

Takeover Challenge 2020 – The Right to be Heard!

Following a very successful **World Children's Day** last week, our Year 5 and 6 school councilors have continued to exercise their right to be heard, taking part in the **Camden Takeover Challenge** with 8 other primary and secondary schools in Camden. On Thursday, the school council took part in workshop to **explore the issues of mental health and the impact on children in lockdown**.

Today they presented their **views to an exciting zoom panel of Camden Councilors and Leaders**, including the Mayor, Executive Director of supporting people and the Director of Public Health. **We are incredibly proud of the children who spoke with such confidence and passion about the needs of children in their school and community.** They gave Camden some clear messages about mental health and what they need to learn well, stay safe and healthy. Amazing work! Huge thanks to Tiggy and Laura for supporting this project!



Race to Health – Some Healthy Competition!



Well - we have made an impressive start to the Camden Race to Health. Brecknock have already logged an amazing **40,385 minutes and are currently in 2nd place at the end of the first week!** This is an amazing effort from all the children and staff. Thank you parents for helping your children to log all of their physical activity. **A huge well done to Class 6Y who are currently out in front as the most active class, followed closely by 5B.** We hope you keep active over the weekend as every minute counts! Torriano are out front in 1st place but with a very slim lead. It is going to be a close one! **Keep going Brecknock!**

Parent and Governor Elections

Last week, I wrote to you regarding the outcome of the parent governor elections. There were **two positions for parent governors open for election to the board.** I would like to congratulate **Valerie Khalid**, who has been also been elected, unopposed as a Parent Governor. **We welcome Valerie to the Brecknock Primary School Governing Body**, as a parent who is actively involved and committed to building a strong community at Brecknock.

Keeping Safe

Please see the **Camden COVID weekly update attached to this newsletter.** On Wednesday 2nd December, we see the end of the national Lockdown and London return to **Tier Two restrictions.** Please ensure you follow the guidance **and continue to take precautions such as maintaining strict hygiene measures and wearing face coverings when required.**

Winter Fair – Festive fun at last!

As we enter the festive month of December and emerge from lockdown, it is a great opportunity to come together in a safe way in our community. **Brecknock and Torriano schools are holding a winter fair on Saturday, 12th December 12-3pm.** Huge thanks to those parents who have volunteered to run a stall outside their home or in the community. **Please watch the film and check out the poster and map to find out details for the day.** We hope that all of our families will support the schools and visit stalls for some great food, festive games and gifts. Even Santa has a stall or two! **We ask that all families keep to the restrictions, limiting to groups of 6 from other households, when enjoying the fair.** I will also be announcing the raffle virtually on Monday 14th December! Please see page 8 of this newsletter for details.

Helen



D A T E S

FOR YOUR DIARY

Saturday 12th December
- Winter Street Fair

Friday 18th December
- END OF TERM

Monday 21st Dec - Friday 1st Jan 2021
- Christmas Holidays - school closed

Monday 4th January 2021
Start of Spring term - school reopens

Thursday 11th February 2021
Last day of Spring 1st Half Term

Let's Recap!

After School Clubs:

If you have an interest in After-School clubs for the Spring term, please visit: smartsurvey.co.uk/s/T1AFJ6

Winter Street Fair:

On Saturday 12th December will be hosting a Winter Street Fair, if you would like to sign up to take part or to help out, please email brecknockpta@gmail.com

Christmas Lunch:

If your child would like to enjoy Christmas Lunch on Wednesday 16th December (if they are not usually school meals) please complete the survey here:

<https://www.smartsurvey.co.uk/s/brecknockchristmaslunch/>

Wellbeing Tip of the Week -

Practice "radical self-acceptance"

"Radical self-acceptance" is the ability to accept everything about ourselves and our life without question, blame, or disappointment. We are all doing the best we can in these challenging times so it's about time we take some of the pressure off ourselves.

This week, let's manage our expectations about what is achievable right now and be proud of all of the things we are doing each day, however small they may seem!



Meet The Staff - Victoria Price



This is Victoria, who started here at Brecknock in September this year. She has two children, Florence and Martha and she is currently working in our reception classes.

She would love to live in The Dorgone in France and on a karaoke night out, you would catch her singing west end musical songs. Victoria is currently trying to learn French and loves eating Thai red curry. Her favourite animal is a cat, which she would happily turn into one tomorrow, so that she could laze around all day.

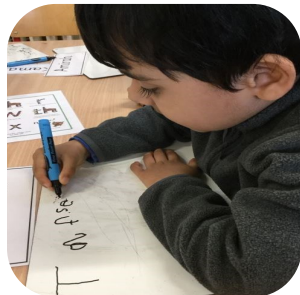
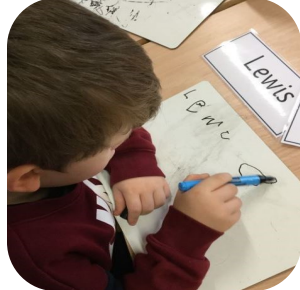
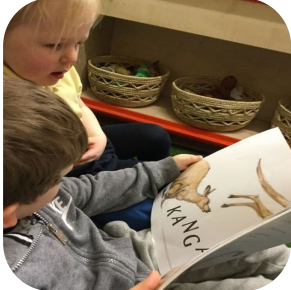
Her hero is Anne Boleyn, she would rather go on a roller coaster than a bungee jump and would rather be friends with Superman than Spiderman.

Given 3 wishes, she would want to be happy, healthy and to visit Disneyland whenever she wanted!



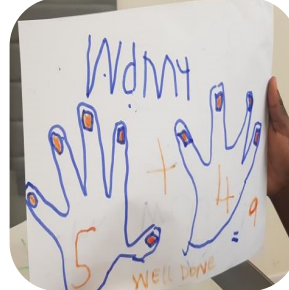
Those that have been in Butterflies this week have been working so hard on their numbers, reading and handwriting.

Tanit and Geraldine have been so impressed with them all and can't wait to have the rest of the class back in school on Monday.



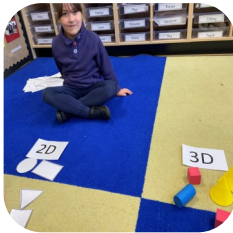
Reception

Welcome Back Reception Classes! We are so pleased to see you again today. We are also pleased to have seen all the fantastic work that you have been producing at home too. From practicing counting, learning all about different coins and tracing them to sorting out toys from biggest to smallest.



Year 1

Year 1 have been working so hard on their 2D and 3D shapes this week during their maths lessons.

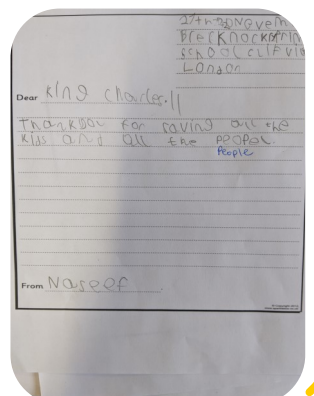
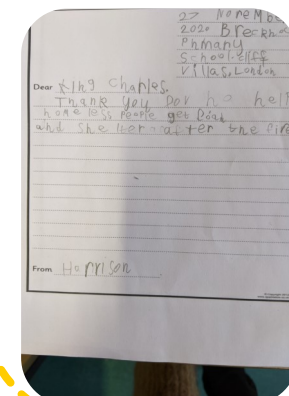
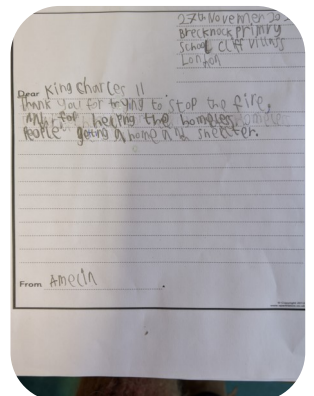
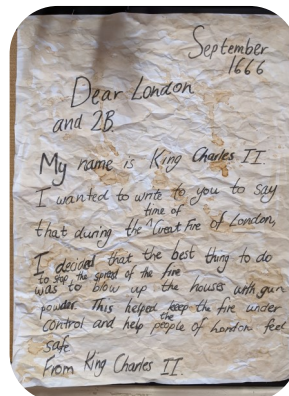


They have also been making some fantastic musical instruments for their music shop.



Year 2

Year 2 have been talking and learning about King Charles II this week. A letter from king Charles was sent to class and the children wrote letters back.



Year 3

Year 3 have become geologists this week, sorting out rocks according to their physical properties.

They learnt new vocab such as 'friable' (crumbly) and 'lustre' (shine).



They have also been thinking about Mental Health and made this poster for their classroom.

How to cheer ourselves up when we are feeling down



Get some fresh air

Relax

Hang out with your friends or family to someone about your problem

Listen to your favourite music

Read a book

Year 4

Year 4 have had an exciting week learning all about the Water Cycle. They were shocked to learn that they could possibly be drinking the same water as King Tutankhamun, woolly mammoths or even the first humans.

They have been busy creating their own water cycle models and are looking forward to analysing the results of their investigations.



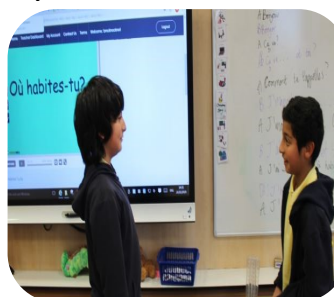
Year 5

Year 5 have been working so hard to pace themselves with the Daily Mile. They are determined to keep on going!



Year 6

Year 6 this week have been learning how to present themselves in French. They can now introduce themselves, commenting on their names, ages and where they live.



We have a wonderful video to share with you, from our EYFS classes! It is a wonderful video showing our Nursery and Reception classes. We hope that all those in Nursery will stay and join us for Reception in 2021. If you have friends or family with children who will be starting Reception in 2021, please share it with them.

youtube.com/watch?v=yuLHDyfo77U&feature=youtu.be

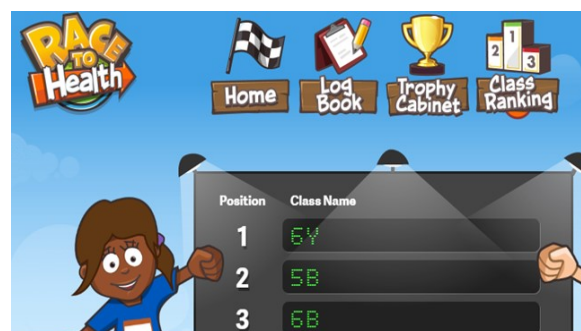
WELL DONE SOFIA!

Congratulations to Sofia in Year 3 who won the first '**Stay Active With Sustrans**' weekly challenge with her beautiful poster promoting active travel. Well done to all the other entrants who created these brilliant posters. Sofia won a scooter! To enter this week's challenge and to be in with a chance of winning a prize, see page 9 of this newsletter.

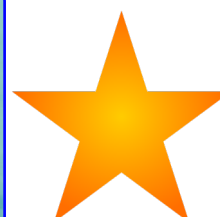
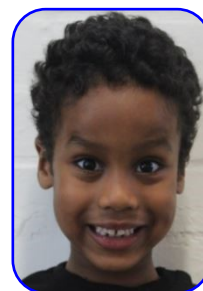
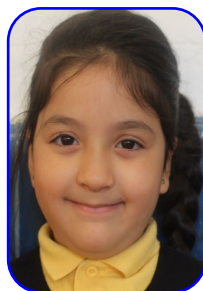


Race To Health

6Y are currently leading in the inner-school competition. With 1 week left who will win? Don't forget to add in all your walking and activities!



Here are our stars of the week!





Athlete and PE Stars of the Week

For those who have shown resilience and have put in all their effort into the Daily Mile and P.E. lessons.



THE GOLDEN LOCK!!!

The Golden Lock



The Year 5 Bike It Crew are working hard to try and promote active travel to and from school. Each week they will be putting the 'golden lock' on a random bike or scooter parked at school. If the golden lock is on your bike or scooter please go to the office to collect the key and retrieve your prize!

Children who walk to school everyday will also be eligible for prizes!

Join us for our Festive Street Fair!

We also have a great promotional video to share with you.

Please visit youtube.com/watch?v=FHYGyXyQxRQ to watch it.



Festive Street Fair

Saturday 12th December

12.00 - 3.00pm



Sponsored by  **keatons**

Bringing our community together!



Street Stalls...

Savoury & Baked Goods

Games & Crafting for all

Bric-a-brac & Toys

Seasonal gifts & Bargains galore!

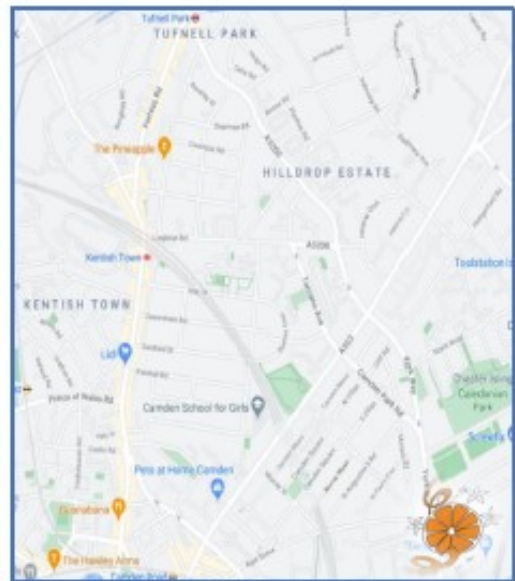
Raffle tickets on sale – draw to held on 14th Dec online at Torriano

Meet others in the community & have a natter

Visit Santa Claus in St Luke's Church Gardens



Scan the QR code above for full details on interactive Google Map or go to: bit.ly/tsbsmap



Grab lunch at one of our stalls and bring your own cups and food containers!

Donate at justgiving.com/campaign/FestiveStreetFair2020 or scan the QR code here:



PLEASE PRACTISE SOCIAL DISTANCING AND STAY SAFE



Torriano Primary School Parents Teachers Association Charity number: 1147798 & Brecknock Parents



Dear Parents and Carers,

We are glad to say that we are DEFINITELY on for the Winter Festive Street Fair on **12th December from 12-3pm**. We were very positive that it would happen which is why we continued with planning for it and we are ON!

Tier 2, rule of 6 people gathering outside applies.

We are hoping that you will share the video and poster, which have been lovingly made by parents at both Brecknock and Torriano. Feel free to share it with anyone you think that might want to come and also post it on social media too. Our Festive Street Fair is for one and all in the community!

We are doing well with raffle prizes, but could still do with a few more. Just to let you know that the raffle will not be drawn on the day of the fair, but will instead be drawn by Helen on Monday 14th December and this will be streamed online.

Please note that **there will be raffle ticket books in your children's book bags with a money envelope next week** and a text will be sent to you to remind you to find them and if you want, purchase some tickets and then hand in the envelope to a teacher. We will also be selling tickets on the day of the street fair.

If you do not want to purchase tickets, please could you return them to the teacher and they will be passed on to us at the PTA to be sold on stalls at the street fair.

St. Lukes's church (Busby place) will have a few stalls, including Santa and a toy stall!

If anyone can donate toys for the toy stall, please let us know at brecknockpta@gmail.com

Camden Square will have some stalls and also someone from the Woodland Trust will be giving out free saplings (young trees). There will of course be lots of other stalls in the local area!

If you want to set up a stall or if you can help put up posters and put some flyers through doors or want to put one up in your window for passersby to see, please let us know too at brecknockpta@gmail.com

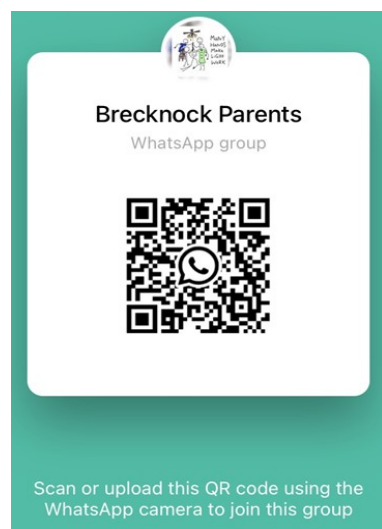
Trees will arrive on 4th December, so you will be able to pick them up after school. If you have bought a tree, you will have received this information.

If you have any queries or suggestions relating to the street fair, please get in touch and to let you know, there will be a Zoom PTA meeting next week at some point, please let us know if you would like to join in!

Remember to create your Year/class WhatsApp group and decide on one parent representative who will join the main Brecknock Parents group. Let us know by emailing brecknockpta@gmail.com, we are here to help you building a stronger community.

Many thanks and have a cosy weekend,

Brecknock and Torriano PTA





The climate crisis affects us all. Every week we will be offering a suggestion for a positive climate action you can take yourselves, as part of the bigger changes we need to make as a global community.

Action 3: Reduce the amount of meat and dairy in your diet. You could do this by having a meat and dairy free day a week or ensuring your lunches are plant-based and only eating meat or dairy at dinner time. Try replacing meat with plant proteins like beans, pulses, nuts or meaty mushrooms.



Meat and dairy production takes up a whopping three quarters of all the available agricultural land in the world and causes 14.5% of planet-warming gases. Rainforests are being chopped down to make space to grow soya which is mainly fed to poultry and factory-farmed pigs. As well as being healthy for our planet a plant-based diet is good for your health, reducing your risk of diseases such as heart disease and type 2 diabetes.

Stay active with Sustrans



Win a
fantastic
prize!

Week 2: Natural Bike art

The Challenge

On the floor make bikes and scooters and active travel art out of leaves and twigs and stones in the park!

How to stand out

We're looking for creative uses of things you can find in the park. Think about different colours, materials, textures. Lay your design out on the floor and take a picture!

How to enter

- Send your picture to your school champion via email:
h.wedmore@brecknock.camden.sch.uk (get your parents to help)
- Upload a video or picture of your work to Twitter using the hashtag:
[#stayactivewithsustranslondon](https://twitter.com/stayactivewithsustranslondon)
- If you have a nature play area in your school do it there and ask the school champion to take a picture!



Deadline

Send your picture to the school champion by **next Monday** to be in with a chance of winning.

What happens if I win?

- We will announce the winner **next Wednesday**
- Your school champion will let you know and award you the prize!
- Your entry will be uploaded to our Twitter, [@SustransLondon!](https://twitter.com/SustransLondon)

What happens if I don't win?

- There's still a chance your entry will appear on our Twitter page. We will be putting some of our favourites up throughout the week, so keep your eyes peeled!
- This is a weekly challenge so there will be plenty of opportunities to take part again. Look out for our next challenge which will be announced **next Monday!**



Share your clips + photos!

Click on the twitter logo to go straight to our twitter page



[#stayactivewithsustranslondon](https://twitter.com/stayactivewithsustranslondon)

Supporting Children's Wellbeing

A short guide for Parents and Carers

Over the last few months, we have had to adapt and adjust our lifestyles and routines in response to the coronavirus and lockdown.

Now, the return to school has brought about another aspect of change and uncertainty. These tips have been suggested to help support your family's wellbeing and the return to school.

Managing Different Emotions

Acknowledge anxiety and other feelings by saying things like:

- "I can understand why you feel worried"
- "I noticed you didn't play with your friend, is anything on your mind?"
- "Thank you for sharing that with me, you are being really brave."



Create a safe space to talk by:

- Spending quality time with your child so they have your full attention
- Using eye contact to show you're listening
- Doing an activity with your child to make it easier for them to talk



Encouraging creative coping activities:



Keeping a Healthy Lifestyle for all the family



Reminding children to have healthy habits:

- Regular meals that include fruit and vegetables
- Daily exercise
- At least 8 hours of sleep each night
- Limit screen time, especially in the evenings and encourage more play and reading time

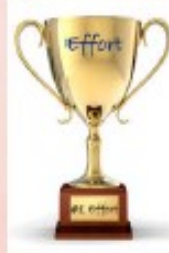
Helping Children Build Resilience

Praise the effort your child has made, rather than the final outcome:

- "I can see you worked really hard on that drawing"
- "You spent a lot of time on building that tower, I'm proud of you!"

Encourage your child to keep trying and learning from their mistakes:

- "You don't know how to do this YET, but keep going and you will."
- "It's OK to make mistakes, that's how you learn"



Support for Parents:

- <https://www.mentallyhealthyschools.org.uk/resources/?Audience=ParentsAndCarers>
- <https://youngminds.org.uk/find-help/for-parents/>
- <https://www.mentalhealth.org.uk/publications/make-it-count-guide-for-parents-and-carers>

CHRISTMAS LUNCH

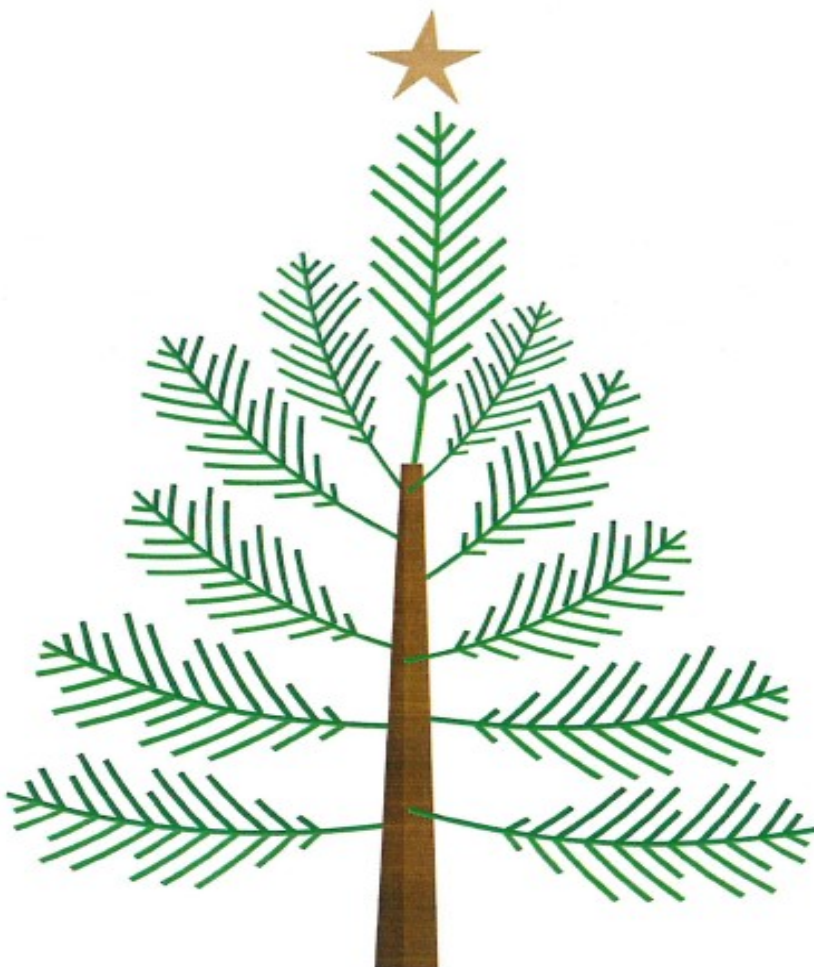
We are pleased to announce that our Christmas lunch will take place on
Wednesday 16th December.

If your child is not normally school dinners but would like to have the Christmas lunch,
please complete this survey and we will add your child to the list -

smartsurvey.co.uk/s/brecknockchristmaslunch

We need to have final number by Friday 4th December (next week).

Christmas Menu



Roast Turkey

Feta, Spinach & Cranberry

Puff Pastry Roll

Roast Potatoes, Chipolata

Sausage

Stuffing, Gravy

Brussel Sprouts

Peas

Carrots

GingerBread Biscuits

Ginger & Orange Sponge

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feeding the imagination