

# ELEANOR PALMER WEEKLY NEWSLETTER

## SPRING 2022 - Whole School Newsletter 19

Thursday 10th February 2022

**Ask your child about...** mental health and our theme this week of 'growing together'. Even when we feel like things are not going right in our lives, we can continue to develop and grow – just like the tree can grow even when the conditions aren't quite right.

### TOMORROW

#### 9-10am Shed Talk - Online Safety

Mary Rebelo, Camden Online Safety & Computing Consultant, will host this talk. We have had fantastic feedback on this session in the past. Mary has invaluable advice, not only on keeping safe online, but also on how to have positive conversations about screen time with your child. There will be plenty of practical tips! All welcome.

**Next week school is closed** for our half term holiday. The school opens again on Monday 21st February.

### MONDAY 21ST FEBRUARY - FRIDAY 25TH FEBRUARY

We host a **Scholastic Book Fair** all week in Juniors before and after school!

#### Monday 21st

8-8:50am Year 5 and 6 Dodgeball / Gymnastics Club  
3:30-4:30pm - Football development for Juniors

#### Tuesday 22nd

8-8:50am - Year 1 and 2 Gymnastics Club  
3:30-4:30pm - Football Squad training

#### Wednesday 23rd

8-8:50am - Parent-led Basketball Club Years 3-6. See over  
**Year 1 trip** to the John Soane Museum  
**Year 6** visit RAF Hendon  
Year 3 and 4 - The Place Dance Company workshop in school

#### Thursday 24th

8-8:50am - Year 3 and 4 Dodgeball / Gymnastics Club  
Year 4 Science and DT workshop in school with Mike and Cindy, who built our amazing science playground. The first of four sessions!

#### Friday 25th

8-8:50am - Year 3-6 Girls Multi-Sports Club  
9-10am - **Shed Talk** - Supporting your child to develop Positive Mental Health  
Year 6 have an Absolute Theatre workshop  
Year 4 have a Science and DT workshop – second session  
3:30-4:30pm - Gymnastics Club - Year 3-6

#### World Book Day and Scholastic Book Fair

In the run up to **World Book Day on Thursday 3<sup>rd</sup> March**, we have a Scholastic Book Fair every day in the Junior resource area, starting after school on Monday. On World Book Day itself we encourage dressing up, but this is optional, non-competitive and there are no prizes. Dressing up just adds to the fun of the day and we will have plenty more WBD plans to share after half term!





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**Children's Mental Health Week**

This week is children's mental health week and we have focused on the theme of 'Growing Together' and ways we can help to develop positive mental health. This theme will be continued after half term and we have a **Shed Talk** for parents on **Friday 25th February** 9-10am which will focus on practical strategies to reinforce resilience and positive mental health.. If you are interested in finding out more about these issues, the following links are very useful:

[https://www.dropbox.com/s/n9uow064v0ijgr7/CMHW\\_Growing%20Together\\_Parents&CarersTips.pdf?dl=0](https://www.dropbox.com/s/n9uow064v0ijgr7/CMHW_Growing%20Together_Parents&CarersTips.pdf?dl=0)

<https://citymha.org.uk/docs/CMHA-PARENT-CYP-MH-TOOLKIT.pdf>

**Newsletter survey**

Thank you to everyone who has completed this anonymous survey. We are reviewing how we communicate with you via the two weekly newsletters that are sent home each week. These take a lot of time and care, so we want them to be useful for families to keep you informed of news, forthcoming events and dates, and to support children's learning and experience at EP. If you haven't already done so, we would love it if you could take a moment to complete this survey following the link below or via the QR code. Thank you.

<https://forms.gle/DXf15btyem3w12Eu9>



**Parent-led Basketball Club – help needed!**

A group of parents run this brilliant club for Juniors before school every Wednesday. The club is increasingly popular and we need more parent helpers please. Enthusiasm and time is needed rather than great knowledge of the game. If you can spare time on Wednesdays from 8am – ideally at least every other week – please get in touch with Tania. Thank you!

**Thank you**

To Francis (Ariella and Rose) for donating bird feeders for use around the playground. See if you can spot them in the bog garden, in the cherry tree by the compost heap and around the main playground. Francis has also tipped us off to listen out for a blackcap warbler who has been singing in the hedges in the morning. EP really is a wildlife haven!

To Thomas Inglis in Year 1 for this week's border design.

**Congratulations**

To all of Year 4 for a wonderful performance in their Strings Concert today. Their first chance to share their musical talents in front of an audience. We are incredibly proud of them.

**Half Term Activities**

It's not too late to sign up to Coach Martin's club during half term. Book using this link <https://forms.gle/mSQxfzARheqpXBY88> or email [Prorevolution.development@gmail.com](mailto:Prorevolution.development@gmail.com)

There is lots going on at the Imagine Children's Festival on the South Bank with music, performance, workshops and activities. Much of it is free! <https://southbanklondon.com/imagine-children-festival-guide-2022>

There are also free children's science events at The Crick <https://www.crick.ac.uk/whats-on/public-events> and a bit further afield, but for something a little different, a free light installation at Battersea Power Station <https://batterseapowerstation.co.uk/whats-on/detail/light-festival-2022>

We have many artists at EP, and this half term is perhaps a chance to create some art for The Royal Academy Young Artist Summer Show? <https://youngartists.royalacademy.org.uk/submissions/1> Last year Stelena in Year 1 was an exhibited artist!

As always, after a busy six weeks in school, do take time to rest, read, play games and enjoy family time. Have a wonderful half term holiday!

With best wishes,

Sally Hill and Natalie Stevenson.



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