

24 July 2024

GORDONBROCK WEEKLY

Dear Parents/ Carers,

I can't quite believe it, but we reach the end of another academic year, full of pride at the achievements of your incredible children!

This academic year has been a brilliant one, filled with so many things to celebrate. Children, your resilience and dedication to your learning and being part of the Gordonbrock family have been truly inspiring. You have faced obstacles with courage and embraced opportunities with enthusiasm. Whether you are moving up a year group or moving onto new adventures at secondary school or in a new setting, I am confident that the skills and values you have developed here will serve you well in all your future endeavours. We wish both Miss Williams and Mrs Aylward the very best for the future, too!

A special mention to our wonderful Year 6. Our hearts were bursting with pride during your end-of-year performance and leavers' assembly this week. What an asset you've been to Gordonbrock over the years. We wish you every success in the next chapter of your schooling—and don't forget to come back and tell us how you are getting on!

To parents and carers, thank you for your unwavering support and partnership. Your involvement and encouragement are crucial to the success of our children and school community. We deeply appreciate your trust and collaboration. FOG, we can't thank you enough for your on-going support in raising funds for Gordonbrock children. This year's events have been fantastic fund-raisers and we look forward to thinking about how to enrich our curriculum with the monies raised, next term.

As we look forward to a well-deserved break, I hope everyone takes the time to rest, recharge and enjoy time with loved ones. Wishing you a safe and happy summer, and I look forward to your return on **Wednesday, 4 September 2024**.

Mrs Wright

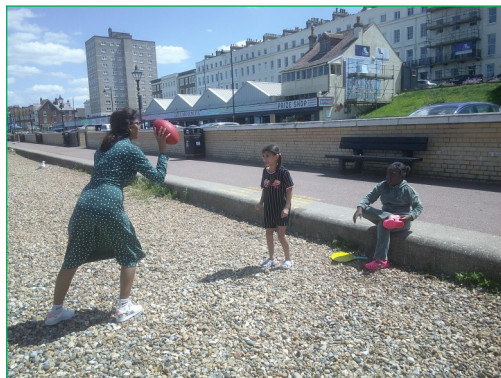
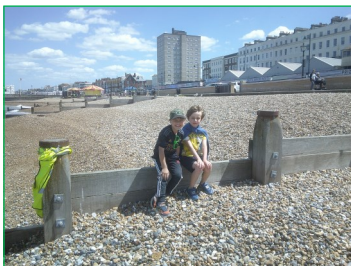
Year 3

We have been busy learning about capacity in Year 3. We completed a practical investigation where we tried to make a series of amounts up to 1 litre but only using 200ml and 500ml containers. It was a lot of fun, even if we did get a little damp!



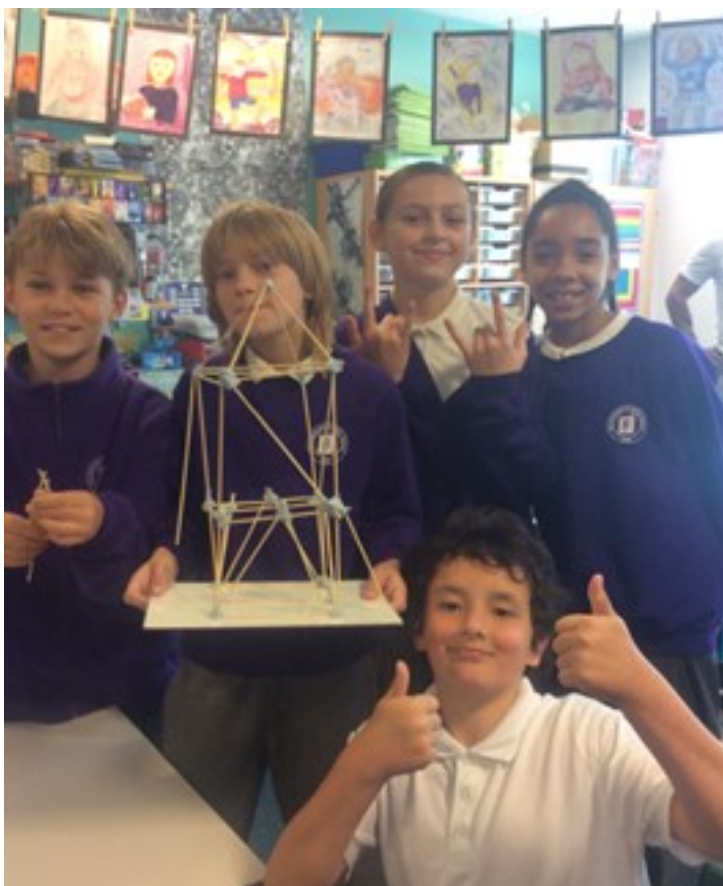
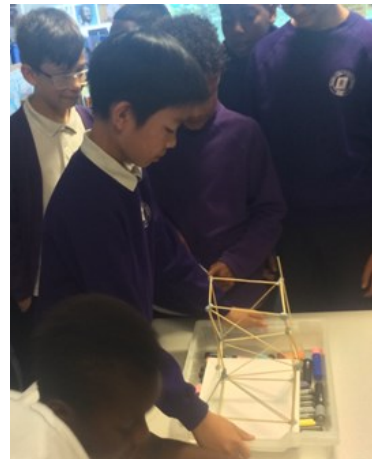
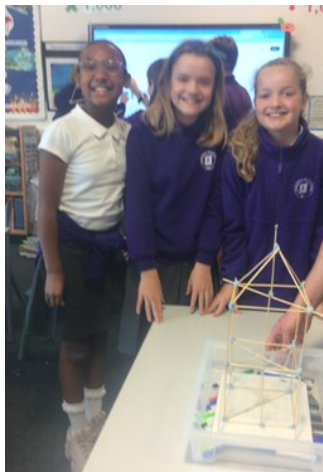
Y2 Seaside Trip

On Thursday 4th July Year 2 went on a seaside trip to Herne Bay. We had the BEST day ever! Whilst there, we went in the sea, we painted pebbles, played bat and ball, and enjoyed relaxing in the sunshine with our friends. It was so exciting to be at the British seaside and to be able to put all our learning into context. Thank you for everyone who helped with our fund-raising efforts!



Year 6

It's been yet another really fun-filled week in Year 6! As we hurtled towards the end of term, the children were busily preparing for their end of year performance and Leavers' Assembly. In between rehearsing, we were still getting loads of learning done. Our creative juices have been flowing as we completed our 'Take One Building' artwork: artistic interpretations of The Barbican. We continued to learn about natural disasters in geography; our recent focus has been earthquakes. On Open Morning, we were challenged to create an earthquake-proof structure. Some of us were more successful than others. Thank you to the parents who were able to attend; we hope that you enjoyed the challenge, too.



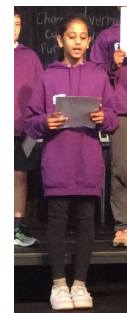
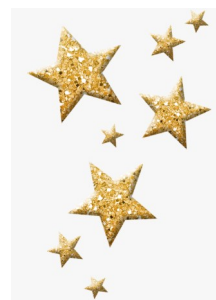
Year 6 Matilda's Production

Year 6 have ended their Gordonbrock journey with a bang! Over the past two weeks, they have wowed audiences with their fantastic performances in their end-of-year production, Matilda. Every year group from Nursery to Year 5 enjoyed dress rehearsals in which the Year 6 children gave it their all. At one point, the Year 6 teachers worried that the children had peaked. The children proved us wrong on Monday evening, when they pulled it out of the bag yet again, and gave the performance of a lifetime. Their parents and carers were blown away by the children's talents in all areas: singing, dancing, acting, lights and props. The obvious confidence and enjoyment with which the children performed made it all the more amazing.

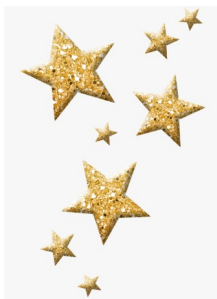
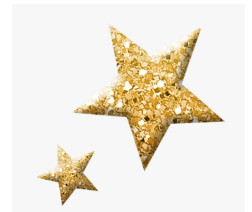


Year 6

Although exhausted, the following day, Year 6 again rose to the occasion - the Year 6 Leavers' Assembly. Each class performed its own magnificent samba drumming piece which the children had composed. A few children shared the end of term reports that they had written. This was followed by the awarding of a book to each child (kindly donated by FOG) by Peter Fidel, our chair of governors. Miss Gilmore and Mrs Wright both wished the children all the best in their future endeavours. The children ended the occasion with a reprise of their show-stopping 'When I Grow Up' - a wonderful way to end their Gordonbrock journey. The Year 6 Team, Senior Leadership Team and all the staff of Gordonbrock Primary School would like to wish our wonderful Year 6 children much happiness and success for the future. We will miss you!



Year 6



Nursery- Mudchute Trip



Our nursery class had an exciting adventure to Mudchute Farm! We took the bus and the DLR, which was a fun experience for everyone. Once we arrived, the children were thrilled to see a variety of farm animals, including chickens, ducks, pigs, and goats. We took our time exploring the farm and learning about the animals. Midway through our visit, we had a quick snack stop and enjoyed a lovely lunch in the sunshine. A big thank you to all the parents who helped us on the trip - your support made it a wonderful day for everyone!



Mrs Wright's Recommended Reads



The Journey by Francesca Sanna



A young family's safe world is turned upside down when war arrives, causing turmoil in their lives and forcing them to flee in search of safety. Told through the eyes of one of the children, the story follows their journey across hills and through forests, over enormous walls and stormy seas, encountering things both wondrous and scary in their search for

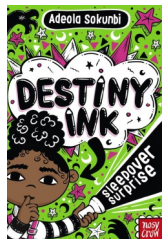
Age 3-7

a new home.

What is it like to leave everything behind and travel miles and miles to somewhere unfamiliar and strange? This incredibly poignant story introduces the concept of refugees with straightforward language, tackling this difficult subject with truth and clarity.

Destiny Ink: Sleepover Surprise

Written by Adeola Sokunbi



Destiny can't wait to go for her first ever sleepover at her best friend's house. But she also can't help feeling a little worried ... they're going to camp outside in the garden - in a tent but also in the dark! Destiny uses her trusty sketchbook to doodle her ideas and work through her worries. When she goes to bed, she hears some noises from the tent and finds a monster inside!

Age 5-10

But the monster isn't frightening. He's come for a sleepover but he's not sure he's ready. Can Destiny help him? After they try midnight snacks, dressing up and telling stories under the stars, Destiny realises there's nothing to be worried about after all!

Poetry Comics

Written by Grant Snider

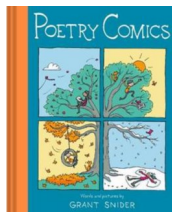
This book occupies a unique position by introducing reflective poetry through comics.

The well-known panel format will be sure to encourage readers who might otherwise find poetry books daunting or uninteresting.

Similarly, by employing a simplistic, conversational tone, Snider makes poetic writing very accessible –

with some of the poems directly encouraging readers to have a go at writing their own poetry. While contemplative, the themes remain light and optimistic, making

it a great choice for introducing poetry to comic book fans of all ages.



Age 0-8

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.

We hope you have a lovely summer break. Just remember that as the UNICEF's Article 3 remind us, we should take the best decisions based on the best interests of your children.

When adults make decisions, they should think about how their decisions will affect children. All adults should do what is best for children.

Governments should make sure children are protected and looked after by their parents, or by other people when this is needed.

Governments should make sure that people and places responsible for looking after children are doing a good job.



PANTHERS HOCKEY CAMP

August 6th 7th & 8th 2024 11am - 4 pm

St Dunstan's College Jubilee Ground
Canadian Avenue, Calford, SE6 4SW

Cost: £50 per day, 3 day discount - £135

Sibling Discount:

1 day - £42.50, 2 days - £85, 3 days - £125

- Years 3-10 (complete beginners welcome)
- Skills and games, led by enthusiastic coaches who love the game
- Shin pads, gum shields and packed lunch required

World Cup tournament at the end of each day with prizes

To book, email:
samisports@gmail.com

or text 07888723544

Sam Djavit
Head Coach
LEVEL 3 ENGLAND HOCKEY COACH
27 years' experience of coaching the stars of tomorrow and growing the game. I've coached many of the current GB squad.

At the National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formally delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about WORRY AND ANXIETY

Worry and anxiety are common emotions experienced by children, often triggered by uncertainty or fear. While worry involves concern about future events, anxiety is a persistent feeling of dread or apprehension. Current statistics indicate a rising prevalence of anxiety disorders among children, and this guide has some expert advice on understanding and addressing these concerns.

UNDERSTANDING WORRY AND ANXIETY

Worry and anxiety are emotional responses to stress or uncertainty. Worry is typically associated with potential risk factors, whereas anxiety is characterised by feelings of fear, apprehension or unease. Both can manifest physically through symptoms such as restlessness, fatigue or muscle tension. Understanding the distinction between worry and anxiety is crucial for effectively addressing these concerns in children.

WHAT ARE THE RISKS?

LONG-TERM CONSEQUENCES

Untreated worry and anxiety in childhood can have potentially lifelong impacts on a person's mental health and wellbeing. Chronic anxiety may increase the risk of developing anxiety, depression or other mental health conditions later in life. Additionally, unresolved worry and anxiety can negatively impact self-esteem, confidence and overall resilience. It's essential to address these concerns proactively and provide appropriate support and intervention.

THE EMOTIONAL TOLL

The emotional impact of worry and anxiety on children can be significant, affecting their overall quality of life and wellbeing. Children experiencing chronic worry or anxiety may feel overwhelmed, irritable or hopeless. They may also withdraw from social activities or avoid situations that trigger their anxiety, leading to feelings of isolation or loneliness. Addressing these concerns early can help prevent long-term emotional distress and promote healthy coping strategies.

ACADEMIC & SOCIAL IMPACTS

Impacts on the academic performance and social interactions of children and young people are very possible. Frequent worry or anxiety may impair concentration, memory and problem-solving skills, making it difficult for children to succeed in education. Anxiety can also hinder social development by causing children and young people to avoid social situations or to struggle with communication and interpersonal relationships, potentially leading to feelings of isolation or exclusion.

Advice for Parents & Educators

ENCOURAGE OPEN COMMUNICATION

Parents and educators can foster a supportive environment by encouraging children to express their worries and anxieties openly. Actively listening and acknowledging their feelings can help them feel understood and supported, reducing the situation's intensity. Creating opportunities for regular check-ins and discussions about one's feelings can promote healthy coping strategies and strengthen communication bonds.

CREATE A SUPPORTIVE ENVIRONMENT

Parents and educators play a crucial role in creating a supportive environment that promotes emotional wellbeing. Establishing routines, providing predictability and offering reassurance can help reduce anxiety and create a sense of security for children. Foster a culture of empathy and understanding, where children feel safe enough to express their emotions and seek support when needed.

TEACH COPING STRATEGIES

Empowering children with effective coping strategies is essential for managing worry and anxiety. Encourage the use of relaxation techniques such as deep breathing, mindfulness or progressive muscle relaxation to calm anxious thoughts and promote a sense of composure. Additionally, teaching positive self-talk and problem-solving skills can help children develop resilience and confidence in managing challenging situations.

SEEK PROFESSIONAL HELP

Recognising when to seek professional help is vital for addressing significant or persistent worry and anxiety in children. If worry or anxiety significantly impacts a child's daily functioning, interferes with their relationships or academic performance, or causes significant distress, it may be necessary to consult with a mental health professional. Early intervention can prevent long-term consequences and promote positive outcomes for children's psychological wellbeing.

Meet Our Expert
Adam Gillart is Associate Vice Principal for Personal Development at Foston Grammar School and works on a secondment one day a week for Minds Ahead, which collaborates with schools on improving their mental health provisions.

#WakeUpWednesday The National College

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At times, growing up can be a stressful experience. It's not unheard of for young people to fret about things that could potentially go wrong in their lives – and what implications this would have for their life. In some situations, this can go beyond feeling uneasy about the future and become full-blown anxiety, which affects their mental, emotional and even physical wellbeing.

While worry and anxiety can originate from many different places, it's immensely important for parents and educators to understand the effect this can have on youngsters – and how best to support them if they're going through a difficult time. This guide provides insight into the ramifications of worry and anxiety, and how you can help children manage – and hopefully overcome – these challenges.

Thank you for returning your library books over the last week or so. If you do find any at home over the summer break, please keep hold of them and return them in September. Many thanks!

FOG for the amazing Summer Fair.
You have done an amazing job this year!
We hope everybody had lots of fun.

CLUB AND MUSIC TUITION OFFERS

All club and music tuition offers for autumn term 2024 have now been made. If you have not received information about an offer, your child has not been successful this time. Should any places become available in the autumn term, we will revert to the random ballot from those on the waiting list.

If your child has not secured a place in next term's club programme, please apply again for the Spring Term clubs. As they were not offered a place this term, they will be prioritised in future ballots with our new system, ensuring fair access to all over the course of the academic year.

IMPORTANT DATES

2 & 3/09/2024	INSET Days
4/09/2024	Children start back—Aut 1
15/09/2024	World Afro Day
20/09/2024	Jeans for Genes
26/09/2024	European Day of Languages
10/2024	Black History Month
3/10/2024	National Poetry Day
7/10/2024	Buddy Week
18/10/2024	Show Racism the Red Card
23/10/2024	Open Morning (9.10-10.00am)
24/10/2024	Parents' Evening
wb. 28/10/2024	OCTOBER HALF-TERM
4/11/2024	Children start back - Aut 2



MULTI SPORT SUMMER CAMP 24

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1 OUR DATES

WEEK 1: 29.07.24 - 01.08.24
 WEEK 2: 05.08.24 - 08.08.24
 WEEK 3: 12.08.24 - 25.08.24
 WEEK 4: 19.08.24 - 22.08.24

2 TIME & LOCATION

9:00 AM - 1:00 PM

AFC LEWISHAM,
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3 All of our coaches are:
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4 Food?

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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:

