

THE HAMLET HERALD



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

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NOTE FROM THE HEAD OF SCHOOL

It's been another jam-packed week in our vibrant calendar as it marches on towards the Easter break. We hope we are continuing to inspire the children with their learning, extra-curricular opportunities, character development and friendships.

Year 5 have been particularly busy with trips to the Horniman Museum and a wonderful 5F class assembly. Other highlights are shared on the pages below.

All classes have been completing their Spring assessments as teachers prepare Part 1 Reports (English and Maths targets) which will be sent to parents and carers at the end of this term.

Year 6 and parents of pupils on the SEN Register will also receive parent meeting slots this term, if you haven't already had one. The rest of the school's meetings will come at the start of next term. Please look out for the booking link and then make sure you attend – missed appointments will not be re-arranged.

This week has also seen sporting success with Dulwich Hamlet finishing in 2nd place in the Y5/6 School Cycling Championship at the Herne Hill Velodrome and our swimmers also putting in a top performance at the South of the River Gala – nearly everyone improved their times. Well done to all who took part.

And today the whole school enjoyed our Red Nose Day celebrations today as we raised money for Comic Relief through dressing up, telling jokes and Y3-led whole school dance and blind football. Please contribute via our [just Giving page](#).



KEY DATES

Blind football in Village today

Monday 24th March

The Nest *Resilience* Workshops – Y3 and Y4
5A Trip to the Horniman Museum

Wednesday 26th March

House captains to launch Easter Egg Competition

Thursday 27th March

Year 5 Girl's Football Matches vs Alleyn's 2.30pm

Friday 21st March

Parent & Carer Café – Social Media, 9am
The Nest *Body Image and Self-Esteem* Workshops – Y5 and Y6

HOUSE POINTS

Ruby Fire	Sapphire Air	Topaz Water	Garnet Earth
246	213	168	246

A WEEK AT THE HAMLET

Red nose day was a hoot...



On Wednesday, 5HB hosted 15 NCETM Maths Specialists from around the region. All successful maths leaders, like our own Charlotte Thornton

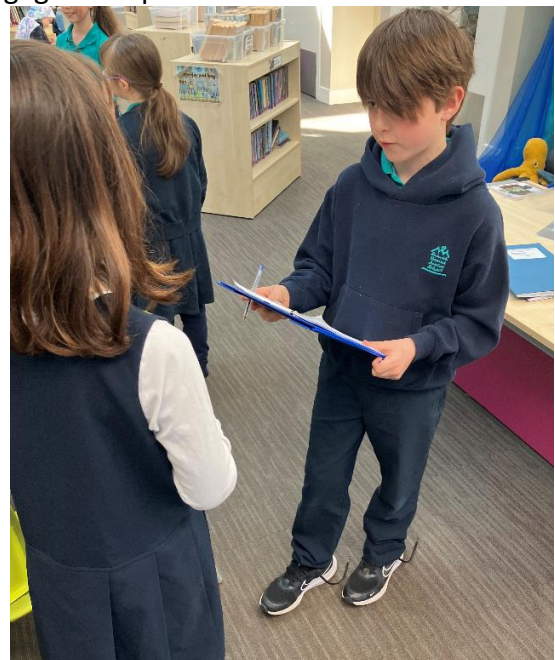
Smith, these educators are embarking on becoming hub leads; and Mrs Begley's lesson and 5HBs hard work was inspirational.



Ping-pong in the sun...



Pupils conducting a survey about a potential national Memorial for Queen Elizabeth II for our engagement partners *Kaizen*.



NON-VIOLENT COMMUNICATION

We are hoping that the good weather will hold and the children are aiming for a collective reward of a Marble Season in the coming weeks. Our whole school behaviour target is "Showing strength through words."



Our children are brilliant at independent problem solving and most of this flies under the radar of the adults. However, occasionally unkind or physical behaviour does occur in school and how children react in this scenario is key.

We want to teach the children that, as role models like Martin Luther King Jr, Mahatma Gandhi and Malala Yousafzai exemplify, true strength is shown through the power of words.

You can support us at home by adopting some of our school lexicon when addressing concerns. We can label emotion using the [zones of regulation](#) and it is the starting point of self-regulation and empathy. "What zone were you/they in?"

Another useful metaphor which we use with the children is the concept of the 'upstairs' and 'downstairs' brains. You may have heard of this as 'reptilian, mammal and human brain.' I am sure it is neurologically inaccurate, but the idea that we react instinctively with our fight or flight responses is useful for children struggling to cope with why they keep making mistakes in the heat of the moment. We know that full regulation of our emotions does not develop

until our mid twenties and, even then, humans do not always find it easy – as any car driver knows too well.

On Monday, we will introduce our three step non-violent response:

STOP – Take a deep breath. Count to ten. Remind yourself that fighting isn't the answer.

WALK – If you're feeling too angry, walk away from the situation.

TALK – Find a teacher, an adult, or a friend you trust and tell them what happened.

WORLD DOWN SYNDROME DAY

You may be aware that it is World Down Syndrome Day today. However, due to Comic Relief events in school today we are moving our celebrations to give this day our full attention and all the fun it deserves!

Therefore we will be celebrating World Down Syndrome Day on Monday 31st March.

This will be a day when all our children will be invited to wear their most colourful, craziest socks to school!

Wear your favourite socks as we celebrate everything that makes us different, and yet the same.



We will start the day with raising awareness in an assembly and then in classes sharing more information, showing off our socks and colouring competitions.

For more information about how to mark this day yourselves, [please visit the website here](#).