

Eid Murabak!

Eid Murabak to all of our Muslim families who have marked the end of Ramadan this week.

We would love families to share their Eid celebrations with the school - **videos and pictures of what you have been getting up to at home would be great.** We have created a Google Classroom to allow you to send these to us.



The class code is **qghcard** or you can use the link below.

<https://classroom.google.com/c/MzM3NDc5MzU5MjY4?cjc=qghcard>

We are looking forward to a whole school assembly on **Friday 21st May at 10am** to celebrate Eid. All families are welcome to this virtual event which you can join using the **link sent to all families through Parent Hub**. We are also planning some lovely Eid celebrations in class and Eid treats for home!



Full STEAM ahead

This week we launched our **Think Big, Act Wild STEAM week**. We had so many incredible visitors this week and the children went wild with excitement!

Nursery were excited to discover minibeasts whilst rewilding their environment and Reception amazed us with their oracy skills when describing the incredible bug hotel they created. Year 1 and 2 were fortunate enough to be visited by Maryam's Dad in 1Y who came to talk to them all **about his research into bioplastics**. Year 5 rolled up their sleeves and showed off their green fingers in our allotment while **Year 6 took part in a Sustrans STEAM street design workshop yesterday**.

It didn't stop there - the **CRICK Institute delivered interactive workshops for each year group**. We **were** Paleontologists in Year 3, whilst Year 4 and Year 6 were sound and light detectives, putting their investigative skills to work!

Year 5 were mesmerised by a visit from Pigfoot Theatre company who performed their bike powered production of **How to Save a Rock** before being supported to create their own climate theatre.

It's been truly wonderful to see all the planting that's happened on the roof, in EYFS, in classrooms and at the allotment. Lots of seedlings are starting to pop up and children have been really eager to share their experiences with others.

The week culminated in the announcement of our new **Green Team in assembly, who will meet weekly with Angie to ensure our school environment is being looked after.** Congratulations - what a dream team!

Hopefully the rain will hold off for our teachers professional development gardening surgery led by Henny at the allotment next week where the staff are looking forward to getting their hands dirty. Huge thanks to all our contributors and of course to Angie, Henny, Adam, Naomi, Hannah and Julie for being a very brilliant dream STEAM team!



pigfoot @pigfoottheatre · 10 May

We had a wonderful afternoon visiting the awesome Year 5 at @BrecknockSchool who watched #HowToSaveARock as part of our digital tour and then made some climate theatre themselves 🌍🌍🌍



Brecknock Primary @BrecknockSchool · 10 May

Year 5 just had a visit from @pigfoottheatre. They watched a performance of 'How to Save a Rock' followed by a discussion around the problems of climate change. They used drama to get their messages across...I CAN walk more, I AM going to help the 🌍!

Nature for Mental Health

It has been **Mental Health Awareness Week** this week and the theme of **Connect With Nature** which tied in perfectly with STEAM week.

We know that encouraging children to build in opportunities to connect with nature in everyday life can improve both the health of their bodies and their minds.

Children across the school spent time in the great outdoors exploring ways in which they can tune in and connect with nature. We also used our Brecknock Ten techniques to help us pause and reflect each day.

You can find further details on Mental Health Awareness Week here:

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>



Brecknock Primary School

Brecknock Wellbeing 2021

1 Attitude of Gratitude Close your eyes and focus on your breathing. Think of one thing you are really thankful for and picture it in your mind. Notice any sensations that arise. You could also write about the thing you are grateful for.	2 Silly Hands Imagine you have a ball of slime in your hands. Squeeze it as hard as you can and breathe in. As you breathe out open your hands and imagine that the slime has spread across your hands. Repeat this 5 times.	3 Counting Breaths Focus on your breathing by counting the number of in breaths and out breaths. "I am breathing in 1, I am breathing out 1, I am breathing in 2, I am breathing out 2."	4 Sensational Senses Take your time to focus on: - 5 things you can see - 4 things you can hear - 3 things you can smell - 2 things you can touch - 1 thing you can taste	5 Boogie Woogie Woogie Pick out a favourite song and have a sing and dance together.
6 Colour Breathing Think of your favourite colour. Imagine you are breathing in this colour. As you blow out imagine you are blowing a great big bubble of this colour. Each time you breathe in try to make the bubble larger.	7 Act of Kindness Share an act of kindness with someone in school or at home. It could be a kind word, a compliment, a smile. Think about how this made you feel and how this made them feel.	8 Birthday Cake Breathing Sit in a chair and put your hands on your belly. Make a fist with one hand. As you breathe in try to smell the cake. As you breathe out try to blow out the candle.	9 Finger counting Hold out your hand. As you breathe in for 5 counts curl a finger in to your palm so that you have a fist. As you breathe out for 5 counts uncurl each finger.	10 Rising and Falling Sit comfortable in a chair. As you breathe in for 4 counts, you are going to rise up and raise your arms in the air. As you breathe out, lower your arms and sit back down. Repeat.



Sports Days

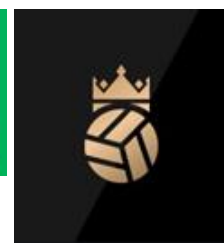
With the Tokyo Olympic Games (hopefully) fast approaching, we have a number of sports events planned beginning with **Y5 and Y6 Sports Day** next **Thursday 20th May at Parliament Hill** running track. We will send more details out at the beginning of next week.

Covid Guidance

There have been some minor changes to the guidance for schools around Covid for the next phase of the roadmap on **May 17th**. These impact on the children's day at school, allowing a little more relaxation of some of the systems in place. Our systems of control around hygiene and infections remain rigorous. We will be keeping the current staggered drop off and pick up times, and ask all parents to **continue to wear masks** while they are on school grounds.

Summer School

We are very excited to launch our summer school project for 2021 across Brecknock and Torriano schools. We are working with Bloomsbury Football Club, funded by the Young Camden Foundation, to put together a programme for some of our children. Activities will run over four weeks in the summer. The kind of activities will include physical sports or games, creative activities like music or drama and day trips. There will also be an element of academic support in reading and maths with nutritional education each day aimed at improving knowledge and awareness of healthy eating. **More details will be sent out shortly.**



Have a wonderful weekend.

Helen Bruckdorfer

Monday 17th May

Outdoor Classroom Day

Wednesday 19th May

Class Photo Day

Thursday 20th May

Sports Day - Parliament Hill for Years 5 and 6

Friday 28th May

Last Day of Summer 1st Half Term

Monday 31st May - Friday 4th June

SUMMER HALF TERM - SCHOOL CLOSED

Monday 7th June

INSET DAY - Staff Training. School Closed

Tuesday 8th June

School reopens - first day of 2nd half term

Wednesday 30th June - Friday 2nd July

Year 6 Camping in Epping Forest

W/C 5th July

End of year School Reports to go home

W/C 12th July

Summer Street Fair

Thursday 22nd July

End of the School Year - School Closes at 2pm

Wednesday 1st September

INSET DAY - Staff Training. School Closed

Thursday 2nd September

School reopens - first day of Autumn Term 21/22

Wellbeing Tip of the Week -

How To Actively Listen

When we're going through a hard time and try to talk to someone about it, it can be very frustrating when we feel that we aren't being listened to. Sometimes people offer a solution straight away or dismiss the issue like it's no big deal. They might think they're helping, but actually it makes us feel like our feelings aren't important (and we might do it unintentionally to others too). All anyone wants is to have their feelings validated and this can happen through Active Listening:

- Validate feelings – acknowledge their feelings without judgement, e.g. by saying: "That sounds really upsetting" (no matter your opinion on the matter)
- Give full attention and eye contact, avoid distractions e.g. put your phone away
- Be patient and comfortable to sit with their feeling – moments of silence don't have to be filled
- Just be there – we don't have to fix the problem, just giving your time to listen is enough



Sign Of The Week:

Celebrate



Hands twist at wrist





As part of STEAM week, Nursery have been busy 'rewilding' our outdoor learning environment. The children have enjoyed having the very important job of tidying up the growing area and turning over the soil. They have also been extremely excited to find mini-beasts such as worms and spiders outdoors.



Reception's STEAM project is to 're-wild' a part of our outdoor space. The children decided to build a bug hotel and herb garden. Reception also went on a trip to Clocktower park to collect twigs and sticks. They wrote letters to their mini beast friends begging them to come back and promised them an upgrade in their living conditions if they would. It was hard yakka.... but they're getting there!

Thank you to Agar Tyres for donating 12 used tyres for the herb garden!



Year 1

Year 1 went up to the allotments on the roof, they talked all about how to look after a plant, to spread the seeds around and give it water and sunlight. They then had a go at planting the seeds and watering them. Year 1 had lots of fun and can't wait to go back and see if the seeds grow!



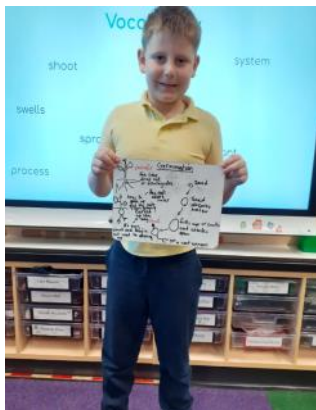
Year 2

As it is STEAM week this week, the children have become engineers and designers! They were challenged with making reusable plant pots to grow fruit and vegetables for the upcoming summer fair. They had to use appropriate materials and adapt their designs in order to be successful, and the final results were fantastic!



Year 3

3Y have been writing about germination this week. They drew diagrams and explained the process to their partners. Last week they took a trip to The Camden Garden Centre. There were so many wonderful and varied plants to look at and touch. Some of the leaves smelled of lemon, apple, chocolate and even coca-cola!



Year 4

For STEAM week Year 4 have been learning about teeth. They learnt lots about the structure and purpose of incisors, canines and molars. They then looked at animals diets and the relationship that has to their teeth. They decided to model the teeth of either a herbivore, predator or omnivore using clay. It was fun and informative. The shark was the most popular.



Did you know they can have up to 3000 teeth at one time, and go through roughly 20,000 in a lifetime!

Year 5

As part of STEAM week Year 5 took their learning outside and visited Caledonia park. Year 5 rolled up their sleeves and showed off their green fingers in our allotment. They dug up some home grown chard and planted some broccoli, squash and onions. They practiced some mindfulness by doing some cloud watching, bird watching and sound-scaping. A brilliant morning learning outdoors!

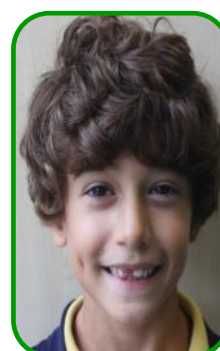


Year 6

Year 6 have been using Making Science Fun 'Electronics Kit' this week for STEAM week.



★ Here are our stars of the week! ★



The Green Stars of the week, are automatically inducted into The Green Team.
Well Done To Everyone!



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 19: This month is 'No Mow May'. Keep your lawnmower locked in the shed and let the grasses and wildflowers bloom. I wonder how many different flowers and grasses you can spot on your lawn or in the park?



Lawns can be full of a large variety of grass and wildflower species which are great for pollinators such as butterflies and bees. The more species of plants in your lawn, the more carbon will be stored in the soil. Mowing your lawn less also reduces the amount of carbon dioxide released into the atmosphere by your lawnmower.

For more information check out <https://www.plantlife.org.uk/uk/about-us/news/how-to-mow-your-lawn-for-wildlife>





**May Allah shower
countless blessings
upon you and
your family**



عيد الفطر مبارك
EID AL-FITR MUBARAK



STEAM

SCIENCE TECHNOLOGY ENGINEERING ARTS MATHEMATICS



STEAM

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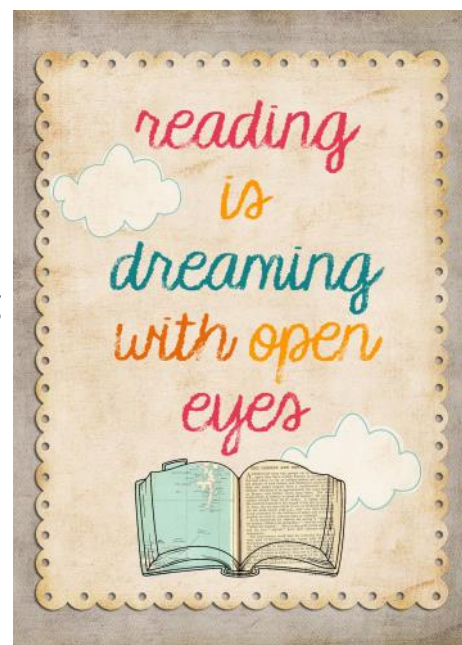
We are so pleased that so many children are taking part in The Reading Road Map and are powering on through books.

The main aim is to increase reading levels through reading for pleasure, to engage reluctant readers, and to raise literacy levels across the school.

Well done to all the children who have already received their Bronze certificates, which is for finishing 5 books! Keep up the good work.

Top Tips to encourage your child to read:

- ◆ Encourage and support your child reading at home
- ◆ Keep a variety of reading materials in the home
- ◆ Encourage your child to practice reading aloud (especially younger children)
- ◆ Read with your child for up to 20 minutes a day
- ◆ Enthusiastically ask your child about the book they are reading



Cycle skills and bike maintenance courses

Camden is running free cycle training for children during half term and the summer break:



1st and 2nd June
and
26th, 27th, 28th and 29th July

This Building Cycle confidence course helps children practice essential skills, such as signalling, observation and stopping quickly. It is aimed at children who are able to ride unassisted and want to improve their safe cycling skills.

For more details and bookings please visit [here](#).

