

GRASMERE PRIMARY SCHOOL NEWSLETTER

Friday 13th November 2023

Dates for your Diary



20th – 24th Nov: Kench Hill for Year 6

22nd Nov: Aladdin Performance at Hackney Empire Yr. 2-5 @1.30pm- LATE RETURN TO SCHOOL

28th Nov: Year 6 Assembly @9.15am

30th Nov: Year 4 to Tower Bridge

6th December: Aladdin Performance at Hackney Empire Yr 6 @1.30pm- LATE RETURN TO SCHOOL

7th December: Christmas Lunch

8th Dec: Winter Fair @15.30-17.30pm

11th Dec: School of Noise workshop, whole school

12th Dec: EYFS and KS1 Nativity

15th Dec: EYFS & Year 1 to Little Angel Puppet Theatre

18th Dec: Carol Concert and music recital

21st Dec: End of term 1pm finish (last day of school)

22nd Dec-7th Jan: Christmas Holiday

8th Jan: Children Return

Star of the Week!



Week commencing 13.11.2023

London Eye Class	Hilda and Enes
William Morris Class	Jack and Elsa
Kew Gardens Class	Eleni Rose and Sonny
St Paul's Class	Harry and Kian
Big Ben Class	Meriem and Magnus
Tower Bridge Class	Oscar and Antonia
Ally Pally Class	Maya and Jack
Globe Theatre Class	Maimuna and Lewis

Message from Neela

Dear parents and carers,

This week has been anti bullying week and we started the week with odd socks day. Two of our teachers were wearing socks that even held hands!



I'll let you guess who they belonged to. Year 5 had a lovely trip to the British Museum and Year 3 had a great trip to Hackney School of Food. I heard that all the children were beautifully behaved which made me very proud! Year 6 will be going on their school journey imminently, whilst half the school are starting off the festivities for the year with a visit to Hackney Empire's pantomime. We have governors in school on Monday, they will be in the playground at the end of the day on Monday, please do come and say hello!

Have a lovely weekend,
Best wishes,
Neela

Something I noticed this week....



When I go into the art room it is a busy, noisy and creative environment. The energy in the room is so exciting, and in the middle of it all is Barley! In this photo you can really see the dedication of both the teacher and the children. We are very lucky to have Barley give our children such a fantastic first experience of art and design.

Parent feedback....

We have had lots of well deserved positive feedback about the kitchen. :Patrick and the team are delighted that things are going so well. A few parents have said to me in passing that their children have gone home to say how delicious the meals are and how much calmer the hall is.

I'm really happy about this, and Patrick and I have been talking about how to develop things even further. The first offer is families being able to buy bread from the kitchen on a Friday. Watch this space for more information!

How do we teach about...

I often get asked about homework and how much children should be expected to do. We will always have reading and some core maths as homework, and then after that something based on what the children are doing in school. As I said in a previous message I have asked teachers to provide you with a bank of activities to do if you want to extend the homework. Other than that the main reason for homework is for you to know what your child is doing at school. We know the children are busy with extra curricular activities and don't want homework to be an added pressure. That said we are reviewing our homework policy and will share it when it is complete, so you are clear on what is expected in each year group.

Next week...what is zones of regulation?

News from the classes...

Nursery – London Eye class

This week has been Maths Week and we have been exploring Spatial Reasoning. London Eye class have been playing construction games where we asked the children to 'Match the Design'. We looked at pictures and tried to copy the block model.



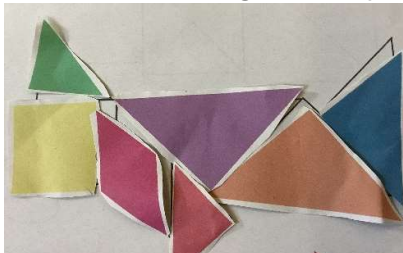
Reception – William Morris class

In Reception class we have been learning Anti-Bully Week. We looked at a video about what bullying meant and what we could do to help or be kind to others. The theme of this year's Anti-Bully week is Make a Noise. We made shakers in class and talked about speaking out about bullying and standing up to it. The children then danced to the song by Taylor Swift called shake it out. The children enjoyed the shakers and understood we need to be kind to each other and have a voice against things we do not like.



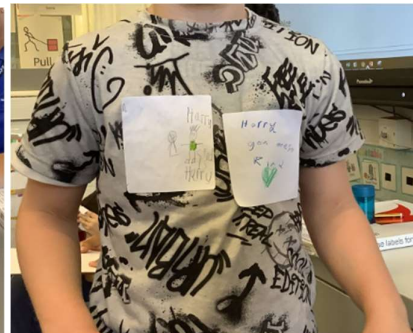
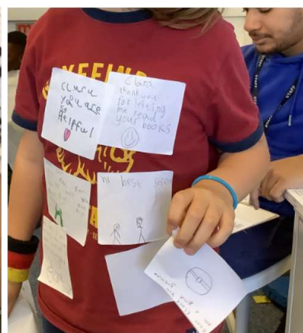
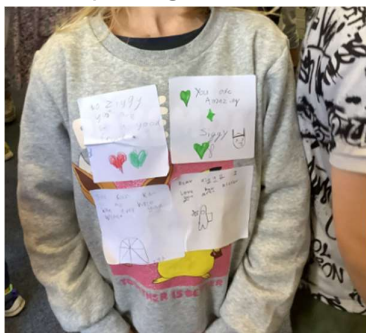
Year One – Kew Gardens Class

Kew gardens class had lost fun this week designing their perfect friend as part of anti-bullying week. Here are the ingredients list they created for a friendship recipe; kindness, care, fun, listening, sharing, playing nicely together, games, helping each other, laughter! We also really enjoyed making winter themes tangrams for part of Maths Week. Well done everyone!



Year Two – St Paul's class

In St Paul's class this week we have been informed about anti-bullying week and have decided to do some work around this topic. We had great discussions and we created stickers for each other with kind, uplifting words.



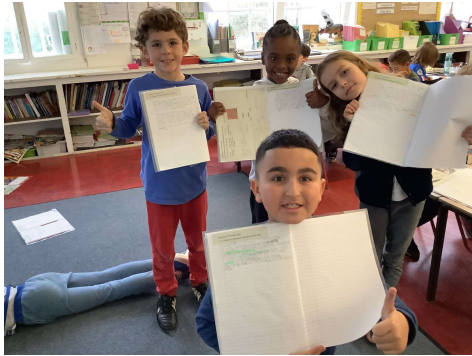
Year Three – Big Ben class

On Tuesday, Year 3 had an exciting visit to the Hackney School of Food. We learnt lots of new cooking and baking skills, and made bread rolls and an Italian-style Ribollita which we were able to take home to eat afterwards. Very tasty!



Year Four – Tower Bridge class

I am so impressed with the brilliant writers in year 4. They have already made excellent start on their own versions of a portal story. Well done all!



Year Five – Ally Pally class

Ally Pally Class were very creative this week when reflecting on how to stand up against bullying. Following this year's theme for anti-bullying week, we made a noise by writing, reciting and even rapping our poems to encourage each other to speak up against bullying.



Year Six – Globe Theatre class

Year 6 are studying human migration in History this half term. In art, we are thinking about animal migration, and creating some 3D pieces about migrating birds.



Attendance

London Eye	83.9%
William Morris	94.0%
Kew Gardens	88.9%
St Paul's	94.8%
Big Ben	88.7%
Tower Bridge	93.2%
Ally Pally	91.1%
Globe Theatre Class	89.6%
Whole School	91.3%

Call 020 7249 7278 to report your child's absence or late attendance.
Or email: absencehotline@grasmere.hackney.sch.uk

Helpful phone numbers and contacts

Childline- 0800 11 11

NSPCC- 0808 800 5000

Domestic Violence Helpline- 0808 2000 247

Hackney Food Bank- Help@Hackneyfoodbank.org



WELLBEING AND MENTAL HEALTH IN SCHOOLS (WAMHS) Service

What is WAMHS?



The Wellbeing and Mental Health in Schools (WAMHS) Service is an initiative led by the CAMHS Alliance with the support of the Children and Young People's Integrated Commissioning work stream in City & Hackney.

This innovative service aims to improve mental health and wellbeing support for children and young people in schools, colleges, specialist and alternative provision education settings in City & Hackney.

The WAMHS Service started with a one year pilot in September 2018. We are now in 69 Schools in City & Hackney. WAMHS was joined by The Mental Health and Support Team (MHST) in 2019 and has been rolling out to 55 schools.

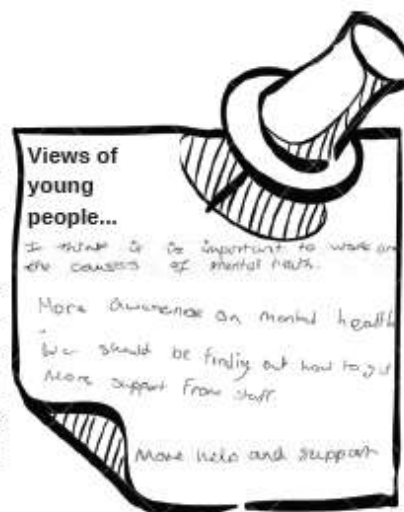
Why did we start WAMHS?



Schools have been reporting higher numbers of students having difficulties managing their emotions, making the most of their learning and life opportunities at school and coping with the stresses of life both in and out of school.

Research shows that positive health and education outcomes are closely related. School staff may be one of the first to notice emerging mental health difficulties. In the 2017 Green Paper the Government stressed the importance of schools and mental health services working more closely together to make sure that children and young people who need help with their mental health are able to get it when they need it.

The Wellbeing and Mental Health in Schools (WAMHS) Service seeks to ensure that schools are settings where children and young people are helped to develop resilience and wellbeing in all areas of their lives, not only academically, but also socially and emotionally.

Not all schools are receiving MHST input yet, but where they are, they **will have an allocated Education Mental Health Practitioner**. This worker will support the work of WAMHS and provide direct work for both parents and students. This will include: Individual and Groups interventions and workshops for students and parents.





More courage
Asked "if you need help I'm here" more often to support

The focus of WAMHS is on **building resilience and coping skills** in students alongside helping students to access any extra help they may need, when they need it. It also aims to **upskill staff in schools** so that they feel equipped and confident in dealing with mental health difficulties and in supporting their students and their families.

WAMHS in City and Hackney

Schools and settings in City and Hackney participating in the WAMHS project have:

A senior member of school staff to be their **Designated Mental Health Lead**. They will lead on mental health and emotional wellbeing in the school.

A **Wellbeing Framework Partner**, a skilled education professional from Hackney Education who will help each school review their current provision and develop an action plan to improve the support systems around wellbeing and mental health in school across a number of areas (e.g. identifying need, working with parents, enabling student voice, monitoring impact, ethos and environment...)

An allocated mental health practitioner from Child and Adolescent Mental Health services (CAMHS). They will visit the school regularly. Their role will not be to work individually with students in the school; instead they will help the school to increase awareness and knowledge in identifying and supporting their students' mental health difficulties and advise and support staff. They will do things such as:



- Attend regular planning meetings in schools to enable holistic thinking around student need
- Training for staff to recognise early signs of mental health difficulties and skills in managing the effects these difficulties can have in a school setting
- Consultation to school staff to support further understanding of need in students
- Support liaison with external services, so schools feel confident in referring students to other services if needed and agreed with the parent/carer and providing support in communicating effectively with these services

Schools receiving MHST input will have an allocated **Education Mental Health Practitioner**: This worker will support the work of WAMHS and provide direct work for both parents and students. This will include: Individual and Groups interventions and workshops for students and parents.

Any records of discussions between school and the WAMHS worker regarding general issues for students at your child's school will not include any student details. If, however, there is a specific issue discussed about or with your child, in order to give the best possible care, the WAMHS worker will record details of the conversation and this information will be held securely and confidentially by the WAMHS clinicians' service. All MHST interventions will be carried out with parent permission and recorded.

For further information on WAMHS and MHST please speak to your Mental Health Lead in school or contact us at elft.wamhs@nhs.net.

You can also find more information about **The CAMHS Alliance** and our projects on the Hackney Local Offer website (www.hackneylocaloffer.co.uk/)



City & Hackney
CAMHS
Alliance

AUTUMN TERM 2023

FROGS event calendar



For more on our Parent Teacher Association, see friendsofgrasmere.com