

THE HAMLET HERALD



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

ISSUE 6 | 8th October 2021

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HEADTEACHER'S NOTE

At DHJS, we know how important it is to keep our children safe online. We know the vital role that you play in helping teach our Hamleteers the protective skills and behaviours that they need to safely navigate the digital world – whether that's social-media, apps, or gaming.

We recognise that online harms can affect any young person in any family. As a school we are committed to doing everything that we can to help our families access the highest-quality support, advice, and resources available.

To coincide with *Digital Parenting Week* (11th-15th October), we are proud to be able to offer all our families, access to a year of free support through participation in the new *Parent Zone Local* programme.

This programme – which is being funded in our borough by Southwark Council – is open to all parents & carers who either live in the borough or have a child attending school or college locally. The programme will offer those who sign up access to:

- A range of online workshops and webinars, covering different aspects of online safety and digital-resilience
- A selection of parent guides and tech tips, which will be updated regularly
- Online surveys, games, quizzes and child-friendly activities
- Access to the Resilient Families online training-course of parents
- Access to a personalised 'help service', where a team of experts will provide you with advice and support on any aspect of digital family-life

To access *Parent Zone Local* programme, and this wide range of free support, please visit their website: pzlocal.org.uk

To learn more about the programme and the support available, as well as to learn about how the digital-resilience agenda can support you and your family to stay safe online, please visit the 'Events' tab of the website to book a place on one of the introductory webinars. These place every day from **Tuesday 12th - Saturday 16th October**.

We are pleased to promote this programme, and hope that many of our families will benefit from this support. We will continue to work with our families and children as they navigate the many opportunities and challenges that the digital world brings.

DOODLEVISION!



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

First place (12 points): **6W 79%**
Second place (11 points): **3H 77%**
Third place (10 points): **3GR 63%**



Many congratulations. We are very proud of you all!

KEY DATES

Saturday 9th October

Eco Council speak at Speak Up for the Climate event 2021, between 1pm-2:30pm (see details on next page)

Wednesday 13th October

Dulwich Hamlet Governors visiting for an informal tour
POSTPONED: 6S Class Assembly
Individual and sibling photos

Thursday 14th October

6S visit to The Imperial War Museum

Friday 15th October

PTA Uniform Shop 9-10am

MESSAGE FROM SONIA CASE

Dear Staff and Parents,

Retired Executive Head Teacher here, just wishing to thank you all for your amazing generosity on my leaving. I've just returned from the Savoy Grill lunch with my husband which was truly delicious and memorable and I'm off to see Hamilton in late November which I'm very excited about. I've been very busy sitting in the magistrates' court twice a week, spending time with my grandchildren and now revising the first draft of my novel - a historical romance partially based on my mother's life story. I'm sure the school is thriving with such a great team of staff and children, and I look forward to catching up with Claire in the coming weeks. Keep well and safe, everybody and thanks again.
Sonia Case

WEEKLY HOUSE POINTS

Topaz Water	Ruby Fire	Garnet Earth	Sapphire Air
70	76	79	61

PARENT WORKSHOP: THE ZONES OF REGULATION

We are delighted to invite you to our first Parent and Carer workshop of the academic year, on the topic of 'The Zones of Regulation'. This event will be facilitated by our fantastic Speech and Language Therapist: Bidy Kulkarni, via Zoom, on Wednesday 20th October, 6:30-7:30pm. A formal invitation letter will be sent to you next week, but before then, here is a small piece of information to give you a bit of background:

The Zones of Regulation is a cognitive behavioural approach designed to foster emotional regulation and control. It's a conceptual framework to categorize the complex feelings and states children experience. This system improves their ability to recognise and communicate how they are feeling in a safe, non-judgmental way. It also helps students to explore strategies or tools to help them move between emotional states e.g. upset to calm.

"WE ALL ENCOUNTER TRYING CIRCUMSTANCES THAT TEST OUR LIMITS FROM TIME TO TIME. IF WE ARE ABLE TO RECOGNIZE WHEN WE ARE BECOMING LESS REGULATED, WE ARE ABLE TO DO SOMETHING ABOUT IT TO MANAGE OUR FEELINGS AND GET OURSELVES TO A HEALTHY PLACE. THIS IS THE GOAL OF THE ZONES OF REGULATION."

- LEAH KUYPERS, CREATOR OF THE ZONES OF REGULATION

PTA UPDATE

A big thank you and welcome to Lucinda Richardson and Kate Boydell as our new Co-Chairs, and to Gemma Betteley as Treasurer. Following our AGM last week, we have now finalised our Key Dates for the remainder of the year. Please see the list on the following page.

Auditor for our books: Do you like spreadsheets? We are looking for someone who can audit our accounts. As a registered charity, it is mandatory that we have an impartial person outside of our committee to review our books with the Treasurer. It will only take a couple of hours of your time!

We would also like to put out a call for a volunteer to be PTA Secretary, a role that can be shared.

Please contact dulwichhamletpta@gmail.com for further information regarding either of these roles, or to express your interest, or indeed, if you have anything you can contribute to our events or have special skills or ideas.

We would love to hear from you.

SPEAK UP FOR THE CLIMATE 2021

We are delighted to once again be invited to take part at the *Speak Up for the Climate* event. Our Eco Reps will be speaking on behalf of Dulwich Hamlet, with their passionate speeches, encouraging us all to take-action! Do go along and support our Hamleteers. The schools and young people's section is between 1pm-2:30pm.

Saturday 9th October 10.00am – 5pm

Herne Hill Baptist Church, Half Moon Lane SE24

Eventbrite link here <https://www.eventbrite.co.uk/e/together-we-create-change-tickets172619990037>

FLU IMMUNISATIONS

A final reminder to complete the online consent form, one per child, (even if you are declining) for the forthcoming flu immunisation programme. This is available to all of our Hamleteers, and will take place at school on Monday 18th October 2021. The link for the consent form will close 48 hours before the 18th. You will need your child's NHS number handy to complete the form:

<https://sav.hrch.nhs.uk/flu/2021/southwark>

Protecting your child against flu

5 reasons

to get your child vaccinated

- 1. Protect your child**
The vaccine will help protect your child against flu and serious complications such as bronchitis and pneumonia
- 2. Protect you, your family and friends**
Vaccinating your child will help protect more vulnerable friends and family
- 3. No injection needed**
The nasal spray is painless and easy to have
- 4. It's better than having flu**
The nasal spray helps protect against flu, has been given to millions of children worldwide and has an excellent safety record
- 5. Avoid costs**
If your child gets flu, you may have to take time off work or arrange alternative childcare



YEAR 6 SCHOOL JOURNEY

Can we please remind our Y6 parents and carers that the deposit to secure your child's place on our new outdoor adventure to the Kingswood Green Park Centre in May 2022 is now due. Please can we request that these deposits are paid over the weekend, as we will be finalising our booking early next week. Please do not hesitate to contact the office if you have any questions regarding this.

Dulwich Hamlet Junior School PTA Dates 2021/2022



DATE	ITEM	NOTES
Sept 30, 7:00pm	PTA AGM	Burbage at Hamlet - wine and cheese
Oct 31, 1:30pm	Halloween Fun Run	Dulwich Park
Nov 5 9:00am	Bonfire 'Bake-Off'	At school
Nov 27, 12:30-3	Christmas Fair	All hands on deck at Hamlet
Dec 10, 3:25pm	Christmas Cake Sale	Village playground - year 6
Dec 15 & 16	Children's Year Group Christmas Parties	PTA provide drinks/snacks
Dec ?, 7:30 till late	Parents and Carers Christmas Party	Venue to be decided
Dec 16	Music Ensembles Christmas Concert	Jags, PTA provide children drinks
Feb 11, 3:25	Valentine's Cake Sale	Village playground - year 5
Feb 25, 7:30pm	Quiz Night	Turney hall
Mar 25, 3:25	Mothers Day Cake Sale	Village playground - year 4
May 13, 6-8pm	Hamlet Community Disco	North Charter- All of Hamlet welcome, - ticketed event
May 27 or June 10 tbc, 3:25	Summer Lolly Sale	Village playground - year 3
June 18 12:30-3:00	Summer Fair	All hands on deck
July ? TBC	Sports Day	Lollies and water distribution
July 6 from 5pm	Art Exhibition and New Parents Evening	PTA run bar, members present
July TBC	Year 6 Production	Alleyn's MCT Year 6 committee
July TBC	Music Ensembles Summer Concert	PTA run bar and provide children's drinks
July 20, 7-9pm	Year 6 Leavers Disco	Year 6 committee with year 5 helpers



Family support for **digital** when you need it

Parent Zone Local can help you with **everything** related to **digital family life**.

-  Live virtual events
-  Tech guides & games
-  Online parent courses
-  Local support and advice

Explore the [Parent Zone Local website](https://pzlocal.org.uk) today – and contact your local guide, who can help if you have a problem. Whatever your family needs around digital, Parent Zone Local is here for you.

VISIT pzlocal.org.uk

parentzone LOCAL



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