

21 June 2024

GORDONBROCK WEEKLY

Dear Parents/Carers,

We've had a brilliant week in school. It kick-started with Pirate Day in Year 2—Yo Ho Ho! Great fun was had by all! Year 5 started their Joy of Movement sessions with Millwall FC and have been busy preparing for their Create Day with the Royal Opera House. Joyous singing has filled the corridors, too, as all the children prepare for their summer performances. We marked Windrush Day (22 June) with KS1 and KS2 assemblies today. Check out [Lewisham Council's website](#) for Windrush events taking place this weekend.



Don't miss key information about our upcoming Take One Building art exhibition and Year 2's cake sale inside this edition of the Weekly.

Next week, we look forward to marking Pride month on Monday through a music assembly led by Mr Prescott. The children will celebrate the music of LGBT+ artists including, Elton John, MNEK and Arlo Parks. We mark London Maths Week, too, and, on Thursday, Year 3 look forward to sharing their year-group assembly with parents. On Friday, it's the big event—SPORTS DAY! We hope to see you there.



I hope you have a wonderful weekend and look forward to seeing you all on Monday.

Mrs Wright

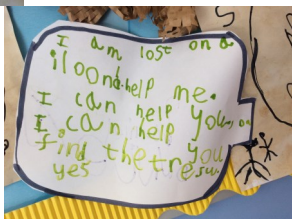
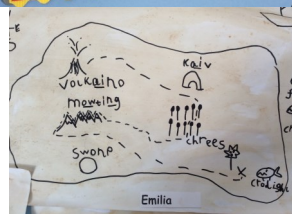
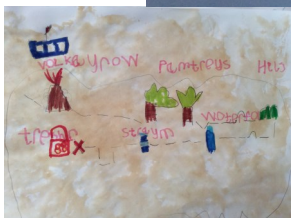
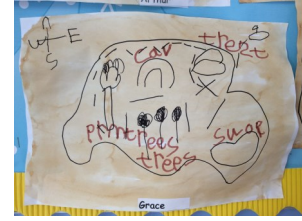
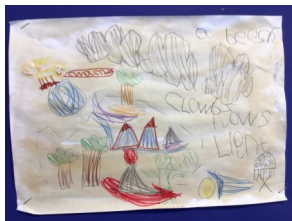
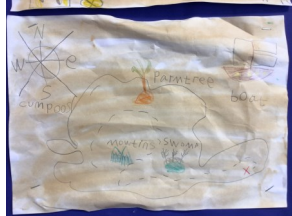
Take One Building Exhibition—Friday, 19 July

We invite you to our **Take One Building** art exhibition in school on Friday, 19 July (9.00-9.20 or 3.30-4.15) . Please pop the date in your diary and we will send more information soon!



Reception

Reception children have been really enjoying their last topic of the year, Let's Pretend! We have been covering a range of imaginary concepts and traditional tales. This week, we have concentrated on Pirates! All the children have been so excited to be creating their own treasure islands, using geographical symbols and their imagination. We stained the plain paper with tea, to make it look old, then drew our maps on it when it was dry. They look fantastic on our displays! We hope you'll get to see them next time you can come into our classrooms! We also experimented with 'Floating and Sinking' predicting and observing what objects will sink and which ones will float.



Year 2 Pirate Day

On Monday we had such a fun day in Year 2. We came to school dressed as pirates!

We so many jobs to do: There was treasure to be hunted by following and answering clues, pirate words to be unscrambled and pirate snacks to be eaten.

The children looked fantastic and we were able to raise some money towards our Seaside Trip.

AVAST YE!

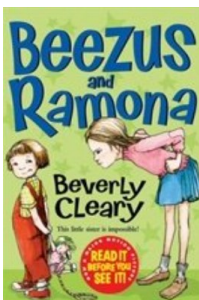
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Mrs Wright's Recommended Reads



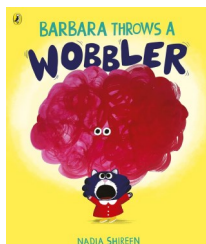
Beezus and Ramona Written Beverly Cleary



Age 9-12

Nine-year-old Beezus Quimby has her hands full with her little sister, Ramona. Sure, other people have little sisters that bother them sometimes, but is there anyone in the world like Ramona? Whether she's taking one bite out of every apple in a box or secretly inviting 15 other 4-year-olds to the house for a party, Ramona is always making trouble--and getting all the attention. Every big sister can relate to the trials and tribulations Beezus must endure.

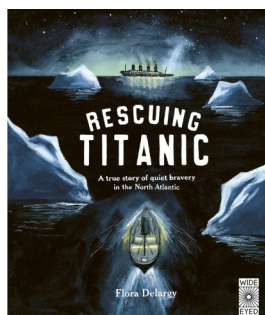
Barbara Throws a Wobler Written by Nadia Shireen



Age 3-9

Barbara is in a very bad mood. She won't admit it, but she is. She has a problem with a sock, and at lunchtime there's a strange pea... And even though she's at the park with her friends, it all just gets a bit much. Suddenly Barbara's WOBBLER is out of control!

Rescuing Titanic: A true Story of quiet bravery in the North Atlantic Written by Flora Delargy



Age 6-10

This engagingly illustrated book tells in thrilling detail the story of the Carpathia, the small vessel which saved hundreds of people from drowning during the sinking of the Titanic. Written and illustrated by debut Northern Irish artist Flora Delargy, whose grandfather and great grandfather both worked in the Belfast Shipyards where the Titanic was built, this exquisitely illustrated story of quiet bravery tells in rich detail how the little ship Carpathia saved 705 passengers of the Titanic from the icy waters of the North Atlantic.

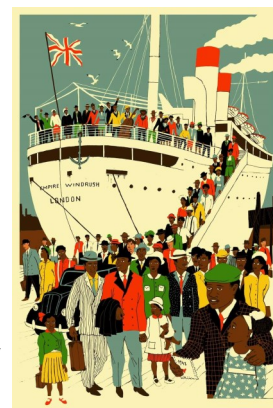
UN Convention on the Right of the Child

Article of the Week

We are very proud to be a Unicef Rights Respecting School, having achieved the **Unicef UK Silver - Rights Aware Award**.

To help children carry on the discussion at home, we will be focusing different articles of the convention in each newsletter so that our families can explore the rights and meanings together.

Our Curriculum Lead, Mrs Barber, marked **Windrush Day** this week, with special assemblies for KS1 and KS2. The assemblies helped to foster a deeper understanding of the cultural and social impact of the Windrush generation, celebrating their legacy and promoting diversity and inclusion.



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Children have the right to use their own language, culture and religion - even if these are not shared by most people in the country where they live.



MINORITY CULTURE, LANGUAGE AND RELIGION

Reminder of the week

"Fleece available on the school shop"

We wanted to let you know that you can purchase your fleece on the school shop.

OPEN TRIALS U12 Girls Teams 2024/25!

Our AFC Lewisham & Erith & Belvedere teams are looking to strengthen their squads for season 2024/25. **Current School Year 5 or 6 girls are eligible!**

Goalkeeper - JPL & KGLFL
Striker - JPL & KGLFL
Defender - JPL

Register your interest at:
yemi.bello@hotmail.com & 07961 852271



10 Top Tips for Parents and Educators PROMOTING PHYSICAL WELLBEING

Physical activity isn't only beneficial for our bodies; it also plays a role in promoting mental wellbeing. With both the Euros and the Olympics this summer, it's an opportunity to engage young people in regular exercise which can reduce stress, improve mood and boost self-esteem. Despite these benefits, many children face barriers to participating in physical activity.

- 1 MAKE IT FUN**
Incorporate activities that children enjoy, such as playing games or dancing. Encourage participation in team sports or group activities to foster social connections and a sense of belonging.
- 2 MIX MOVEMENT WITH LEARNING**
Educational settings can incorporate movement breaks and physical activities to enhance focus, concentration and cognitive function. Embedding exercise into the curriculum can also reinforce learning and stimulate creativity. Revision activities with podcasts and teachers can benefit older learners.
- 3 CREATE OPPORTUNITIES**
Provide clear chances for physical activity throughout the day, both indoors and outdoors. Schools can encourage active play during breaks and at lunchtimes, while inviting screen time at home can help keep children up and about.
- 4 PROVIDE POSITIVE REINFORCEMENT**
Praise and encourage children for their efforts and achievements in physical activity. Recognise their progress and celebrate their successes to reinforce positive behaviour. Educators could do this in several ways, such as recognizing their efforts at assemblies or celebrating their accomplishments in newsletters.
- 5 VARIETY IS KEY**
Introduce a selection of physical activities to keep children engaged and prevent boredom. From swimming and cycling to yoga and martial arts, trying different types of exercise can help children to discover what they enjoy most.
- 6 ENJOYMENT OVER COMPETITION**
Encourage children to focus on the enjoyment of physical activity rather than winning or achieving perfection. Emphasise effort, improvement and having fun rather than outcomes, to minimise the amount of stress that children can sometimes associate with sports and other competitions.
- 7 SET REALISTIC GOALS**
Help children set achievable physical activity targets based on their interests, abilities and preferences. Celebrate their progress and successes to maintain motivation and enthusiasm.
- 8 MAKE IT ACCESSIBLE**
Ensure that children have access to safe, suitable spaces for exercise at home, at school and in the community. Advocate for inclusive environments which accommodate diverse needs and abilities. Be a change maker in your community if facilities aren't already available.
- 9 LEAD BY EXAMPLE**
Parents and carers can be positive role models by prioritising their own exercise and involving children in their fitness routines. Gentle walks, bike rides or sports activities can be wonderful opportunities for bonding and staying active together.
- 10 ENCOURAGE PERSISTENCE**
Help children develop resilience and perseverance by encouraging them to overcome challenges and setbacks in physical activity. Teach them the importance of persistence and the value of effort in achieving their goals.

Meet Our Expert
Adam Gillett is a learning and development specialist who, as well as working for Minds Ahead, is also the vice principal for personal development at Farnborough secondary school in Hampshire. He was asked to be part of an expert research group for the Department for Education, one of only three school leaders to be asked to do so.

Wake Up Wednesday
The National College

@wake_up_weds www.thenationalcollege @wake.up.wednesday @wake.up.weds

PROMOTING PHYSICAL WELLBEING

Football's European Championship is now well underway, and this huge event could potentially get children interested in having a go on the pitch themselves – or perhaps they're already passionate about sport. It could present a great opportunity to get young people engaged in physical activity and regular exercise, which has proven positive impacts on all facets of their health – including mental and emotional wellbeing.

With all that said, it can sometimes be difficult to get children and young people motivated to take part in sports and other exercise, but there are certainly ways to do so. This guide provides you with some top tips from our expert on how to encourage young people to stay active and remain invested in their physical welfare.

SUPERHEROES

Drama, dance and singing holiday courses for 4-10s
July & August

perform.org.uk/superheroes




— A fantastic, positive holiday camp... my daughter comes away with new friends and a joyful confidence in her own ability.
Rebecca Dawes

Please Join Us Thursday 27th June 2024 For Our BAKE SALE Fundraiser



**In the Key Stage 1 Playground
At 3.20pm**

All proceeds will go towards Year 2's Seaside Trip

All contributions are welcome

Please ensure ingredients are labelled | No nuts or sesame seeds please

Summer fun for 4-10 year olds

Superhero School is the place to be this July and August for an action-packed Top Secret Mission to save the world!

With singing, dancing, twirling and swooping, your child will discover their own special powers as they zoom towards a supercharged show for family and friends.

Your child will enjoy:

- Days packed with drama, dance and singing
- Energetic friendly team of actors, dancers and musicians
- Engaging arts and crafts activities
- Colourful performance on the last day for friends and family with original music and costumes
- Personalised certificate of achievement for every child

How to book

Visit perform.org.uk/superheroes to book online or to find out more call us on 020 7255 9120

Course T-shirts are required at a cost of £3.50. We offer a 25% discount for siblings attending the same holiday course at the same venue. Payment can be made by credit/debit card or childcare vouchers. See our website for Terms & Conditions and our refund policy. Your child should bring a water bottle and a nut-free packed lunch. For prices, see website for details.





Five Day Courses	See website for timings and prices.
Monday 22nd – Friday 26th July Beaconsfield, Cambridge, Clapham South, Highbury, Kensington (2 venues), St John's Wood and Wimbledon	
Monday 29th July – Friday 2nd August Chelsea, Harrow, Highgate, Islington, Radlett, Sevenoaks, Twickenham, Walton-On-Thames, West Hampstead and Winchester	
Monday 5th – Friday 9th August Blackheath, Chigwell, Fulham, Guildford, Kensington, Muswell Hill, Notting Hill, Richmond, St Albans, Turbidge Wells and Walthamstow Village	
Monday 12th – Friday 16th August Chelmsford, Chiswick, Chobham, Clapham South, Crouch End, Greenwick, Highbury, Reading, Reigate, St John's Wood and Wendover	
Monday 19th – Friday 23rd August Beckenham, Brentwood, Chelsea, Clerkenwell, Dulwich, Fulham, Primrose Hill, Tufnell Park, Wanstead, Wimbledon and Wokingham	
Four Day Courses	
Tuesday 27th – Friday 30th August Barbican, Herne Hill, Highbury, Kensington, Newington Green, Northwood and St John's Wood	
Three Day Course	
Wednesday 28th – Friday 30th August Notting Hill	

perform.org.uk/superheroes 020 7255 9120



IMPORTANT DATES

24/06/2024	London Maths Week
26/06/2024	Y6: Lion King @ Lyceum Theatre
27/06/24	Y5: River Walk Trip
27/06/2024	Year 3 Assembly, 9.10am
28/06/2024	Sports Day
02/07/24	Year 5 Create Day - Royal Opera House
3/07/24	Y1: Horminan Trip
4/07/24	Nursery: Trip Mudchute Farm
5/07/24	Year 1 Mini Musical, 2.30 Y3: Sydenham Woods Trip
8/07/24	EYFS Mini Musical, 2.30
11/07/24	Parents' Evening
12/07/24	Summer Fair
15/07/2024	Year 1/2 Summer Sing 9.15 (Y1) and 2.45 (Y2)
19/07/24	Year 3/4 Summer Sing, 2.45
19/09/24	Take One Building Exhibition 9.10-9.20 or 3.30-4.15.
22/07/2024	Y6 End of Year Performance for Parents and Carers, 6pm
23/07/2024	Y6 Leavers' Assembly , 2.15
24/07/2024	Last day of Summer term
25/07/2024	Inset Day



When it comes to times tables, speed AND accuracy are important – the more facts your child remembers, the easier it is for them to do harder calculations. Times Table Rock Stars is a fun and challenging programme designed to help students master the times tables!

The children should go to <https://play.trockstars.com/auth/school/student/3584> and login using their login details.

Little and Often: In order to get the best out of Times Tables Rock Stars children should regularly play for short bursts so we would ask you to allow your child to play for 5-10 minutes at a time.

Did you know? This year, so far, there has been 10,881 minutes lost learning due to lateness.

Please support us by getting your child into school on time. Unfortunately, some children continue to arrive late into school and we will be writing to Parents/Carers where lateness has become a concern.

Being 15 minutes late each day is the same as missing two weeks of school.

See our minutes lost calculator below to find out how much school you miss each year if you are late:

