

Windrush Day

The whole school had a fabulous time commemorating Windrush Day 2021, 73 years on from HMP Windrush arriving at Tilbury Docks. A special assembly allowed us time to think about the reasons British citizens from the Caribbean came to the UK. We especially loved hearing from children about personal families stories, who came to Britain as part of the Windrush Generation.



Race to Health

Brecknock are currently in **1st place**, logging a whopping **71,949** active minutes. This means that we have travelled as far as **Havana, Cuba** on our journey to Tokyo. Well done team Brecknock! Also a big well done **6Y**, you are currently leading in front as the most active with **5B** in second place.



Debden House

Our Year 6 intrepid explorers go wild in **Epping Forest next week**. Fingers crossed that we have the weather on our side with lots of den building, bug hunts and camp fires ahead! There are London trips arranged for those children who are not attending the residential, with **picnics on the Heath and ice skating fun**.



Covid update

Covid is on the rise in Camden. This is reflective of the current rise in cases nationally, due to the Delta variant. This means that we need to all act responsibly to drive down the infection rate. It is essential that we continue to follow the guidance. You must wear a mask on school premises, unless you are mask exempt. Please also ensure that you social distance and follow the one way systems. We are encouraging families to engage in lateral flow testing. For test sites, home test pick-up or delivery options, visit camden.gov.uk/rapidtest or call 020 7974 4444 (option 9).

Street Fair

The PTA and I have taken the decision to postpone the summer fair **until the Autumn Term**. In the current covid context we look forward to an exciting autumn event when we will be able to welcome our new families to the school. The PTA however are planning some end of term bouncy treats for the children. See [page 7](#) For more details.

Sports Day

The children's sports days are scheduled **for next week**. We are now sadly unable to invite parents to the events as these will be taking place in the children's year group bubbles. This follows advice from the local authority due to rising infection rates.

Have a lovely weekend,

Helen



DATES

FOR YOUR DIARY

Monday 28th June

Reception Virtual Tour

Tuesday 29th June

2Year Old Nursery Virtual Tour

Wednesday 30th June - Friday 2nd July

Year 6 Camping Trip

Thursday 1st July

3 Year Old Nursery Virtual Tour

W/C 5th July

End of year School Reports to go home

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



Please remember to phone the school before 9am, if your child is not going to be off school that day. Press option 1 to leave a message - giving your child's full name, class and the reason for the absence.

Wellbeing Tip of the Week

Mindful or Mind-full? Part 1

Last week we looked at how we can focus our minds to pay full attention to one single activity. This week we are going to think about one specific aspect of mindfulness, mindful eating. Mindful eating is all about paying attention to the way we eat. Research has shown eating mindfully improves digestion, regulates our appetite, and helps us enjoy our food much more.

1. Start by having a good look at what you're about to eat, notice the textures, shapes and colours, and any smells and sounds.
2. When you take a bite, notice the temperature, the texture and all the different tastes and how they feel in your mouth.
3. Take the time to eat your food, focus on your mouth chewing and your breathing as you go. Aim to chew each bite for at least 20 seconds.

Being mindful when we are eating allows the body to respond effectively to what it's doing. If you eat whilst worrying about school or work, the body is in stress mode and digestion is compromised. Eating mindfully also helps our brain to recognise when we're full, preventing us from overeating. When you've finished eating become aware of your breathing, try to notice the feelings of fullness and any tastes that linger.



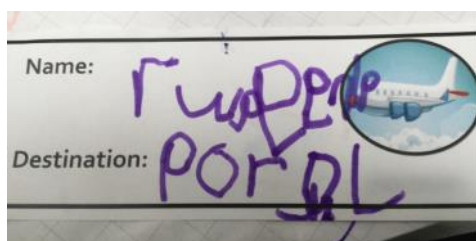
Sign Of The Week:

BOAT





Nursery this week have been learning about where they would go to travel to a different country. They have explored airports and which special people work in an airport and have even created their own passports and boarding passes. The children have loved exploring the airport small world and this has generated lots of lovely talking about different countries that the children would like to visit.



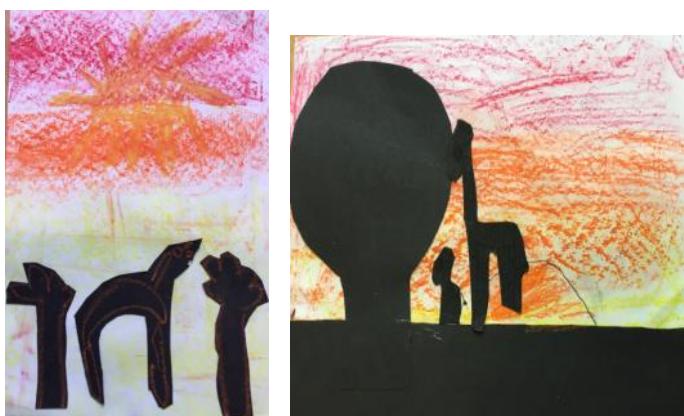
There has been lots of fun in Reception this week. They had a special visit from a pirate who reminded us that 'sharing is caring'. He asked the children to help him to solve some special word problems between our friends.



There has also been lots of fun in P.E this week. They have been learning to skip and jump using the skipping ropes and have practiced their catching and throwing.



Year one have been learning about Africa. Have a look at our fantastic pictures of an African sunset!



In celebration of Windrush day, Year 2 created posters celebrating all the people that travelled over in 1948 and the amazing legacy that they have created in Britain today.



Year 3

Year 3 have been busy in their Design and Technology lessons. They practiced drilling holes for their bird feeders using hand drills. It took some fantastic team work and we all can't wait to see the finished pieces!



Year 3 have also been looking at the relationship between Britain and the Caribbean in the 1600 century, in relation to the slave trade. Here are two pupils opinions of the slave trade at that time.

Today I learned that the Slave Trade happened in the 16th Century. Many millions of people were taken away from their homes in Africa. I believe this is an awful thing to have happened because people need families and homes to take care of them. In my opinion this is terrible.

Amirah

In My Opinion the trade is a bad thing because people were forced to work even children. I heard that if you parent got split up your child might be sold to someone else. I know in 1700 10,000 tons of sugar were made and in the 1800s 2 million tons of sugar were made.

Lola

Year 4

This week, Year 4 continued on their oracy journey. They looked at the 4 main strands of oracy which helped the children prepare for a lively debate. Their debate was based on the Geography topic, comparing London and Rome, where the children convincingly argued where they would rather live. Where would you rather live, London or Rome?



Year 5

Year 5 have been working hard on their bird boxes. They learnt how wood is cut and then had a go at sanding it down to ensure it was smooth. The children feel very proud of their hard work and can't wait to see the finished products!

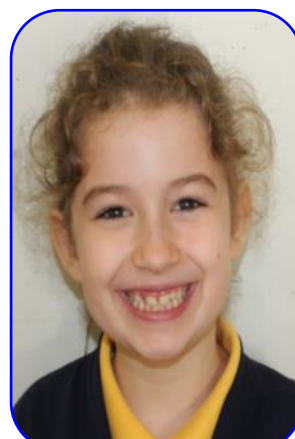


Year 6

This week Year 6 took part in a 'Bike It' celebration with Sustran. Some children brought their bikes to school and took part in cycle tests, skills and even a race to see who could cycle the slowest! Other children got to ride on a 'disco bike' where peddling led to music being played and bubbles being blown. They had a really fun afternoon!



★ 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 24: Our imaginations are vital tools in helping us to solve the climate emergency. If we can envision a better future then we are more likely to act on our imagination and create that future.



Let yourself dream and think about what a better world would be like. Can you come up with some 'What If' questions to inspire yourself, family and your friends? E.g. What if everyone grew their own food? What if birdsong drowned out the traffic?





Dear all,

Sadly, due to various **Covid restrictions across the board (Camden Council, etc)**, we will be **delaying the summer fair until Autumn**; hopefully September/October. We did this last year if you remember and it was still an amazing success all round and the kids and families had a lot of fun. Just to say, **many other schools and boroughs have done the same**. The restrictions have even **impacted the way that the school carries out Sports Day**.

It really is a shame, but we know that the **safety of all should come first** in these difficult times.

We will now be able to **plan something wonderful for the Autumn term**, which will not only **serve as a summer fair**, but also **serve as a welcome event to newcomers** to the school. We will luckily have the help of someone from **Camden Events Team as well as the school** to make sure that whatever we do meets requirements for all.

To make sure that the **children still get a good send-off for the summer**, we will hopefully have **bouncy castles and end of term parties with games**.

We may also **hold a small raffle** if we are able to get a **few nice prizes**, please **get in touch if you might be able to help** out with this.

You are also welcome of course to **make a donation towards the bouncy castles** and games.

There will be a donation bucket in the office or sometimes at the school gates (we need volunteers, so if you are early at the school gate, please volunteer to hold and shake the bucket).

Many thanks and best wishes to everyone,

Brecknock PTA

If you would like to join the Brecknock PTA, please email Valerie on brecknockpta@gmail.com





Summer holiday cycle training for children



Free cycle training sessions for children during the Summer Holidays 2021. The course is free of charge and is delivered over two days; however booking is required to secure a place.

Aimed at children and young people aged 8 or over who can ride unassisted and want to improve their safe cycling skills. We do not currently offer courses for children who are still learning to start, stop and balance.

Saturday 24th - Sunday 25th July 2021	10.30am - 12.00noon
Monday 26th - Tuesday 27th July 2021	10.30am - 12.00noon
Wednesday 28th - Thursday 29th July 2021	1.00pm - 2.30pm
Saturday 31st July - Sunday 1st August 2021	1.00pm - 2.30pm
Monday 2nd - Tuesday 3rd August 2021	1.00pm - 2.30pm
Wednesday 4th - Thursday 5th August 2021	10.30am - 12.00noon
Saturday 7th - Sunday 8th August 2021	10.30am - 12.00noon



VENUE: *Haverstock School, 24 Haverstock Hill. Chalk Farm. NW3 2BQ*

For more information, or to book a child onto a course,

<https://www.camden.gov.uk/cycleskills>

**Please ensure you bring your own roadworthy bike.
There are some bikes available to borrow.**

