

# THE HAMLET HERALD



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

ISSUE 20 | 7<sup>th</sup> February 2020

Head of School: Mrs Claire Purcell | Email: [office@dulwichhamletjuniorschool.org.uk](mailto:office@dulwichhamletjuniorschool.org.uk) | Tel: 020 7525 9188/9

## HEAD OF SCHOOL'S NOTE

Further to our improved lunchtime 'experience', we have launched our 'Space to Talk' with the children this week. This is part of our whole school development plan, prioritising mental health and ensuring wellbeing is considered a natural part of our everyday practice. During the lunchtime, specific members of staff are available for children to drop in to talk about any concern they may have, or even to share something positive. The adults will encourage the children to resolve their own issues, but support them through this process. We are also in the early stages of training up our new Playground Mentors. Their job will be to identify children who are experiencing difficulties in the playground, and sign-post them to support.

Coincidentally, this week is Children's Mental Health Week, run by the children's charity, Place2Be. Their theme for this year is 'Find Your Brave' – a theme that we talk to the children about all the time: what is bravery, how they can deal with difficult situations, linking in with our whole school values. If you would like to explore this subject with your children, there is a section on their website which gives [top tips](#) to parents and carers about how to help their children find their brave.

We are adding German club to our lunchtime 'club menu' starting next week and there are still a few places available. If your child is interested, encourage them to sign-up on the sheets in the library.

## SAFER INTERNET DAY 2020

On Tuesday February 11th, Dulwich Hamlet will celebrate Safer Internet Day 2020. This annual event is a fantastic opportunity to explore the opportunities and risks of life online. This year's theme is Free to be Me – Exploring Identity Online. Across the school, we will be looking at our own online identities, from the avatars we create, to the comments we make. We will be getting to grips with the creative fun - and the potential pitfalls - of expressing ourselves online. We look forward to sharing our learning with you in next week's edition of the Hamlet Herald!



## KEY DATES

### Tuesday 11<sup>th</sup> February

Safer Internet Day – special assembly and associated activities

### Wednesday 12<sup>th</sup> February

4S class assembly, 9:05am Turney Hall, parents welcome  
Y6 parent and carer café: SATs focus – 8:45-9:30am, Burbage  
Please book your place via the school office.

### Friday 14<sup>th</sup> February

Hamlet's Got Talent, pm  
Half-term holiday, finish normal time, 3:25pm

PLEASE NOTE: ALL SPORTING FIXTURES ARE LISTED ON THE SCHOOL CALENDAR FOUND VIA THE LINK AT THE BOTTOM OF OUR WEBSITE HOMEPAGE:  
<http://www.dulwichhamletjuniorschool.org.uk/calendar.html>

## MOTHERS' DAY PORTRAIT COMPETITION

The Dulwich Trader, Tomlinson and Ed have launched their annual Mothers' Day competition for local schools. We've had some excellent entries in the past, and we're hoping your children will do the same again this year. The information will be shared in an assembly, displayed in classrooms and around the school but in brief:

- Portraits need to be of a mother or special person
- No restrictions on medium but they need to be bright & bold
- Portrait has to be A3 size (smaller size entries will not be accepted)
- Entries need to be in school by midday Tuesday 3rd March
- Winners and runners-up will be displayed in shop windows

Please write the following on the back of the entry: Name, school, year group, class and competition number (Year 3 competition number 5, Years 4-6 competition number 6)  
Please leave entries with the office.

## WEEKLY HOUSE POINTS

Topaz Water	Ruby Fire	Garnet Earth	Sapphire Air
60	60	61	58

## LAMDA SUCCESS

---

We were delighted to be able to present our Y5 children who were entered for their LAMDA examinations before the Christmas holidays with their certificates in assembly today. All of the children passed with flying colours, boasting an incredible 8 distinctions and 6 merits - well-deserved recognition. Many thanks to Lucy Akril for her work in preparing this group of children for these stunning results.

## PTA NEWS

---

Just when you thought the PTA was getting quiet, we have a new event planned...

**St Patrick's Day Celebration with live band:**

*Larkin in the Woods!*



On **March 20<sup>th</sup> from 7:30-10:30pm**, the PTA will be hosting live music and dancing in Turney Hall along with a bar. Doors open at 7:30pm with the band coming on at 8pm. Reserve the date - tickets will be on sale (online) from next week at £8/ticket. All proceeds go to the repair and replacement of musical instruments (for curriculum lessons as well as instrumental lessons), a much needed pot of money to keep our kids playing music. We have switched ticket providers to Ticket Tailor, who offer us cheaper rates for being a PTA.

Don't forget to have your say in the Healthy Streets consultation. Respond online: [www.southwark.gov.uk/ohs-dulwich](http://www.southwark.gov.uk/ohs-dulwich)

Many local residents and parents are worried about the increasing levels of pollution on our streets. Wherever possible, do not drive in peak times around the schools. In fact, we will be looking to secure a bid later in the year for a green screen at the front of the school. But even better, let's support some very needed proposals to reduce traffic in the village and surrounding streets. To do our bit, we are working together with local groups to plan a car-free day in September 2020 (watch this space).

Your participation in our events makes all the difference, so if you can help out in anyway, get in touch at [dulwichhamletpta@gmail.com](mailto:dulwichhamletpta@gmail.com).

## OUR FOUR-LEGGED FRIENDS!

---

There has been a noticeable increase of late with dogs being tied-up on the school railings. We all need to be mindful that not all children (and adults) feel comfortable around dogs, especially if they are growling or barking. Please can we ask that you consider if it is really necessary to bring the dog to school. Can we also remind you that there should be no dogs brought onto the school site, even in arms! Thank you.

## SPEAK UP FOR THE CLIMATE

---

A reminder that our Eco Council has been invited to the Speak Up for the Climate event, by Dulwich & West Norwood Climate Coalition, taking place at Herne Hill Baptist Church on **Saturday 8th February**. Tickets are available at:

<https://www.eventbrite.co.uk/e/speak-up-for-the-climate-tickets-89176753069?aff=ebdssbeac>



## CRICKET ANYONE?! PARENTS & TEACHERS CRICKET TEAM

---

Calling cricketing parents of all ability levels. Come and play cricket with the Dulwich Hamlet Parents XI - we have players of all ages and abilities united by a shared love of the game. We play 4 matches during the Summer term in a league of local schools including Heber, Goodrich, Ivydale & St John's and St Clement's. We also run mid-week winter and summer nets for you to get back in the swing of things. If you are interested email our captain Simon Gane: [simon@sironex.co.uk](mailto:simon@sironex.co.uk)



## AFTER SCHOOL DANCE CLUB

---

Does your child like to dance? We are very fortunate at the Hamlet as not only do we teach dance, but we have 3 different style dance clubs. Our street dance and contemporary dance clubs are very popular. We are re-launching our tap and ballet club with a greater emphasis on tap dance. The music will be more upbeat in line with street and contemporary and we'll even provide you with tap shoes. There are a few spaces left, if your child is interested in increasing their range of dance styles contact Cynthia Fasuyi in the school office.

## ONLINE SAFETY

---

The poster we are sharing this week ties in with *Mental Health Week* and talks about social pressures linked to appearance. While us adults may perceive this as more of a teenager type concern, you will be surprised at how much self-image matters to our Hamleteers, how they perceive themselves and others.

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

Social media has its benefits for connecting with friends, sharing experiences and widening their understanding of broader issues beyond their local community. The challenge with connecting and sharing experiences via social media is that these shared experiences are often via images. Wanting to fit in and caring about their physical appearance is a perfectly normal part of adolescence. However, with the easy access of image changing software and filters, this physical appearance is often not the reality, further increasing the pressure for young people to gain or portray unreal perceptions.



## What parents need to know about SOCIAL PRESSURES LINKED TO 'APPEARANCE'



### ONLINE APPEARANCE AND MENTAL HEALTH

The opportunity to change physical appearance through social media apps is creating a high level of perfectionism for children to portray themselves faultless and compare themselves to images which are sometimes unreal. This can lead to anxiety, depression and poor self-image and an overall sense of never feeling good enough. Having poor self-image can affect the way that your child interacts with others and how we care for ourselves.

#### AIRBRUSHING

Refers to the retouching done to an image that changes the reality of the photo. It may include removing people, objects, altering body shapes or erasing blemishes like acne or scars. The digital technology to enable airbrushing is now widely and easily available for desktop computers and social media apps. It is sometimes known as 'Photoshop'.



#### FILTERS

Filters applied to manipulate a photograph are another way of creating a delusion of what is real. Software within social media apps reconfigure your face and skin to look more aesthetically pleasing. As innocent and fun as these filters may seem, they are sending a message that we are more attractive when our features are modified.



#### APPS WHICH CHANGE APPEARANCE

These relate to free downloadable apps or options within social media apps which create a fun and easy way to alter your appearance. They are designed to be fun and can become addictive because once an altered image is used, it is very difficult to revert back to an unaltered version of themselves.



#### MULTIPLE PHOTOS FOR THE PERFECT IMAGE

Taking multiple shots to capture the perfect image to put onto social media is another way of disguising reality. Creating an image which receives approval from peers through multiple comments and likes exacerbates the desire for a perfect picture and the approval for continuing to achieve the perfect image.



## Safety Tips for Parents

### QUESTIONS TO CONSIDER BEFORE TALKING TO YOUR CHILD

- Do most of their social media photos have a filter/image changing app on them?
- How often do they talk about their physical image in a negative way?
- Do they often talk about wanting to gain comments and 'likes'?
- Are they excessively anxious about their physical appearance, to the point it impacts on their every day life?

If you have answered yes to most of these questions, then it would be a good idea to have a discussion about their use of image altering app's.

#### DON'T GO COLD TURKEY

Talk with your child about taking one unfiltered image of themselves and sharing it with family first and then posting on social media. Perhaps ask other members of the family to send or post on social media unaltered pictures of themselves.



#### BE COMPLIMENTARY

Whilst improving body image starts with the child's image of themselves, complimenting them daily on their personality and qualities will provide external, positive encouragement about themselves, away from just their physical appearance.



#### DAILY APPRECIATION

When we have the sense that we are not good enough, we can feel like we are always falling short. You and your child together might want to create a gratitude journal, board with post-it's or wipe board where you write down things that you are grateful for or appreciate. This could range from the weather to a kind deed or to a piece of work that went well.

#### CHANGE THE STORY

We all have a narrative or a story we've created about ourselves that shapes our core self-image. Sometimes automatic negative thoughts like 'you're fat' or 'you're ugly' can be repeated in your mind so often that you start to believe they are true. These thoughts are learned, which means they can be unlearned. You can start with helping your child reframe the story into a more positive assertion or story. This will link to complementing and daily appreciation.



#### WHEN TO GET HELP

If your child becomes overly despondent, withdrawn or there is a change in behaviour over a prolonged period of time, they may need some professional support to help them.  
<https://www.bacp.co.uk/search/therapists>  
<https://www.themix.org.uk/> is good organisation as a source of support if your child wants to reach out for support themselves



#### Meet our expert

Anna Bateman 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 of Education, advising them on their mental health green paper.

