



31 January 2025

GORDONBROCK WEEKLY

Dear Parents/Carers,

This week has been a fantastic one at school, with a real focus on teamwork and community as we celebrated **Buddy Week**. It's been wonderful to see children meeting up with their 'buddy class' in other year groups, and supporting and learning from one another. This term, the focus was linked to Children's Mental Health Week.

On Wednesday, Year 1 impressed us all with their **assembly** about houses and homes, beautifully linking their learning in history to the local area, the world around them and music!

We also had a productive meeting with the **School Council** this week, where representatives shared creative ideas and discussed ways to enhance school life – including plans to sign up to TfL's Travel for Life, to encourage the community to travel towards a brighter, safer and more sustainable future.

Looking ahead to next week, there are some exciting events on the horizon:

On Thursday, **Reception will be exploring the wonders of space with an astronomy roadshow**, an exciting opportunity to spark their curiosity about the universe. They can't wait for blast off!

Please note, the Year 5 Architecture Workshop will now take place on Monday, 10 February.

We also look forward to inviting you to our Open Morning (9.10-10am) on Wednesday, 12 February.

Also, please make sure you have signed up to a parents' slot to meet with your child's class teacher on Thursday, 13 February. You will have received this information in a separate text/email. Please contact the school office if you are having difficulties.

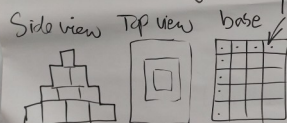
Thank you for your ongoing support and have a lovely weekend.

Mrs Wright

Fun Math learning in Year 3!

E1 has 27 children and so does E3. E2 has 28. We need to build a pyramid and every child needs to create a block. How many blocks will there be?

Now we need to work out how many blocks the base of the pyramid will need. How tall can it be? We MUST use every block if possible. 16 on the base?



This week Year 3 have been putting their addition and multiplication skills to the test.

Year 3 are looking to build a pyramid but need to work out how tall and how many rows are needed. They have worked out that if every Year 3 child created a block from paper, they would have 82 blocks to use.

Mr. Frewin is still waiting for the answer! He needs to know how many blocks each layer of the pyramid will have. Or is it better to make two?



Lunar New Year Celebrations in Nursery

This Week in Nursery we have been celebrating Lunar New Year. We had lots of fun making our very own dragon. We also made Chinese lanterns that we decorated with lots of colours. We learnt that the colours red and gold symbolise luck and this year is the Year of the Snake. GUNG HEI FAT CHOI!!



Year 1 Assembly

We have really enjoyed practising for and performing our Assembly! It was all about houses and homes. We shared our learning on different types of houses, houses from around the world and the differences between homes today and homes in the past. We also really enjoyed sharing some of the songs we have been learning linked to houses and homes.



Plant Growing in Year 5

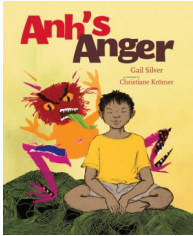
This week we have been learning about how plants reproduce. We are investigating how different ways of planting may affect the development of growth and roots in a newly propagated plant. We're doing this by planting basil cuttings in three different growth mediums – soil, water and cotton wool. We will continue to observe any changes over the next couple of weeks and record our results—What do you think the outcome will be? We have been making our own predictions...



Mrs Wright's Recommended Reads



Anh's Anger by Gail Suilver

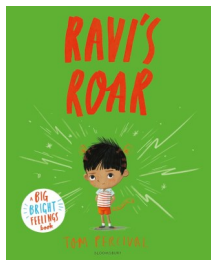


In Anh's Anger, five-year-old Anh becomes enraged when his grandfather asks him to stop playing and come to the dinner table. The grandfather helps Anh fully experience all stages of anger by suggesting that he go to his room and, "sit with his anger." The story unfolds when Anh discovers what it means to sit with his anger. He comes to know his anger in the first person as his anger comes to life in full color and personality. Anh and his anger work through feelings together with humor and honesty to find a way to constructively release their thoughts and emotions and to reach resolve with Anh's grandfather.

Age 4-8

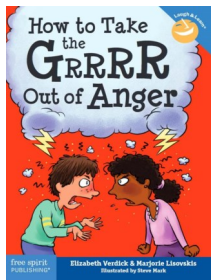
Pablo Splash By Sheena Dampsey

Ravi never minded being the smallest in his family. Until one day, his short arms can't reach the monkey bars, he can't find anyone during hide-and-seek, AND he's too little to ride the big slide. Ravi is so mad that he can't control his temper anymore...and he turns into a ferocious, roaring TIGER! Tigers can do anything they want! But who wants to play with a growling, wild tiger who won't share or behave? Ravi is about to discover something very important about managing his big feelings. While we all get angry sometimes, Ravi's Roar shows ways to channel those emotions without hurting family and friends.



Age 3-6

How to Take the Grrrr Out of Anger Written by Elizabeth Verdick



Kids need help learning how to manage their anger. Blending solid information and sound advice with humor and lively illustrations, these anger-management tips guide kids to understand that anger is normal and to learn they can express it in healthy ways. The book teaches them how to recognize anger in themselves and others, how to handle situations and emotions (loneliness, guilt, frustration, fear) that lead to or mask anger, and how to deal with the anger they feel. Young readers learn that cruelty and violence are not acceptable and there are safer, more positive ways to resolve conflicts.

Age 8-13

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.



All children have all these rights, no matter who they are, where they live, what language they speak, what their religion is, what they think, what they look like, if they are a boy or girl, if they have a disability, if they are rich or poor, and no matter who their parents or families are or what their parents or families believe or do. No child should be treated unfairly for any reason.

Next week is the beginning of LGBT+ History Month. This helps to remind us that we are all unique and should be treated with dignity. Everyone has different experiences and everyone has the right to be listened to and express their opinions. When our differences are celebrated, we feel valued as people and our health and wellbeing improves. It also helps remind us that not all families or relationships look the same. This links strongly to Article 2 of the UN Convention on the Rights of the Child, which emphasises the right to not be discriminated against.



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.

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 relatable examples 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 visibly. 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, as 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 (and others) can do to process their feelings in a healthy way. 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 in your 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 Gilliat is Associate Vice-Principal for Personal Development at Pensions Grammar School and works on a secondment one day a week for Minds Ahead, an organisation that supports schools in improving their mental health provision.

The National College

✕ @wake_up_weds
f /www.thenationalcollege
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The ability to identify, comprehend, and effectively communicate our emotions is known as emotional literacy. By strengthening their bonds and resilience, it is essential to restoring a child's wellness.

As we grow up, we're inevitably exposed to new and challenging feelings – whether it's sadness, fear or rage. These emotions can be tough to handle when we're still learning about the world – and even once we've passed into adulthood – which is why emotional literacy is a vital life skill.

Of course, when emotions are running high, it can be tricky to help young people process these feelings in a healthy way, but it's incredibly important that we do so as parents and educators. This free guide provides you with expert tips on teaching children to recognise their own emotions and deal with them in a mature manner.

This manual offers educators and parents helpful advice on how to help kids develop this crucial ability.

GB ATTENDANCE WEEKLY CHALLENGE

FROM THE 20TH TO THE 24TH OF JANUARY 2025



By law, all children of compulsory school age (between 5 and 16 yrs) must get a suitable, full-time education. As a parent you are responsible for making sure this happens.

T3	97.93%	S1	95.17%	E1	98.52%	A1	98.52%
T4	98.67%	S2	96.21%	E2	97.86%	A2	94.81%
T5	95.33%	S3	99.33%	E3	97.41%	A3	94.29%
		S4	97.67%	E4	98.57%	A4	96.07%
		S5	92%	E5	97.67%	A5	97%
		S6	94.33%	E6	96%	A6	98.62%

Your paragraph text

Whole School 96.56%

IMPORTANT DATES

01/02/2025	LGBT + History Month
03/02/2024	Children's Mental Health Week
06/02/2025	Reception- Astronomy Roadshow Frank Bowling Art Project Y5- PGL Art Project
10/02/2025	Y5- Architecture Workshop
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
03-07/03/2025	Y5 School Journey
26/02/2025	Y2 Bollywood Workshop
Wb. 03-07/03/2025	Y5 School Journey
04/03/2025	Y1 Victorian House Workshop
06/03/2025	World Book Day
07/03/2025	International Women's Day



Incredible Years Autism & Language Delay Parenting Programme

Starting: Tuesday 25th February 2025

10am - 12 noon

The Early Years Alliance

Camelot, 50 Meliot Road, SE6 1RY



This 14-16 session programme is offered to parents of young children (aged 4-9) on the Autism spectrum or with language delays

Parents of children with Autism face a multitude of uncertainties, ranging from navigating social situations to managing sensory sensitivities and addressing communication barriers.

Each day can bring unique hurdles, requiring parents to adapt and learn alongside their children.



This programme will help to improve

- Social skills
- Emotional regulation
- Behaviour and anger management
- Parental stress, depression, and anxiety

Contact us at lewisham.secure@eyalliance.org.uk

www.lewishamcfc.org.uk

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

