

D A T E S

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

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



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

Mindful or Mind-full? Part 1

Do you ever feel like you're running on autopilot and life is passing you by? Taking a moment to stop and absorb what's happening around you has been shown to improve our mental wellbeing. This is known as being mindful. Mindfulness is: (i) observing our surroundings and the senses we're experiencing in that moment, (ii) noticing our thoughts and (iii) connecting with our emotions.

Research shows that being mindful can increase our enjoyment of the world, help us to understand our thoughts and feelings better, can reduce the risk of psychological illness and help us to feel calmer.

How can I practice mindfulness?

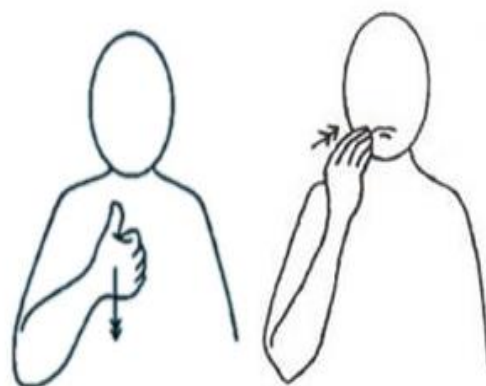
1. Pay attention to the small everyday tasks and the senses you experience *e.g. while brushing your teeth.*
2. Pick a time of day when you'll practice being mindful.
3. Notice and observe your stream of thoughts without judgement.

Have a go this week at becoming fully aware of some of the tasks you complete and see if you notice any differences in how you feel.



Sign Of The Week:

Healthy Eating



Tap lips twice
with
emphasis





Nursery have spent time exploring their different features as well as talking about the different countries that our families come from and the different languages that they speak. This has been a great way to help the children develop a stronger sense of identity. They have loved drawing their own self portraits using mirrors to look at to help them. It has been wonderful to hear the children discussing the similarities and differences between themselves. The children have really learnt to appreciate and value how unique we all are and to celebrate our diversity.



This term Reception are learning about animals from all over the world - this week they are focusing on the continent of Africa. They have learned about the different habitats and climates that characterise Africa, such as the savannah, the desert and the rainforest, as well as the animals that live there. Take a look at some of their writing challenges.

They have also made good use of the Reception Repair Shop this week, where they made boats to float in the pond. First, they designed their boat. Then, they tried and tested different materials to see which works best in water.



Year 1

Year one have been learning about the weather. They set up a weather station to observe the weather here in London. They made windsocks to find the direction of the wind, and rain gauges to measure how much rain falls.



Year 2

In preparation for drawing a portrait of Mary Seacole, today in their Art lesson Year 2 started to learn how to draw self-portraits. Using mirrors, they had to create their own portraits of their face by sketching what they saw, which they will then paint next week.



Year 3

3B's mangetouts and strawberries are nearly ready for harvest! Well done to the children for not only planting them, but looking after the seedlings and ensuring they grow healthily.



3Y are still loving Krindlekrax. This week they discovered idioms and how they are used.

They have had great fun reading lots of different idioms and working out what they mean. Ask your child for their favourite.

Elvis has now left the building...



Year 4

Year 4 have shown some great attributes of future changemakers! In preparation for Clean Air Day, the children enjoyed a wonderful workshop on air pollution. This was led by two inspiring first year medical students from St Barts who shared knowledge from their studies. They inspired the students to create some amazing placards to use on Clean Air Day, which the children fully embraced. Have a look at the children and their fantastic placards



Year 5

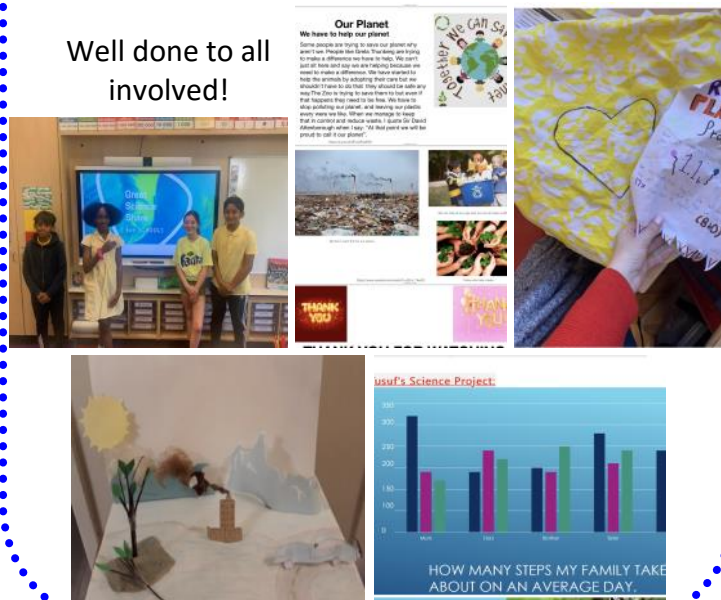
This week, Year 5 have started looking at the ways in which we grow. They looked at baby photos to see how they have all changed over the years and thought about important moments that have happened in their lives so far.



Year 6

As part of this year's Great Science Share for Schools, pupils were given the theme of the climate emergency. In recognition of the UK's hosting of COP 26 in November, the young scientists of Camden were given the provocation: 'the world isn't listening'. Some children in Year 6 made presentations, posters and even a reusable bag. All children who entered received a certificate and Alicia was the Brecknock winner.

Well done to all involved!



★ Here are our stars of the week! ★





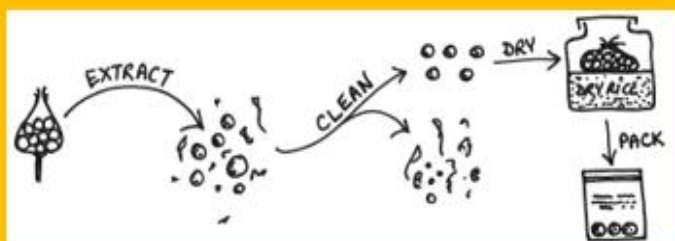
The climate crisis affects us all. Every week we will be offering a suggestion for a positive climate action you can take yourselves, as part of the bigger changes we need to make as a global community.

Action 23: Save your own seeds! If you grow flowers, vegetables or fruit try saving your own seeds to plant next year. Check out these two links for tips and advice:

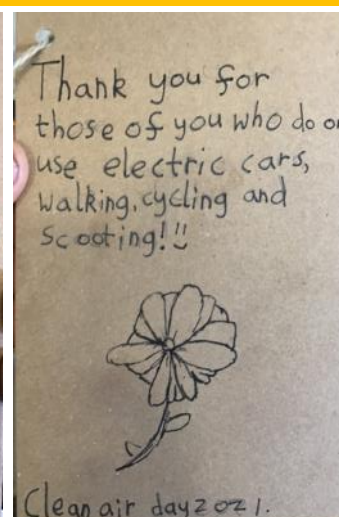
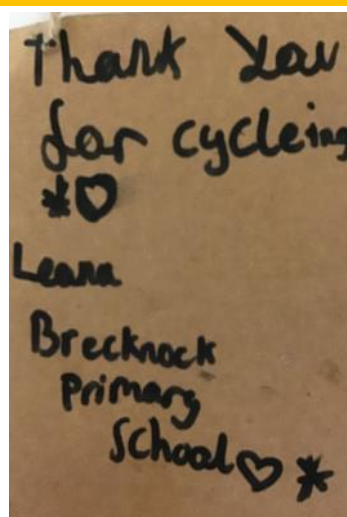
<https://schoolgardening.rhs.org.uk/resources/info-sheet/tips-on-saving-your-own-seeds>

<https://vitalseeds.co.uk/growing-resources/seed-saving-resources/>

It's easy, fun and free and you might even produce a new variety of plant!



By saving and sowing open-pollinated seeds you will produce crops which are richly diverse, well adapted to the soil and local climate, and more resilient to climate change. You will also ensure that your seeds have not been treated with pesticides or insecticides. Look out for local seed swaps and share seeds with neighbours, friends and family to help preserve our biodiversity.





Brecknock children took part in the Brake's Kids Walk - a short supervised walk around the school's local area, to share important road safety messages.

It is every child's right to be able to walk in their community without fear of traffic and pollution.





Please remember to sign up to ParentHub, using the below instructions. The Parent app is a fantastic communication tool. We are currently have 86% coverage throughout the school.



Brecknock Primary School

would like you to join their school on Parent Hub.

Just tap "Join a School" in the app and enter the handle below...

@Brecknock

The Parent Hub app is FREE to download and use.



What is Parent Hub?



Parent Hub is a FREE app that helps keep you up to date with what's going on at school. You'll receive messages, pictures, documents and newsletters, all in one handy place.

Instructions for Parents



1. Download the Parent Hub app from your app store (iPhone or Android).
2. Create yourself an account.
3. Choose "Join a School" and enter the school handle (above).

Visit www.parenthub.co.uk to find out more

Are you worried your
child is showing signs of
stress and anxiety?

Are you concerned about
your child's wellbeing
coming out of lockdown?

SUPPORTING YOUR CHILD TO BUILD RESILIENCE AND POSITIVE MENTAL HEALTH

The aims of this session are to help you to

- Identify the signs and symptoms of a child struggling with their emotional wellbeing
- Support your child to make positive choices for their wellbeing
- Learn strategies and activities to support their mental health resilience
- Reflect on the impact of the pandemic and how we can support children to move forward

JOIN OUR VIRTUAL SESSIONS

28TH JUNE 2021

10-11.15AM

OR

5TH JULY 2021

10-11.15AM

Please contact deborah.kaiser@camden.gov.uk
to book your chosen session.

You will be sent a Zoom link 24 hours before the session

