumpkins, ghosts, witches, skeletons and devils were among those spotted!

Well done to Astrid (Y5) for being one of the first at the finish line. Prizes will be presented to the Grim reaper (Iain 3H), Cruella (Ivy 4B), Thanos (Fox 4O), Zombie cheerleaders (Y5), Werewolf girl (Amelie 6N) in assembly.



THANK YOU CLEANER, GREENER, SAFER FUND!

The cyclists among us (and there are many!) will have spotted a new set of bicycle racks that we had installed over the half-term break at the Village entrance. This has been made possible by our successful bid to the Cleaner, Greener Safer, Fund last year which provided the funding for this project. We cannot thank the CGS team enough for helping us to make this happen.

The only problem we have now is scooter storage! (We will be re-locating some of the old scooter storage in the not too distant future) Please don't forget we also have plenty of cycle storage on our Turney Road entrance. There are usually quite a few spare spaces here each day. Y5/6 Hamleteers may find this more accessible before coming into school via Turney playground.





the national sleep helpline

Does your child suffer with sleep issues?

Do you struggle with your child's bedtime?

Will your child not sleep in their own bed?

WE CAN HELP

03303 530 541

Available Sunday - Thursday 7pm - 9pm



50%

Around 50% of children will have a sleep issue at some point*

WHAT IS THE NATIONAL SLEEP HELPLINE?
In partnership with Furniture Village, The Sleep Charity has launched a brand new National Sleep Helpline to ensure that everyone has access to high quality, evidence-based advice.

HOW CAN THE NATIONAL SLEEP HELPLINE HELP YOU?

- Run by a team of specialist trained sleep advisors
- Offer you some practical strategies and recommend services that could help
- Ensuring you understand how sleep plays an important part in your child's mental health and wellbeing
- Listen without judgement and help you decide what next steps are right for you
- Empower you with sleep knowledge so you can understand why your child might not be sleeping well and how that can change

03303 530 541

Available Sunday - Thursday 7pm - 9pm




Copyright © 2021 The Sleep Charity. All rights reserved. The Sleep Charity, a charitable incorporated organisation registered with the Charity Commission under registration number 11550385. *Survey of 2,000 adults by OnePoll, Aug 2021.



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Parent Talk

Down-to-earth parenting advice you can trust.

We're here for you, when you need us. Find answers to parenting questions in our advice articles. Or talk to a parenting coach about anything that's worrying you. It's all free, and no topic is too big, small, or embarrassing.



<https://parents.actionforchildren.org.uk/>

<p>Mental health and wellbeing</p>  <p>Find out more</p>	<p>Behaviour</p>  <p>Find out more</p>	<p>Stages and development</p>  <p>Find out more</p>	<p>Additional needs and disabilities</p>  <p>Find out more</p>
<p>Education</p> 	<p>Parenting and relationships</p> 	<p>Sleep</p> 	<p>Nutrition and healthy eating</p> 



Parenting advice from our child mental health experts

Practical tips to support children's wellbeing and manage behaviour

<https://parentingsmart.place2be.org.uk/>

My child just says no to everything

2 min video
6 min read



Healthy habits for parenting

6 min read



Safe social media for primary aged children

11 min read



My child is feeling sad or low

2 min video
7 min read



Cultural identity: who am I?

2 min video
4 min read



Playing with my child

2 min video
6 min read



Talking to my child about race and discrimination

2 min video
5 min read



My child has meltdowns

2 min video
8 min read



My child has friendship issues

2 min video
5 min read



Co-Parenting after a separation or divorce

6 min read



Helping your child develop a positive body image

7 min read



Raising a resilient child

2 min video
6 min read



Building secure relationships

6 min read



My child pushes my buttons

6 min read



My child is stealing

9 min read



Homework

7 min read



Understanding shyness

8 min read



My child is lying, what does it mean, what should I do?

2 min video
4 min read



My child has trouble going to sleep

8 min read



I'm going through a break up and want to support my child

7 min read



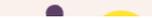
My child might have bullied someone

2 min video
8 min read



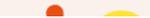
My child and I keep getting into arguments

2 min video
6 min read



Building up your listening skills

6 min read



My child still wets themselves

8 min read



Key Dates for Autumn Term 2 2021

Y3 - Y4 - Y5 - Y6 - Whole Sch -



Key Dates	Events	Further Details
25.10.21 HALF TERM HOLIDAYS 29.10.21		
03.11.21	Y5 Bright Sparks Concert: London Philharmonic Orchestra	Royal Festival Hall
05.11.21	PTA 'Bake-Off!'	
08.11.21	3H Visit to Black Cultural Archives	Morning visit
09.11.21	3GR Visit to Black Cultural Archives	Morning visit
10.11.21	3F Visit to Black Cultural Archives	Morning visit
10.11.21	5P Class Assembly (Parents & Carers invited)	Turney Hall 9.10-9.25
11.11.21	*DATE CHANGE * Parent Cafe: New Parents to DHJS this year, not via DVIS	Burbage – 9.00-10.00
12.11.21	New Parent Tour	9.00-10.00 (booking via school office)
16.11.21	Y3 Parent and Carer Taster Lunch	12:00-13:00
17.11.21	Re-scheduled 6S Class Assembly (Parents & Carers invited)	Turney Hall 9.10-9.25
19.11.21	Open Education Anti-Bullying Show and Workshops	All day
24.11.21	6W Class Assembly (Parents invited)	Turney Hall 9.10-9.25
25.11.21	Parent & Carer Curriculum Evening: Writing focus	Turney Hall 18:30-19:30
26.11.21	New Parent Tour	9:00-10:00 (booking via school office)
26.11.21	Y3 Visit to the Southbank	
27.11.21	PTA Christmas Fair	12.30-15.00
w/c 29.11.21	Parents Evening	Various times via Google Meet
07.12.19	Whole School Christmas Celebration at St. Barnabas Church	X2 Performances – 10.00 & 14.00
08.12.21	Christmas Panto	Turney Hall pm
10.12.21	Bassistry Arts Music Workshops for Y5/6 & Celebration Assembly	All day
10.12.21	PTA Christmas Cake Sale	Village playground 15:25 (Y6 to lead)
14.12.21	Christmas Lunch	12.00-14.00
15.12.21	Y3 & Y6 Christmas Parties	13.30-15.15
16.12.21	Y4 & Y5 Christmas Parties	13.30-15.15
16.12.21	Music Concert	19.00-20.30 at JAGs
17.12.21	Last day of term	13.25 last registration

STEAM

QUESTION OF THE MONTH

What would life be like if the dinosaurs hadn't died out?



Deadline: Thursday 9th December

Hand your submission in to Miss Harris.

HATS AND SCARVES!

Now that we are entering the colder months, we know that while some of our Hamleteers continue to be comfortable dressed for the summer, others prefer to be more suitably wrapped-up. We are happy for the children to wear hats, scarves and gloves to school and at break and lunchtimes, but they will be asked to remove them on return to the classroom.

The children will always go outside for their breaks, even if it is drizzling, so we do ask that all children bring a suitable coat to school every day.

As always, please ensure that all of your child's belongings are clearly named.

WASH BAGS

Please don't forget that we are encouraging our Hamleteers to bring in a wash bag containing a hand flannel and a small bottle of hand sanitiser to keep in the classroom for their personal use. Teachers will remind the children to bring these home at the end of each week for a wash!



PTA 'BONFIRE BAKE OFF' – A small selection of some of the incredible entries today



Sophia 6N
1st Place



Sofia 4S



Jasper 6N



Freddy 3F
3rd Place

2nd Place =

