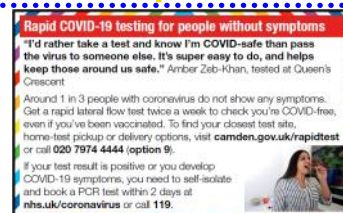


NEWSLETTER

11th June 2021 | Issue 0062

Brecknock Newsletter 11th June

We have had a wonderful start to the new half term at Brecknock. I trust you all had a relaxing half term break and enjoyed the much welcomed sunshine! We are very excited about a very busy half term ahead with sports days, trips out, year 6 camping, and a special Year 6 performance. We are awaiting updates in terms of guidance around parents attending events, so will inform you as soon as we can. **Please continue to adhere to the guidelines around social distancing and mask wearing while on school grounds.** Infection rates are on the rise so please do ensure you are using local and home testing facilities to keep safe.



World Oceans Day 2021

Brecknock dived into **World Oceans Day on Tuesday** with an exciting and informative assembly on protecting and restoring a healthy ocean and climate. The children learnt about oceans - arguably, the most important resource we have, the home of many amazing species and the need to care for them. We talked about the impact of plastic pollution in our seas and how to reduce it. **The school council shared their concerns around plastic pollution to the Mayor's office before half term and received a beautiful framed certificate this week for their exceptional work and contribution to the conference.** In assembly, we agreed that Brecknock children **will take bold steps in the autumn term 2021 to significantly reduce single use plastic in the school.** Watch this space!



Next Thursday, we will be campaigning for healthier environments for our children and community on **Clean Air Day**. The children are creating recycled placards to raise awareness and thank you cards to give to those **choosing to walk, cycle or scoot**. We will warm up on Wednesday by taking part in the **Brake Kids Walk**, promoting safe walking routes in the community. See [page 7](#) in this newsletter for more details.

Race to Health 2021- Taking on Tokyo 14th June to 4th July 2021

The Camden Race to Health Team is challenging Camden schools to complete the 36864 mile journey starting in London, travelling through Europe, towards the United States, Africa and ending the journey in Tokyo, where the Olympics will be taking place this year! **As the reigning champions**, Brecknock is getting ready to defend our title. **We start clocking up our miles on Monday - please support your children to take part by keeping active and going for gold!** A letter for parents about the **Race to Health** is attached to this newsletter and we will have an assembly on Monday to remind the children.



Sadly, **much loved Learning Support Assistant, Tara Boakye-Ansah**, passed away on 20th May, following a long illness. Tara worked at Brecknock for 7 years, dedicated to supporting children and families. **Her quiet manner and true kindness will be greatly missed by everyone.**



Have a lovely weekend,

Helen

DATES

FOR YOUR DIARY

Wednesday 30th June - Friday 2nd July

Year 6 Camping Trip

W/C 5th July

End of year School Reports to go home

Saturday 10th July

Summer Street Fair Torriano

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



**Epping Forest
Camping Trip**

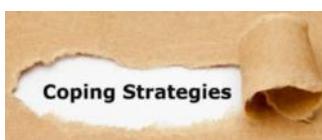
Don't forget to login to your [ParentPay](#) account to make payments towards the camping trip. Here you can also inform us of any medical or dietary needs, as well as emergency contact details.

Wellbeing Tip of the Week -

Taking Control of Our Stress

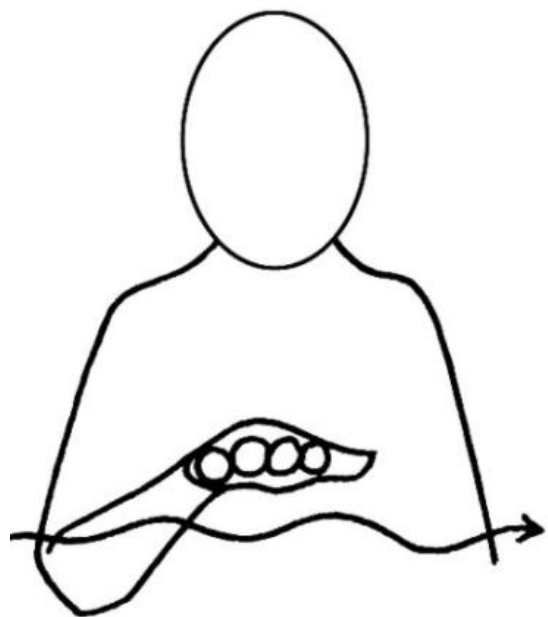
When we are stressed or in danger, our brain detects this and automatically triggers our stress response to protect us. This response is known as fight, flight, freeze. Certain hormones are released to prepare our body to face the stressor head on, run away from it or freeze. For this to happen, the emotional part of our brain takes over and the thinking part shuts down: when facing a threat, we don't have time to weigh up our options, our body just needs to act. Although this instinct keeps us alive, nowadays our stress response can be triggered often and when we're not in real danger. If we feel very overwhelmed, we can get stuck in our emotional brain. This means we can find it harder to calm ourselves down, to focus and to problem-solve. To try and wake up our thinking brain again, here are a few things we can do:

- **BREATHE!** We need oxygen to get back from our muscles to our brain – try deep breathing exercises: breathe in for 5 seconds and out for 7
- **How do I feel when stressed?** – Take notice of your physical and emotional response to stress, the more you are familiar with it, the earlier you can recognise when you're feeling stressed so you can start your deep breathing
- **Try some healthy coping strategies:** walk away from the situation, scribble on some paper, talk to someone, listen to some calming music



Sign Of The Week:

Sea





This week in the Nursery with the arrival of such glorious weather and following the creation of the EYFS herb garden, it has been great to see the children learning how to take care of living things such as plants and flowers. They have been learning about what a plant/ flower needs to be able to grow and the importance of watering these regularly so that they do not die. The children have also enjoyed observing the changes in their sunflower seeds that they planted. Khalid was especially excited to see a shoot appear from his! We also had children drawing beautiful pictures of their Teachers.



This week, Reception have been learning how to subtract single digit numbers using the 'counting back' method. They put the largest number in their head, then counted back on their fingers to find the answer. Reception showed off their subtracting skills in a fun game of **skittles** – they knocked over as many skittles as they could and then calculated how many were left standing.



Year 1

Year 1 have been working hard on their maths this week and learning all about halving. They halved all different kinds of pizza. They loved it!



Year 2

This is week in Maths, Year 2 have been focusing on telling the time. They learnt how to tell the time to the o'clock, half past and quarter past and quarter to. They were fantastic when solving word problems based around time as well.

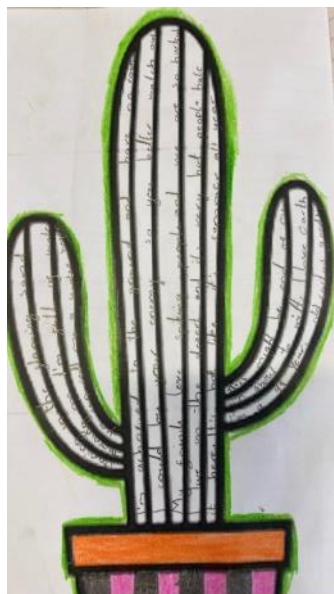
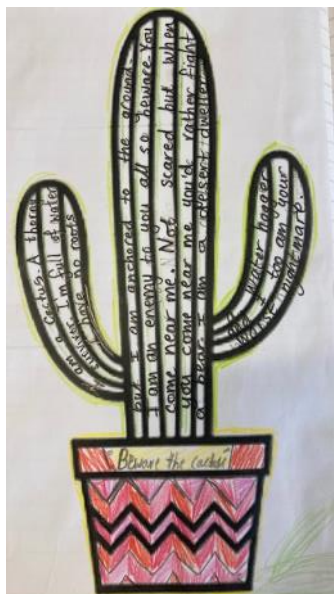


Year 3

3Y have loved their recent topic about plants. As well as learning lots of new and amazing facts we also learned about different types of poetry.

Having a go at writing shape poems was great fun. Here are a couple of examples.

Well done Annabel and Amirah for sharing your fantastic prickly cactus poetry.



Year 4

This week, Year 4 were introduced to oracy. They learnt about what oracy is and how it is an important tool for learning. Armed with this, the children then applied their amazing communication skills to recount 'The Miraculous Journey of Edward Tulane'.

The children in Year 4 are really excited to continue deepening their understanding of what oracy is!



Year 5

Year 5 started a new topic this week - UK vs Antarctica. They researched facts about the polar regions, then used these to create their own illustrated map of Antarctica.

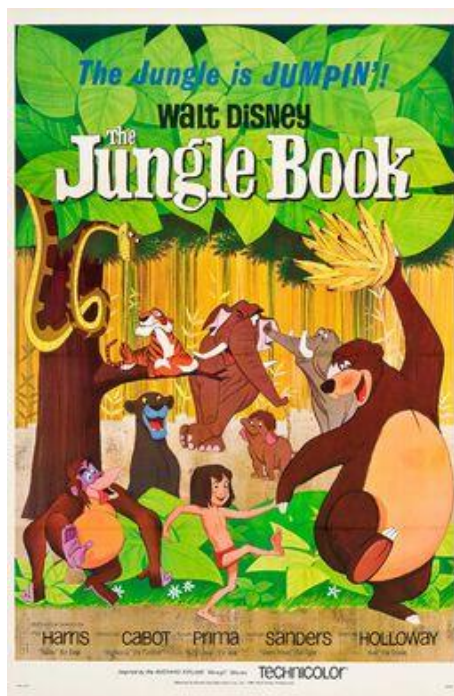


Year 5 have also been fortunate to have PE lessons hosted by Arsenal Coaches. This week they focussed on communication skills during team games. Luckily, the sun was shining for the lesson and they enjoyed being outside!

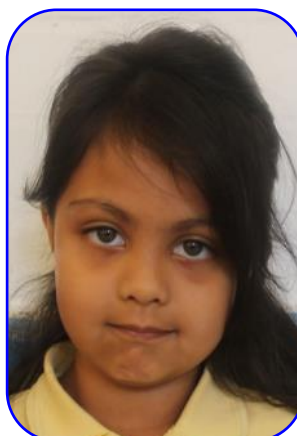
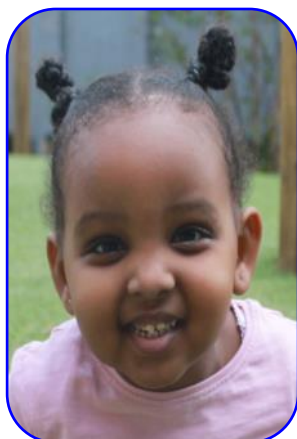


Year 6

Year 6 were excited to find out their end of year show will be, 'The Jungle Book'. This week they began the audition process and the children's acting was fantastic making the teachers job to cast the play very difficult!



★ Here are our stars of the week! ★





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 21: Walk, cycle, scoot or skate to work and school everyday next week and help to keep our air clean. If you need to take the bus or train get off a stop early and walk the rest of your journey. Thursday 17th June is Clean Air Day, spread the message and encourage your friends and family to travel actively too!



Motor vehicles such as cars, buses and lorries burn fossil fuels. As well as causing global warming the fumes from cars are harmful to our lungs and bodies, particularly the growing lungs of our children. Travelling actively helps to keep your body and mind fit and healthy, it's much more enjoyable too!

Thursday 17th June is Clean Air Day, come and join us on the Tour de York Way and enjoy the recently completed new cycle lane! Leave your cars at home and get active on your commute, there are so many health benefits to active travel, especially for our children. Brecknock families and Mothers CAN will be promoting active travel and clean air by celebrating all those who are walking, cycling, scooting, wheeling or running. They will have a chance to pick up a thank you card made by the children in school. We would love parents and carers to help out by posting thank you cards through the doors of friends, neighbours and relatives who walk, cycle or scoot to school or work. Please talk to Valerie (Anis's mum), Azzi (Maryam's mum), Clare (Emilio's mum) or email brecknockpta@gmail.com if you want to get involved or find out more.