

THE HAMLET HERALD



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

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

HEAD OF SCHOOL'S NOTE

Our staff received an interesting workshop from our colleagues at CAMHS (Child and Adolescent Mental Health Service) this week on the topic on Anxiety. The trainers noted how 'expert' we already are in terms of our knowledge base and strategies we employ with our Hamleteers on a day-to-day basis. It struck me though how just sometimes we, (school and home) do not do our children any favours by jumping in too quickly and trying to make everything ok, which of course is our natural instinct. However, in doing so, we are not allowing our children to develop personal strategies, including our all-important HAMLETEER Value of resilience.

The team provided us with some super scaffolds, including this set of open questions that you might want to use if your child is feeling anxious, either during a situation, or indeed as soon as possible afterwards:

- ❖ *What do you think might happen?*
- ❖ *What makes you think that's likely?*
- ❖ *What else might happen?*
- ❖ *What would your best friend think/say?*

And then following that, encourage reflection and repetition and generalisation:

- ❖ *Was it as scary as you expected?*
- ❖ *Was your prediction accurate?*
- ❖ *Where else could that new brave behaviour be helpful?*

I was particularly interested in the concept of 'brave behaviours' which I'm going to explore further and see how we can encourage more of this and celebrate.

We are particularly mindful that our Y6 children are possibly experiencing some anxiety with the jostling of places and waiting lists for secondary transfer, and indeed, with the forthcoming SATs. We have therefore organised a special session for each Y6 class with our Learning Coach, Lorraine Thomas, to have some time to explore this with the children. These sessions will take place before the Easter break.

KEY DATES

Monday 12th March

CLlr Jane Lyons presenting to school in assembly

Wednesday 14th March

4A class assembly – parents welcome. 9:10am Turney Hall
Online Safety Workshop for parents, 6:30pm Turney Hall

Friday 16th March

Music Mentors visit to the Royal Albert Hall 'Classical Spectacular'

ONLINE SAFETY WORKSHOP

We hope that many of you will come and join us on Wednesday evening (14th March) for our Online Safety Workshop. This is such an important area for us all to endeavour to keep-up with alongside our children, who in the main, are far more technically savvy than us parents! We are delighted that Gail Kent, who as well as being a Hamlet Mum, is also expert in this field and can provide us with a greater understanding of the challenges we all face in the online world, coupled with plenty of practical tips and resources that we can direct you towards.

The session will take place in Turney Hall, from 6:30 to 7:30pm and we will ensure there is time for questions.

Please RSVP via the school office if you would like to join us for this informative event, to assist us with knowing numbers. *(If you get a 'look-in' – check out the latest Hamlet Howl for an interesting debate on whether children should be allowed to access social media!)*

WEEKLY HOUSE POINTS

Topaz Water	Ruby Fire	Garnet Earth	Sapphire Air
			
94	117	116	85

PTA NEWS

Please save the date for our annual **PTA Race Night** which is going to be held on **Friday 27th April in Turney Hall**, further details regarding booking to follow shortly.

Many thanks for supporting our last cake sale a few weeks back, a fabulous £218 was raised.

The PTA have been/are fundraising for many school initiatives. Your generous donations via the PTA events have recently purchased a set of new picnic benches for outside the dining hall which are in the process of being installed. Over the Easter holidays, we are creating our outside extension to the library, 'Pickwick Courtyard', again from your kind donations. We are hoping that this will be a real 'wow' for the children when they return from the holiday.



GOING HOME ARRANGEMENTS

We recently wrote to our Y5/6 parents to ask for confirmation if your child has permission to walk home alone, whether this is the usual arrangement at the end of the school day/after school clubs, or just a few times a week, or indeed ad-hoc. If this is applicable to your child and you haven't already, please email the school office with this information.

We recognise that this will primarily be for our upper school children, but if you have a Y3/4 child whom you allow to travel home independently, please email with this information so that we can be clear with going home arrangements. Thank you.

HEALTHY PACKED LUNCHES

While the vast majority of our Hamleteers do access our school lunches, there are some children that opt to bring in a packed lunch. When we go out on day visits, we then ask you all to provide a packed lunch. We know that making a packed lunch that you can feel sure will be filling and healthy can be a real chore! So here are some low sugar, low salt ideas to liven up the lunch boxes and add some colour to the first few days of Spring: <https://www.nhs.uk/change4life/recipes/healthier-lunchboxes#5jBc6ZjYBrX8crf.97>

Dulwich Hamlet Spring/Summer 2018 Menu Week 3					
Food Heroes	Mediterranean	Family Favourites	Traditional	Global Adventure	Fun Day
Hot Main Dish	Pineapple & Pepper Pizza** with Jacket Wedges	Creamy Chicken Curry with Rice **	Roast Lamb with Roast Potatoes and Gravy	Beef Enchilada	Salmon or Cod Fish Fingers *** with Chips
Alternative Dish	Vegetarian Bolognese **	Mild Yellow Vegetable Curry	Country Vegetable Pie with Gravy	Cheese & Tomato Chimichangas	Jacket Potato Bar With various fillings
Vegetables	Peas Apple Slaw	Broccoli Carrots	Seasonal Cabbage Sweetcorn	Green Beans Roast Mediterranean Veg	Baked Beans Peas
Desserts	Mango Fro Yoghurt	Peach Crumble with Custard *	Wedges of Pear, Apple & Orange *	Chocolate and Gingerbread Bite	Strawberry Cheesecake
Jacket Potato with toppings, Cool Water, Fresh Fruit and Yoghurt served daily *Fruit Based **Wholegrain ***Oily Fish w/c 12/03 30/04 21/05 18/06 09/07					