









18th June 2021

**Issue 0063** 

#### **Anti - Air Pollution!**

Brecknock children took to our streets on Wednesday to highlight the fact that everyone has the right to walk safely in their community as part of the national Brake Kids Walk 2021 event. This focused on road safety when crossing the road, as well as reinforcing our need for cleaner streets, less traffic and more efficient cars. Please see Page 7 for some fabulous photos.





the road safety charity



On Thursday, to raise awareness about Clean Air Day, children across the school made 'Thank you' cards for friends and family who have taken steps to help keep the air we breathe clean. Some of these can be seen on Page 6. Decisions to cycle or walk to work or maybe to plant trees in our local area, all go some way to reducing air pollution. The Green Team delivered a

**fantastic assembly** to inform us all of the efforts we have made this year to clean our air. They then distributed air purifiers, AKA plants, to each class!

After school, it was wonderful to witness the children exercising their right to be heard, being true changemakers in the community and spreading the message to motorists, pedestrians and cyclists alike.





The children gave out their thank you cards and waved their placards on York Way, with the support of the wonderful Mothers CAN group. The cyclists loved the round of applause they received on their journeys!

#### Race to Health!

We are so excited to be in 1st place already in the race to Tokyo! Brecknock has already logged a whopping 43,420. A huge well done to 5B who are currently leading out the front and 6Y who are in second place. **Keep going Brecknock!** 



#### **Scientists in Action**

Children in Year 6 took part in Camden's Primary Science Challenge and we are excited to announce that Alicia in 6B is a winner! This event is run by local secondary school, Regents High, the Francis Crick Institute and Wellcome, with this year's project theme being 'The Climate Emergency'. We are incredibly proud of the hard work the children have put into their projects, now we need to act on them!

### **Keeping Safe**

Following the announcement of the extension of lockdown and the news that Covid rates are on the increase in Camden, we would please ask parents to be extra vigilant around wearing masks and socially distancing on the school grounds. Please ensure that you get a

PCR test if your child displays symptoms of Covid-19, a rapid lateral flow test does not give the necessary results.

Have a lovely weekend,

Helen



#### 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 <u>ParentPay</u> 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?

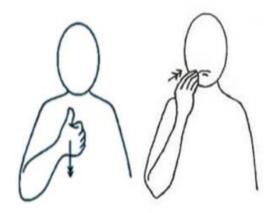
- 1. Pay attention to the small everyday tasks and the senses you experience *e.g.* while brushing your teeth.
- 2. Pick a time of day when you'll practice being mindful.
- Notice and observe your stream of thoughts without judgement.

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



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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 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.











In preparation for drawing a portrait of Mary Seacole, today in their Art lesson Year 2 started to learned 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.







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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.



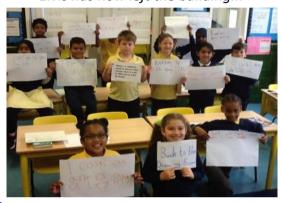






3Y are still loving Krindlekrax. This week they discovered idioms and how they are used. They have had great fun reading lots of different idioms and working out what they mean. Ask your child for their favourite.

Elvis has now left the building...



Year 4 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









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.

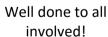








As part of this year's Great Science Share for Schools, pupils were given the theme of the climate emergency. In recognition of the UK's hosting of COP 26 in November, the young scientists of Camden were given the provocation: 'the world isn't listening'. Some children in Year 6 made presentations, posters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













# 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.

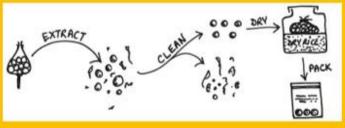
Action 23: Save your own seeds! If you grow flowers, vegetables or fruit try saving your own seeds to plant next year. Check out these two links for tips and advice:

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

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

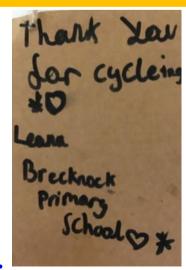
It's easy, fun and free and you might even produce a new variety of plant!







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.









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



- 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

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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

5TH JULY 2021

10-11.15AM

Please contact <u>deborah.kaiser@camden.gov.uk</u>
to book your chosen session.

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

Learning

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