

07 February 2025

GORDONBROCK WEEKLY

Dear Parents/Carers,

It's been another brilliantly busy week at Gordonbrock.

Reception were awestruck during their Astronomy Roadshow, learning all about the wonders of space. Also, a group of Year 5 pupils began a fantastic project with Frank Bowling Studios, learning more about the world-renowned British artist and his approaches to abstract painting.

Today, Mrs. Wright led special assemblies to mark Children's Mental Health Week, with a focus on this year's theme: Know Yourself, Grow Yourself. It was a wonderful opportunity to reflect on the importance of mental well-being and self-awareness. More information to support families is included in this edition of the Weekly.

Looking ahead to next week: On Monday, Year 5 will take part in an exciting Architecture Workshop, where they will explore the structure of a Mayan Temple, linked to their history unit. Tuesday will see us focus on Safer Internet Day, with activities focused on promoting safe and responsible use of technology. Later in the week, we will be

marking LGBT+ History Month with assemblies reflecting on this year's theme, 'Activism and Social Change'. The children will explore the contributions of LGBT+ individuals to society.

On Wednesday, we are excited to welcome parents and carers to our Open Morning from 9.10-10am, where you'll have the chance to visit your child's class and support them with their learning. Finally, on Thursday, we look forward to seeing you at Parents' Evening. If you haven't already, please make sure to book your slot to discuss your child's progress with their teacher.

Also, a reminder that our last day of school, before the one-week half-term break, is Friday, 14 February. As is tradition, we look forward to Cake and Fruit Day on the Friday. Thank you to FOG in advance!

Thank you for your continued support, and we look forward to a busy and productive week ahead.

Mrs Wright

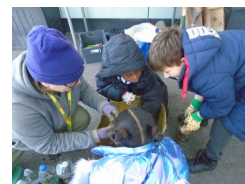
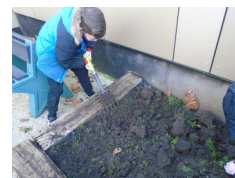
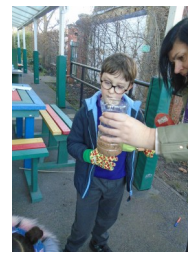
Lettuce Tell You: Gardening Club Updates



'I enjoyed digging. I found a 1p coin.'
James E2



The New Shed



'Last week, we put teabags, banana peels, sand and worms in a bottle. This week, we will check if the worms have escaped into the shed!' Ronnie - E4

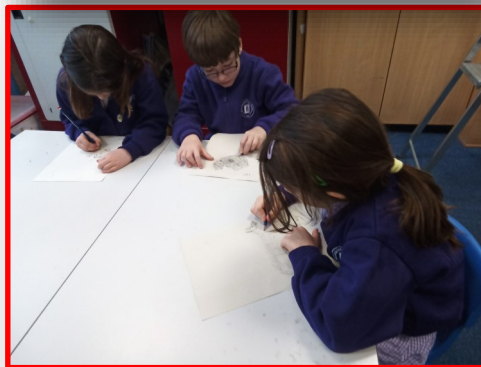
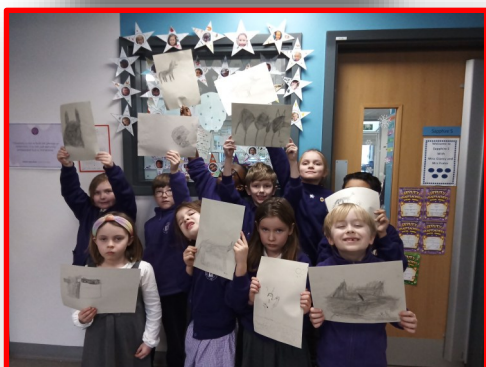
Reception's Stellar Journey: From Aliens to Astronauts

Reception children have been diving into an exciting space-themed adventure! Inspired by *Aliens Love Underpants*, we've been busy creating our own aliens using playdough and decorating colourful underpants with a variety of materials. Adding to the excitement, we had an amazing visit from the Astronomy Roadshow, featuring the biggest mobile planetarium. Inside, we tested our space knowledge by answering Mr. Starman's questions, spotting planets and stars in the night sky projection, and learning fascinating new facts about the universe. It was a fantastic opportunity to spark curiosity and wonder about space!



Counting Coins & Howling Tales: A Paws-itively Busy Week in Year 2

This week, Year 2 have been very busy. In Maths, we have been learning about money. Children have familiarized themselves with the various coin values, different ways to make an amount and looking at the cost of items added together. In English, we became Wolf Biologists while reading the book *Wolves* by Emily Garvett. We are becoming authors and illustrators, just like Emily, and we will be creating our own book within a book, about a predator and prey.



Buddy Week Peek!

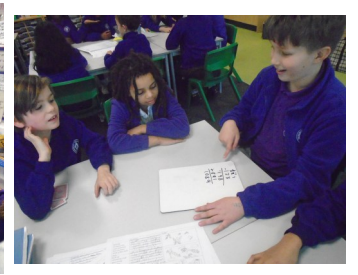
Last week, we marked Buddy Week at Gordonbrock. The theme this year was wellbeing, linked to Children's Mental Health Week. The children completed a task which linked to one of the five steps to mental wellbeing:

- ◆ **Connect with other people**
- ◆ **Be physically active**
- ◆ **Learn new skills**
- ◆ **Give to others**
- ◆ **Pay attention to the present moment (mindfulness)**

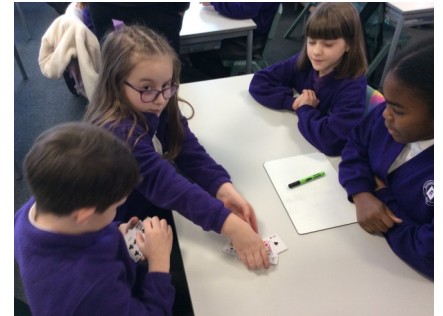


There were lots of fantastic activities completed including sharing magic tricks, supporting each other in PE lessons and spending quality time playing together.

Mrs Gibbons, P.S.H.E. Leader



Hey buddy



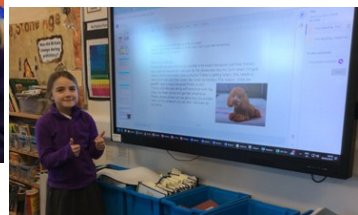
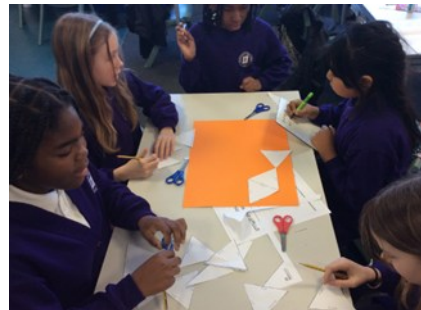
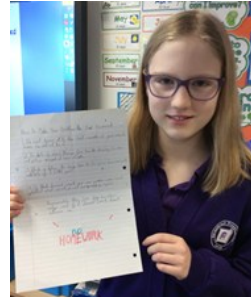
Travel Tales, Curious Creatures and Maths Magic in Year 6

We have been very busy in Year 6 this week. In English, some of us have been completing our persuasive and engaging travel guides while others have started imagining our own creatures in order to write a bestiary of the Whispering Woods. Anthropomorphism and the use of formal language are two things that we have looked at. We took our inspiration from the picture book *The Errand*. We have been learning about percentages, function machines, algebra and ratio in Maths.

In class, we have also been sharing some of the fantastic home learning that children have completed.



We also had an interesting and informative workshop presented by Talk Consent about consent and boundaries in friendships.



In Science, we have continued our Evolution and Inheritance topic by learning how animals' offspring vary from their parents.



In Computing, we have been learning to build our own websites and analysing what makes a good one. We have also been learning about how to be safe online.

In Indoor P.E., we have been focusing on core strength, leaps, jumps and travelling. We enjoyed having go at the Speed Bounce Challenge – bouncing over a line as fast as we could for 20 seconds.



All three classes are continuing to work on their samba compositions.



Firing on All Cylinders: Football Teams in Full Throttle!

The second weekend of fixtures for us began on a cold but dry Saturday. Both teams were eager to build on their successful first weekend, but the games today were very tough – against some of the best teams in the leagues.

The matches were alternate between the two teams, with the boys starting first against Fairlawn. The team dominated throughout, scoring six goals without reply in a 6-0 win. The goals from Tommy, Jeremy and four from Felix showed our goalscoring potential throughout the team. Felix was our Player of the Match (POTM) for not only his four goals but also chipping in with an assist for Jeremy's goal, too. Special mention to Leonardo and Jeremy who were constant threats and ran the team.

The girls had the second game against Edmund Waller. Although not the blistering performance of the previous game, the team were comfortable throughout and won 2-0 thanks to goals from Indiya and Julie. The POTM for this game went to Amaia, who not only played out of her skin defensively, but also constantly drove with the ball forwards and was dangerous in attack. She really led from the back and showed the rest of the team her skill, with style and power.

Up next was the boy's second game against Good Shepherd, one of the top teams in the league. However, the team managed the game perfectly, being patient in attack and solid defensively. They had several chances to score but couldn't find their way through until Sam popped up with two fantastic goals, clinching a 2-0 win. Alfie earned the POTM through his leadership in defence and calmness under pressure – a Rolls Royce of a performance!

The final game of the weekend was the girls against Stillness. This game proved to be the trickiest of the day. Stillness grabbed an early goal and our team couldn't break them down until the second half. Indiya managed to equalise early in the second half from a great Margot R assist. The game stayed 1-1 right to the last kick of the game when a long pass led to a loose ball and Indiya latched onto it, performing a perfect left foot smash into the far corner of the goal. It was an amazing way to finish the weekend! POTM goes to Indiya—though a special mention goes to Julie and Olivia for their hard work in attack.

A big thank you to Jason for coaching, and to the parents and carers for attending and supporting the team.

Mr Costello

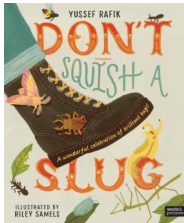


Mrs Wright's Recommended Reads



Don't Squish a Slug: a wonderful celebration of marvelous minibeast

by Tussef Rafik



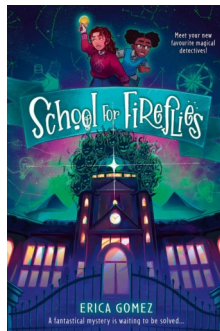
Learn all about how amazing bugs and minibeasts are in this detailed guide to over 40 small critters from around the world. Bugs and minibeasts may be small, sometimes slimy and maybe a little scary, but they are AMAZING and deserve respect and empathy. Don't Squish A Slug will show you everything you need to know, and more, about why bugs and minibeasts are the most important creatures on the planet, even if they may not look it!

Age 7-9

School for Fireflies

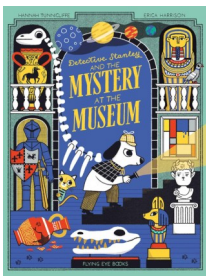
By Erika Gomez

When best friends Siddy and Zadie start the year at the magical School for Fireflies, they discover they are anything but normal. Amidst the excitement of new powers and potions, there is a decades-old mystery waiting to be solved. The girls must put their detective skills to use to secretly find a long-lost diary. And they soon realise that the clues they uncover might be tied to the reason Siddy's dad disappeared without a trace...



Age 9-12

Detective Stanely and the Mystery at the Museum **Written by Hannah Tuncliffe**



Highly illustrated animal detective mystery for young readers. Detective Stanley has barely sat down for his breakfast pancakes when he receives an invitation he cannot refuse. The Art Museum has been raided on the opening day of the Bleat Mondrian show and Stan has been called to investigate. The most perplexing thing about the case: Nothing has been stolen! But now Stan finds himself in a tight spot even his powers of deduction could not detect. Can he get himself out of trouble and can he solve the mystery of the Art Museum?

Age 6-9

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 focussing different articles of the convention in each newsletter so that our families can explore the rights and meanings together.

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HEALTH, WATER, FOOD, ENVIRONMENT

Children have the right to the best health care possible, clean water to drink, healthy food and a clean and safe environment to live in. All adults and children should have information about how to stay safe and healthy

Last week marked Children's Mental Health Week. This clearly links to Article 24 which is the right to the best possible health. Governments must provide good quality health care, clean water, nutritious food and a clean environment and education on health and well-being so that children can stay healthy. However, many of the other rights that children and young people are entitled to also contribute to good mental health.

unicef UNITED KINGDOM

RIGHTS RESPECTING SCHOOLS

The rights of a child, as outlined by UNICEF, are fundamental principles designed to ensure every child can grow, develop and thrive in a safe, healthy and supportive environment. These rights, enshrined in the United Nations Convention on the Rights of the Child (CRC), focus on protecting children from harm, promoting their well-being and empowering them to participate in decisions that affect their lives. Key rights include the right to education, healthcare, protection from exploitation and the right to express their opinions. UNICEF works globally to ensure that these rights are upheld for all children, regardless of their background or circumstance.

CONVENTION ON THE RIGHTS OF THE CHILD

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. Formerly delivered by National Centre Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

- 1 NAME THE EMOTION**
Encourage children to identify and name their emotions. This helps them understand what they're feeling and why. Use simple language and avoid complex phrases to make it easier for them to share their emotions. This builds a foundation for emotional understanding and open communication.
- 2 MODEL EMOTIONAL EXPRESSION**
Demonstrate healthy emotional expression by sharing your feelings openly. When children see adults properly displaying how they're doing and what they're thinking, they learn to do the same. Discuss how you handle emotions in different circumstances, providing a real-life framework for young ones to follow.
- 3 MINDFULNESS ACTIVITIES**
Teach children mindfulness practices to help them stay present and manage their emotions during more challenging moments. Activities like deep breathing, meditation or yoga can reduce stress and enhance emotional regulation. Regular practice can improve focus and emotional stability, which can significantly help children both as they're growing up and throughout their adult life.
- 4 USE STORYTELLING**
Incorporate storytelling to help children understand emotions. Stories can offer relevant scenarios illustrating how the characters experience and manage their feelings. Discuss the emotions depicted in stories and ask children how they might feel in similar situations.
- 5 PRACTISE EMPATHY**
Teach children to consider others' views and emotions - and to explore why they might think or feel this way. Role-playing and discussing various scenarios can enhance their ability to empathise. Understanding others' emotions helps children to develop compassion and improves their social interactions.
- 6 ENCOURAGE JOURNALING**
Suggest keeping a journal to make note of thoughts and emotions, or writing can provide an outlet for self-reflection and emotional processing. Encourage children to write about their daily experiences and feelings, helping them gain insight into their emotional world. Do this alongside them, so they can see and experience how to do it effectively.
- 7 TEACH PROBLEM-SOLVING**
Do what you can to help children develop problem-solving skills to assist in managing emotional challenges. Discuss potential solutions to emotional conflicts and encourage them to think critically about what they find healthy and what they find unhealthy. This empowers children to handle emotions positively and build resilience.
- 8 CREATE A SAFE SPACE**
Establish an environment where children feel safe to display their emotions without judgement. Encourage open exchanges and reassure them that all feelings are valid. This supportive atmosphere promotes trust and encourages children to express themselves with confidence.
- 9 USE VISUAL AIDS**
Take advantage of visual aids like emotion charts or mood meters to help children identify and express their feelings. Use these tools regularly to post interactions. They provide a visual representation of emotions, making it easier for children to communicate their emotional state.
- 10 CELEBRATE EMOTIONAL GROWTH**
Acknowledge and celebrate progress in emotional literacy, and praise children for expressing their emotions and handling them effectively. Positive reinforcement is a useful tool that will encourage continued growth and reinforces the importance of emotional literacy - encouraging young people to maintain the good habits and healthy behaviours that you've taught them.

Meet Our Expert
Adam Gillett is Associate Vice-Principal for Personal Development at Peninsula Grammar School and works on secondment one day a week for Minds Ahead, an organisation that supports schools in improving their mental health provision.

WakeUpWednesday The National College

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

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 29.01.2025

Fake news is a widespread issue in the digital world, and it's overwhelmingly likely that both children and adults will be exposed to it online. In fact, a study from the Alan Turing Institute has found that 94% of people in the UK have encountered misinformation on social media and that's only the ones who were aware of it!

However, while some fake news is shared mistakenly by well-meaning individuals, it's also shared by scammers and other cyber-criminals to lend legitimacy to their con. While this presents a clear risk to children and young people online, the question remains as to how we can protect them against such tactics.

This week's free guide offers expert advice on the specific ways scammers use misinformation and how to safeguard younger users against these techniques.

GB ATTENDANCE WEEKLY CHALLENGE

FROM THE 20TH TO THE 24TH OF JANUARY 2025



BA consistent presence in the classroom boosts attainment and fosters crucial social and emotional growth. It nurtures self-confidence and helps pupils develop essential life skills like reliability and a positive attitude towards learning. These habits extend beyond school years, often translating into better job prospects and financial independence.

T3	93.1%	S1	98.62%	E1	97.04%	A1	98.15%
T4	97.33%	S2	94.14%	E2	97.14%	A2	97.67%
T5	89.33%	S3	99.67%	E3	92.59%	A3	97.86%
		S4	98%	E4	94.29%	A4	98.57%
		S5	92.67%	E5	99%	A5	94.33%
		S6	97.67%	E6	96.67%	A6	98.97%

Whole School 96.18%

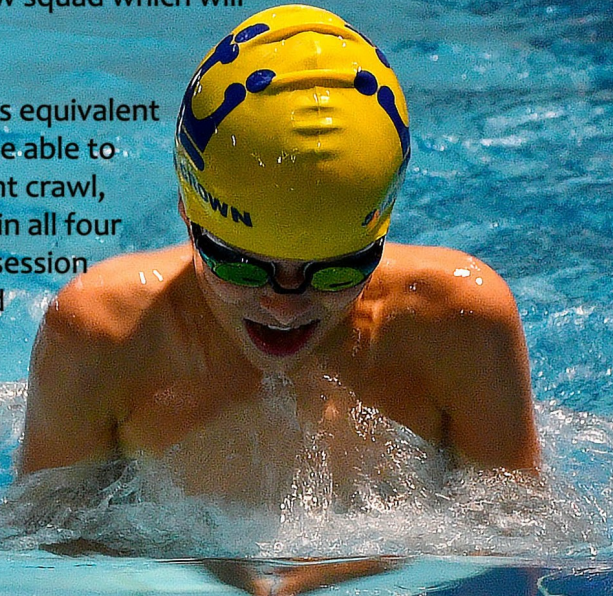
New Starfish Squad Saxon Crown Swimming Club



Saxon Crown Swimming Club is introducing a new squad which will comprise the Club's youngest new entrants.

The minimum requirement for swimming ability is equivalent to Swim England Stage 5, ie the swimmer must be able to comfortably and confidently swim 10 meters front crawl, backstroke and breaststroke and be able to kick in all four strokes. Starfish squad will swim one 45-minute session per week while they progress under our qualified coaches towards competitive swimming.

If you'd like to arrange a trial for your child or have any questions, please email Helena, developmentofficer@saxoncrown.org.uk



Invitation to Incredible Years Programme

NICE recommends first-line interventions for parents navigating children's challenging behaviours

When is the group?

We have two groups yearly:

Spring Session: February – March 12.30pm-2.00pm
Autumn Session: September – October 12.30pm-2.00pm

You will be assigned to the next available group session near you

Please follow this link or scan the QR code to register:



[Incredible Years Programme: Unlocking Potential, Understanding Behaviours - Your Incredible Year Begins](#)

Who is this for:

The programme is for parents of children who are under 12 years old and have concerns about their children's behaviours including traits of ADHD

What to expect:

- 6-week programme, co-delivered by clinicians from CAMHS and Early Years Alliance.
- Learning effective communication and problem-solving skills.
- Managing anger and tantrums.
- Better ways to give and get support.
- Between sessions, expect a personalised mid-week call from our dedicated clinicians. These check-ins are designed to customise your experience.
- Listening and sharing experience with other parents.

Find out more:

- The Incredible Years website: <https://www.incredibleyears.com/early-intervention-programs/parents>
- The Incredible Years resource: <https://www.incredibleyears.com/resources/customers>
- NICE Guidance: <https://www.nice.org.uk/guidance/qs101/chapter/quality-statement-6-parent-training-programmes>

Incredible Years Parenting Programme - March 2024

Feedback from Parents - 15 Parents



The Incredible Years Programme is a 12-week programme for parents of children aged 4-11 years where there is serious, high risk or distressing behaviours, conduct disorders, oppositional defiance disorder, and where ADHD might be suspected or diagnosed.

Parents stated some of the issues they wanted to change at the beginning of the programme

- "Greater confidence in doing the right thing for my children"
- "Disconnect with my son"
- "Unable to self-regulate and I was not helping"
- "For my son to regulate his emotions and make a change in my household"

100% said the programme helped them achieve change

- "To learn ways of managing my daughter's emotions and become a better parent"
- "Better ability to regulate emotions"
- "I wanted to be the best parent to my children and respond to them in the best way possible"

- 100%** said they use more positive ways of managing behaviour
- "It helped me maintain my own self control, using better strategies"
- "I've not been so overwhelmed and it has really helped me confidently manage scenarios that was challenging before I started this course"
- "I used the techniques the facilitators thought me and help me to manage my children's behaviours"
- I am more understanding and have the right tools to help me manage challenging situations.

- 100%** said it supported emotional regulation and social skills
- "This has made her feel a lot more secure now we have more praise, boundaries and positive language in the house. She is more open to engaging with me in a positive way"
- 100%** said it reduced behavioural problems
- "In certain situations, such as in restaurants my child's behaviour wasn't appropriate. I feel I can manage the situation much better now by proactively managing it rather than dealing with consequences"

- 100%** said it helped their family communicate better
- "Special time especially has helped me and my daughter bond a lot more and even outside of special time I have noticed we are talking and playing together so much more than before"
- 100%** said it improved their confidence in dealing with behaviour
- "It has given me a lot of confidence to deal with challenging behaviour we have already used many different techniques and set rules to help manage behaviour and my daughter seems to be really engaging in all of this"

"I definitely needed this programme. I got to learn and talk to different people to see I'm not alone in dealing with challenging problems. The programme has been great I've come out of this with things that will last me a lifetime and really help me and my daughter get through any future behavioural struggles"

Lightbulb Moments

"It was like gaining magic information and fantastic support. It has allowed us to interact better as a family and has empowered us all"

"A lot of helping him is in my coping mechanisms to stay calm and be more empathetic to him"

"Special time, coaching emotion words"

"My reactions to my son's challenging behaviours weren't always the correct way, I now know there are so many other positive ways to distract the behaviour being displayed and hopefully know how to manage it smoother"

To find out more contact us by visiting our website www.lewishamcfc.org.uk/contact-us

IMPORTANT DATES

1-28/02/2025	LGBT + History Month
10/02/2025	Y5– Architecture Workshop
11/02/2025	Safe Internet Day Assemblies
12/02/2025	Open Morning
13/02/2025	Parents’ Evening <u>No After-School Clubs</u>
14/02/2025	Cake Sale
wb. 17/02/2025	Half-term Break
24/02/2025	Children back to school
26/02/2025	Y2 Bollywood Workshop
28/02/2025	Y6– TFL Presentation
Wb. 03-07/03/2025	Y5 School Journey
04/03/2025	Y1 Victorian House Workshop
07/03/2025	International Women’s Day
10/03/2025	British Science Week
13/03/2025	Reception- Battersea Zoo Trip
14/3/2025	World Book Day (moved)
21/3/2025	Red Nose Day

HOCKEYCAMP
 April 16 & 17th 2024
 9am till 2pm
[St Dunstan's College Jubilee Ground](#)
 Canadian Avenue, Catford, SE6 4SW

Cost: £50 per day (sibling discount of 15%)
 → 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 and medals.

To book, confirm on email:
samisports@gmail.com
 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, my passion is developing youth teams.

Cake and Fruit Day!

Friday 14th February 2025

£1 Suggested donation on the day

CAKE AND FRUIT DONATIONS NEEDED!
 Please label with your child's name and class and drop off on the day to either playground.

Please bring a Tupperware or reusable bag to carry cakes and fruit home.

Any cakes brought in specifically for children with allergies should be taken directly to the child's classroom.

IMPORTANT
 NO NUTS,
 PEANUT BUTTER,
 NUT FLOURS,
 SESAME AND NO
 BAKEWELLS!

IF YOU'RE ABLE TO HELP IN
 ADVANCE OR ON THE DAY, PLEASE EMAIL:
FRIENDSOFGORDONBROCK@GMAIL.COM