

## Coronavirus Update

As we end week five of lockdown, **the general picture in Camden is encouraging**; with Public Health reporting a current decline of infection rates in the borough and the lowest rates recorded in all London boroughs. **However, it still remains hugely important we follow lockdown rules to ensure this continues.** Another positive note is that Camden have made great strides with their vaccination programme and are already vaccinating the over 60s with further capacity for 1000 vaccinations per day in a new dedicated centre at the Crick Institute.



We are currently reviewing our **risk assessments in preparation for the 8<sup>th</sup> March**, hopeful that the current downward trend of infection continues and we can welcome the children back. I will keep you updated on how this will work, (full return, phased return etc.) as soon as I receive the guidance from the government.

**You will find the Camden COVID update attached to this newsletter.**

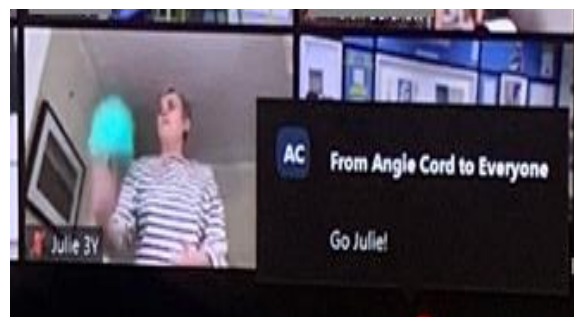
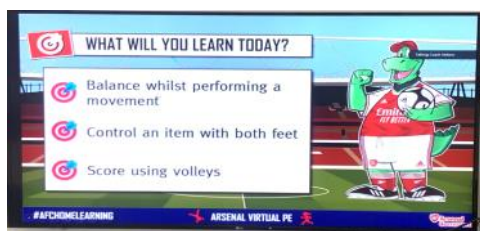


## National Children's Mental Health Week

We have enjoyed a week focusing on wellbeing and learning about the importance of looking after our mental health. Lessons across the school focused on kindness, gratitude and resilience as well as understanding and focusing on our feelings. See pages 9 - 11 for more details.



On Wednesday, we joined children around the world for Inside Out Day, with the first mental health festival, Now and Beyond. There were many opportunities to talk about mental health issues throughout the day, including workshops with professionals, mindfulness sessions, art and extra exercise with Tom and Arsenal!



Today, we finished the week with 'Express Yourself Day'. Children and staff were dressed in the colours of the rainbow and enjoyed sharing their creativity with one another.  
A much-needed lift!





## Daily Mile Challenge

Despite a fantastic effort from Brecknock, Torriano came back stronger this week to take back the lead. The 'healthy competition' will motivate us all to get active and go for it next week! **Well done 5B, who seem to be reigning champions of**

**fitness in Kentish Town!**

DAILY MILE CHALLENGE WEEK 3			
1390 MILES		784 MILES	
277 PARTICIPANTS		147 PARTICIPANTS	

## Safer Internet day

On **Tuesday 9th February**, it is **Safer Internet Day**. This year's theme is: **An Internet We Trust**: Exploring reliability in the online world. There will be live lessons, assemblies and a host of activities to support the children's understanding of using the internet responsibly.



## Half Term and Friday INSET Day 12<sup>th</sup> February

We look forward to the half term holiday from the **15<sup>th</sup> to the 19<sup>th</sup> February**.

The school will be closed for an INSET Day on the **12<sup>th</sup> February** and all online learning will cease until **Monday 22<sup>nd</sup> February**.

The winter voucher scheme is available for eligible families and will be sent directly by the Local Authority. Please visit <https://www.camden.gov.uk/free-school-meals> to check your eligibility.

Please enjoy the time with your family, hopefully with some time together outside, screen free, following the current guidance and keeping safe.

Have a restful and safe weekend.

Helen Bruckdorfer





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

Friday 12th February 2021  
**INSET Day - school closed**

Monday 15th - Friday 19th  
February 2021

**Half Term - school closed for  
all children as usual.**

Monday 22nd February 2021  
First Day back for those children in  
school.

A huge THANK YOU to the Co-Op Group for donating **£250.00** to our Winter Festive. And another thank you to the Co-Op Food store on North Road for organising the donation. We are so grateful.



## Wellbeing Tip of the Week -

### Reach Out For Help

It is not always easy to ask for help or to reach out to others in times of need. However, asking for support can help us to put things into perspective and gives us time to explore and process some of our feelings. Having a supportive ear also promotes a sense of belonging during challenging times and reminds us that we are not alone. Try to find someone you feel comfortable with, who you know can give you the support you need and be honest with them about what's going on for you. As hard as it may seem at first, you'll feel great once it's off your chest.

**Remember, people love to help others!**



Reach Out  
For Help.  
You're Not  
Alone.

## Sign Of The Week:

CALM





After reading 'Mad about Minibeasts', the children used playdough to create their own minibeast models. After reading 'The very hungry caterpillar', they raided their cupboards and fridges making decisions about which foods were healthy and which foods were not. The children did a superb job with this although needed a little bit of help understanding that just because we like certain foods, does not always mean they are healthy for us. They have also practised learning letter sounds.

This week we learnt - i, n, m and d.



This week in maths, Reception have been learning all about the vocabulary related to time. They have acted out their morning, afternoon, evening and night routines and even used their favourite teddy bears. Reception have also had lots of fun in literacy this week. They complete a 'Who Am I?' writing challenge and used their phonic skills to write sentences about a character from the 'Little Red Riding Hood' story and their friends had to guess who they were.

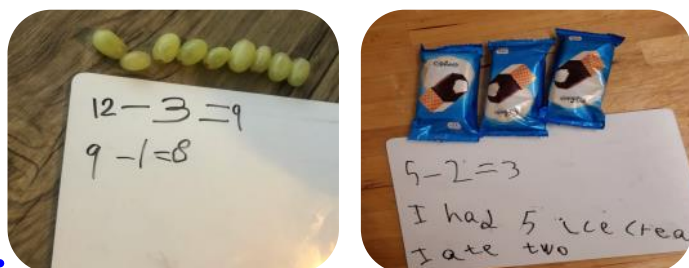


## Year 1

Year 1 have been talking about their hopes and dreams for the future and about how they feel. They even made worry dolls to take away their worries and grateful rainbows (see page 9 for more photos).



They have also been using food to help them learn how to subtract!



## Year 2

Year 2 have been drawing some wonderful rainbows this week and writing down something that they were grateful for on each colour, (see page 9 for more photos). They have been making a models of habitats for all types of different animals.





Year 3 have been learning about historical people in British History, including Mary Seacole and Florence Nightingale. They explored the things that they had in common, despite being from different parts of the world.

They have also been making news reports for the book 'Charlotte's Web'.

## THE DAILY NEWS

MAINE'S FAVORITE NEWSPAPER

Since 1907

### WEB FROM GOD SAVES PIG'S BACON

By Kaiden Branford-Preece.  
A mysterious web this morning at Zuckerman's farm.



Wilbur a miracle pig sent from heaven with the sign of God.

This morning on the 6th of July a shocking discovery was made by Lunny Tailor. "What discovery?" you might ask. Well this discovery was at a little farm owned by Mr and Mrs Zuckerman. The discovery was of a web sent by God to save a lovely pig called Wilbur who was going to be killed at Christmas. You can see him and the amazing web down at the Zuckerman's farm.

The web was a record breaking 60cm long with an amazing message on it, the words were "SOME PIG", and as seen from the picture little Wilbur stood under it.

We are sure it is a message sent by God to save this little pig Wilbur from being killed. If it from him then where is the spider that wanted to help? If you don't believe this miracle, go to the farm see for yourself. This the biggest story to have happened in our little town. You must get yourselves down to the farm to see for your own eyes.

When speaking to Mr Zuckerman he had told me "Wilbur was a runt of a litter and that's why he was due to die". Could this celebrity be saved by the miracle web?



## THE DAILY NEWS

MAINE'S FAVORITE NEWSPAPER

Since 1907

### UNBEWEAVEABLE WEB FOUND AT LOCAL FARM

By Sofia Pospisil-Muir.  
A mysterious spider web found on Zuckerman Farm this morning.



The miracle web was glowing in the sun this morning.

At 6am this morning, Lunny the local farmer found a spider's web that says "some Pig". He was shocked to find a spider web that seemed to be a sign from God. He was not sure if it was real, so he went closer and he found out it was real. Lots of people came to see it and Wilbur the miracle pig.

Mr Lunny was so very shocked to see a spider web that was sparkly, it gave him

a sign that the little pig was magical. Some people say it is just a spider that is friends with the pig and not friends with the flies. People think that Wilbur did it also.

Wilbur is a pig that was the runt of the litter of pigs. Fern Arable, niece of the Zuckermans, was brave and save little Wilbur's life. She raised him by an milk bottle as if he was his mother. But a dark secret that Fern did not know was that the Zuckerman's farm and Fern's dad was

In Literacy this week, Year 4 became reporters during the time of Mount Vesuvius's eruption! They used drama to help get into character and to be able to visualise the immense destruction caused to Pompeii.

Close your eyes and visualise.



You are a reporter from a local village. What did you see? What did you hear? How did you feel?

Despite all, you knew you had to hurry to Pompeii to report what happened.

You travel there. What awaits you?

Fortunately, some people have survived and you decide to interview them.

I was walking in my village near Pompeii when mount Vesuvius erupted.

First, I heard a Defaning sound. It sounded like a monster roaring.

I looked up and saw fire and ash erupt from the mountain furiassully like a... Livid dragon breathing fire

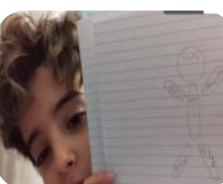
Next, I saw rivers of lava flowing quickly down the hillside.

I was terrified for the people of Pompeii when I saw... Clouds of ash covering the sun the day tured black

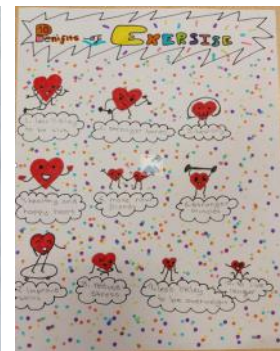
I felt pettrified could feel the air become burning instantly.

I knew I must try and help, so I ran rapidly towards Pompeii.

Year 5 have been stopping to check in with our bodies. How did they feel in their body in that moment in time. Some children felt awake in their head, but wobbly in their legs, and warm in their hearts. They also had a birthday in the class and all sang together! They were also challenged with an outdoor activity of writing a message in Anglo-Saxon Runes! Can you decipher the messages?

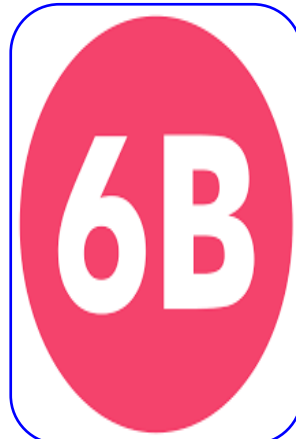


6Y have been learning about the human body and how they can keep it healthy. They learnt about their hearts and how exercise is so important for a healthy heart. Children then made posters to encourage a healthy lifestyle.





★ Here are our stars of the week! ★





Fantastic effort this week from both Brecknock and Torriano. We had over 400 entries (!! ) and we ran a combined 2174 miles this week! **Congratulations to Torriano** for winning Week 3 of the challenge and clocking up a total of **1390 miles**.

Well done to **5B** Brecknock for being the winning class , out of both schools, for the **third week in a row**, with a total of 143 miles.

DAILY MILE CHALLENGE WEEK 3	
	
1390 MILES	784 MILES
277 PARTICIPANTS	147 PARTICIPANTS

DAILY MILE CHALLENGE WEEK 3	
ADULTS	
SCHOOL STAFF 	TORRIANO STAFF 131 MILES
PARENTS/CARERS 	TORRIANO PARENTS 169 MILES

DAILY MILE CHALLENGE WEEK 3	
WINNING CLASS 	
MILES	5B 143 MILES
PARTICIPANTS	6B TORRIANO 25 PARTICIPANTS

The weekly challenge results are as follows:

**Week 1 Winners** - Torriano    **Week 2 Winners** - Brecknock    **Week 3 Winners** - Torriano

Remember Brecknock Parents, you can join in too. Look out for our Parent Hub Message which will be sent out next Thursday with the link, so that you can submit your daily miles too!

Lets see if Brecknock can win **Week 4, which is the FINAL WEEK**.

Well Done to Tom for winning his first week against Carmen (Torriano's Sport's Coach), in their individual competition. Keep it up Tom!



Class ranking		
Rank	Class	Miles
1 <sup>st</sup>	5B	143 miles
2 <sup>nd</sup>	6Y	112 miles
3 <sup>rd</sup>	Parents	85 miles
4 <sup>th</sup>	Staff	74 miles
5 <sup>th</sup>	1B	73 miles
6 <sup>th</sup>	4B	72 miles
7 <sup>th</sup>	5Y	61 miles
8 <sup>th</sup>	2B	45 miles
9 <sup>th</sup>	4Y	40 miles
10 <sup>th</sup>	3Y	34 miles
11 <sup>th</sup>	6B	30 miles
12 <sup>th</sup>	2Y	15 miles
13 <sup>th</sup>	3B	0 miles
14 <sup>th</sup>	1Y	0 miles

Class ranking		
Rank	Class	Participants
1 <sup>st</sup>	5B	24 participants
2 <sup>nd</sup>	6Y	21 participants
3 <sup>rd</sup>	4B	14 participants
4 <sup>th</sup>	Parents	14 participants
5 <sup>th</sup>	5Y	13 participants
6 <sup>th</sup>	Staff	13 participants
7 <sup>th</sup>	1B	13 participants
8 <sup>th</sup>	4Y	9 participants
9 <sup>th</sup>	2B	8 participants
10 <sup>th</sup>	6B	8 participants
11 <sup>th</sup>	3Y	7 participants
12 <sup>th</sup>	3Y	7 participants
13 <sup>th</sup>	3B	0 participants
14 <sup>th</sup>	1Y	0 participants





**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 9: Repair your clothes.** If you've got holes in the knees or elbows of your clothes sew on a patch. Choose your favourite fabric and make it a design feature! To mend holes in knitted jumpers or socks learn how to darn, there are lots of [youtube](#) videos to teach you and it's easier than you think.



Repairing clothes extends their life and will save you money as you buy less new clothes. The fashion industry is responsible for 10 % of annual global carbon emissions, more than all international flights and maritime shipping combined. Don't let your clothes end up in landfill. Even if your clothes are beyond repair it is still worthwhile donating them to clothes banks or charity as the scraps will be recycled as stuffing.

**Congratulations to Henny and her helpful school gardeners, we have been awarded Level 4 in the RHS School Gardening Awards.**

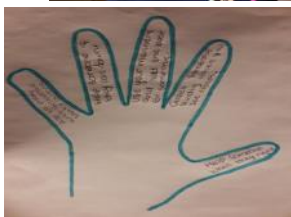




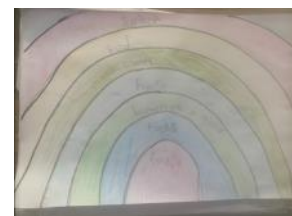
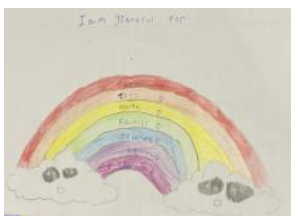


This week we joined in with Children's Mental Health week, which at this time in our lives it is crucial to support our children's and our own wellbeing.

Brecknock children have been taking part in various activities, including drawing rainbows - writing on each colour what they are grateful for. Some children have been making worry dolls to help take their worries away. On Wednesday staff and children wore items of clothing inside out, to show support that what we feel on the inside matters too. On Friday, children were encouraged to 'Dress To Express', by wearing bright colours to express happy feelings and thoughts.



We made gratitude jars.  
Here are some things 3B are grateful for!





Here are some wonderful acrostic poems from children in Year 4 on kindness.

Kindness everyday  
In every type of way  
Never be rude  
Do it for a smile and change a mood  
Nice is the way to be  
Even if you can't see  
Sometime people need you smiles  
Smiles can be seen from miles.

KISSES FROM ME TO YOU  
IN FAMILY AND FRIENDS WE TRUST  
NEVER SAY NO TO HELP  
DETERMINATION GIVES US HOPE  
NEVER GIVING UP  
ETERNITY OF PEACE AND LOVE  
SHARING IS CARING  
SOMEONE SPECIAL WILL ALWAYS BE THERE





## Tips For Parents and Carers

When children are able to find a creative way to share their feelings, thoughts or ideas, it can help them to feel good about themselves and who they are. Children can do this through many different ways such as art, music, writing, poetry or even dance.

### WHAT CAN YOU DO?

Here are a few simple ways you can encourage your child to express themselves.

1. Could you build on existing interests or passions? Think about what has helped them get through the past year. A love of dancing? Baking? Drawing? Fashion? Encourage your child by noticing their unique interests and praising their efforts.
2. Trying new things can be a great way to find a new creative outlet. There are lots of online tutorials and video demos that you and your child could be inspired by... could you try out something new together? Or perhaps ask someone you know to share their creative hobbies and give them a go.
3. Some children may not think of themselves as being creative. Try to focus on the importance of the process and the way it can make them feel, rather than the end result. Try not to judge their efforts and remember to give encouragement for trying rather than for doing something well.
4. Listening carefully can help children feel more comfortable and confident when expressing themselves. Try to minimise distractions and give your child your full attention when you're spending time together, being aware of your own body language and eye contact. You might want to try summarising what they've shared and acknowledging their feelings.
5. Children are expressing themselves all the time but not necessarily with words. 'Listen' to everything they are trying to tell you with their behaviour, or with their play and creativity or with their silence. It's all self-expression.
6. Remember – you don't need a lot of expensive equipment to get creative at home. Recyclable materials or older items you no longer have a use for can provide amazing inspiration, and of course there's no limit to your imagination!

**EXPRESS  
YOURSELF**

#ChildrensMentalHealthWeek



[www.childrensmentalhealthweek.org.uk](http://www.childrensmentalhealthweek.org.uk)