

## Colindale Primary School Newsletter

### Issue 8: Friday 26<sup>th</sup> January 2024

Dear Families,

As always, we have lots of exciting news and information to share with you; the past 2 weeks at school have been very busy.

**Learning:** I have been around school this week, looking at all the wonderful writing that has been happening. Little Rainbows and Nursery have been doing lots of mark marking in and outside the classroom; Reception have been writing about landscapes and space; Year 1 have been writing about the 'Naughty Bus'; Year 2 have been retelling 'Lila and the Secret of the Rain'; Year 3 have been writing stories based around 'The Lion, The Witch and The Wardrobe'; Year 4 have been retelling the story of 'Beowulf'; Year 5 have been writing scenes showing character based on 'Kensuke's Kingdom'; and Year 6 have been writing about the legend of 'George and the Dragon'.

**Parent consultations** are happening the week beginning 5<sup>th</sup> February. At Colindale we value good communication with parents; this is an important meeting between you and your child/ren's class teacher to discuss progress so far this year. A letter was emailed to all parents, via Arbor, today outlining the booking system. Nursery and Reception parents are to book via the class teacher; Year 1 -6 parents to book online.

**Uniform and Coats:** Please can families **label all items of clothing, including coats**. We have over 700 pupils in the school and a lost coat or jumper without a name is almost impossible to return to its owner. There is a lost property rack in the playground at the back of the school by year 1 and 2 classrooms – please check there if your child has lost something. Most labelled items will find their way back to the child.

Our **social media** accounts are now up and running. We have an Instagram (@colindaleprimary) and Facebook (Colindale Primary School) account. **Please follow us**, we will be sharing lots of lovely work and events that happen during school.



Have a wonderful weekend.

Mrs Jane Palmer  
Headteacher

## Attendance awards for 14.01.24 – 26.01.24

Every week we award classes with the highest attendance one of our very special trophy's- **Bronze, Silver, Gold or Super Gold. These classes were awarded a trophy this month:**



Super Gold (100% - this means every child in every day) –



Gold (highest attendance, but below 100%)- **4G, 6B**



Silver (second highest attendance)- **5J, 6R,**



Bronze (3<sup>rd</sup> highest attendance) – **1A, 6N**

**Well done to all the winners!**

## Rights Respecting at Colindale

### Article 31

The right to relax, play and take part in a range of cultural activities such as dance, music, art and sport.



What is your favourite cultural activity, in or out of school?

Which one would you like to try out?

Should these activities just be 'fun' or also 'competitive'?

National  
Storytelling Week



Why not share  
a story with  
someone you  
love?

### Some things to think about and discuss:

**WHY** is it important to relax?

**HOW** do you like to relax?

Do we, at Colindale, have a wide enough range of cultural activities?

How does our school building and grounds help us meet Article 31?

Give any ideas to your Playground Pal, Rights Champion or School Council representatives.

These ideas can then be discussed at future meetings.

At Colindale, we offer a variety of school clubs to broaden the children's horizons. For example, we offer art club, coding club and sports clubs. Please see the school website using the link below to find out more information [Clubs - Other - Colindale Primary School](https://www.colindaleprimaryschool.co.uk/Clubs-Other)

## Dental nurse visiting Reception children

This month in Reception, we were focusing on 'Healthy Me' topic and the children had the opportunity to learn how eating healthy food, doing exercise, having enough rest, and keeping clean contribute to good health. As part of this topic, we were lucky to have a special visitor - a dental nurse who came to teach us how to brush our teeth correctly.

The dental nurse explained to us why it's important to brush our teeth regularly and she showed us what will happen if we don't brush our teeth. She talked about what cavities and plaque were and how to avoid having them.

**The dental nurse reminded us to brush our teeth twice a day - once in the morning and once in the evening.** She also explained that we must brush our teeth for 2 minutes, one minute for the top teeth and one minute for the bottom ones. We also learnt that we must not rinse our mouth with water, we should only spit the toothpaste out once we finished brushing our teeth.

We then all had a go at brushing our teeth at school, it was fun!

At the end of the session, the dental nurse advised the children to **visit a dentist twice a year for a check-up.** Thank you dental nurse for teaching us how to look after our teeth!



For toothbrushing tips from the NHS: [click here](#)

## Well Being Support

January is known for being a tough month for some of us; the cold days and longer dark hours can make it a challenging time. It is important to look after ourselves and each other – and the NHS 5 steps to aid your mental wellbeing can help with this - making you feel more positive and able to get the most out of life.

They include:

- connecting with other people
- being physically active
- learning new skills
- giving to others
- paying attention to the present moment (mindfulness)

Click the link for more information : [5 steps to mental wellbeing - NHS \(www.nhs.uk\)](#)





## Reception Healthy Eating Workshop

Mrs Walsh held a Healthy Eating Workshop with Reception parents and children this month. The parents were shown a presentation about how they can reduce the amount of sugar in their children's diet. Do you know that a Muller corner yoghurt has more sugar than two and a half sugar ring donuts? Mrs Walsh explained how parents can choose more healthy options, known as 'sugar swaps', such as giving strawberries instead of strawberry Yoyo rolls which contain a lot of sugar. You can find out about sugar swaps here: [Change4Life Sugar Swaps Leaflet PDF.pdf \(assets.nhs.uk\)](#) The Reception parents were also shown the eatwell plate which shows what a balanced diet looks like.

Children should have plenty of vegetables and fruits every day and fewer sugary drinks or high fat or sugar foods.

### The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



The Reception children joined their parents after the presentation and made healthy wraps with a variety of healthy vegetables which they thoroughly enjoyed!



Thank you to Mrs Walsh for arranging the workshop and to the parents who attended. It was a real success!

### Year 3 Colindale library visit.

A couple of weeks ago, a small group of Year 3 children had the opportunity to hand over a collection of stories written by the children last term to our local library. The children had been learning all about the Stone Age and had explored the book, 'Stone Age Boy' by Satoshi Kitamura. As part of their learning, they had written their own version of the story. So good were the stories by our Year 3 children, we offered a collection of them to Colindale Library, who gladly accepted. Each class therefore had a selection of the stories from the class turned into a whole class anthology, which Mr Wild, Mrs Aziz and a group of children presented to the library. We were welcomed to Colindale Library by the friendly staff and given a talk and tour about the library and what services they offer. The children were amazed that they could borrow 20 books at a time for free!

We also got the opportunity to read a few stories to the library staff, who were very impressed. We were then shown where the books would be displayed on our own dedicated 'Colindale Primary School' wall in the children's section. Finally, the children who came were given a library card and were able to borrow their first books. The children thoroughly enjoyed the experience, and seemed very eager to return with their families, many of them said they felt grown up because they had membership cards.

The library in Colindale is very modern and quite impressive, and I would certainly encourage families to visit when they can. It is a great way to access free resources, from books, computer lessons, baby and toddler play and development sessions, Lego club, English language clubs for adults, there really is a huge amount the library in Colindale offers. We are lucky to have access to such a space in our community. It would be lovely for more of our families to make the most of this space and the resources and services they offer, even if it is just to read a few stories written by some of our Year 3 children.

For more information, please follow the links below:

Address and opening hours:

[Colindale library | Barnet Council](#)

Events:

[Events | Barnet Council](#)





## Road Safety

Year 1 had a road safety workshop. We learnt the following rules and actions to help us cross the road safely; stop, look, listen and think! We practiced using these rules and acted out crossing the road. We also learnt how to use a Pelican and Zebra crossing. We learnt not to cross near parked cars as they may stop us being able to see what is coming or could reverse while we are standing next to them. We also learnt not to cross on the corner of the road as we might not be able to see what's coming around the corner.

Andrew, who led the session, taught the children a useful song to help them remember the road safety rules. Ask your children if they can sing it to you.



## KS2 Choir - Young Voices Concert at the O2 Arena

Colindale Primary School's KS2 Choir had the opportunity to take part in Young Voices, the biggest children's choir in the world. We spent ages learning all the different songs and mashups. Most children's favourite songs were either the Matilda or Moana mashup. It took forever to arrive, but when we did, we had the time of our LIVES!



First, we practised for hours learning how to perfect our singing with our amazing composer. We performed at the O2 arena and the stadium was massive! When the concert finally started, finding our parents was a challenge as there were over 20,000 people in the audience. As a surprise, street dancers, a teacher who raps and a drummer (she was only 13 years old, WOW) came and performed their amazing talents.

As we took our seats, the lights dimmed and the only lights we could see were our tiny torches (that our incredible teachers gave us) and the audiences' phones. As there were other performances, we finally had the chance to sit down in our VIP suites and take a break! Our voices-especially mine- were completely gone as we sang, and screamed and sang some more.

For most of us, including me, it was the largest concert we had ever been to and one of the only concerts we have ever been to. If there was a jazz or a pop song, the lights would go crazy! I think all of us had the most memorable experience and I am so glad that Colindale Primary School choir was able to attend such a fantastic trip. We will all never forget this trip.

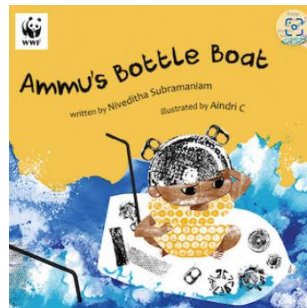
We would like to thank our wonderful teachers, Mrs Hurn, Mrs Marshall and Miss McCague, for organising this amazing event!

Saara and Alexandra 6N





## PSHE Workshop with the ECO Committee



On Monday 22<sup>nd</sup> January, the Eco Ambassadors had the opportunity to take part in a Workshop via a partnership with Middlesex University. They met the author, Niveditha Subramaniam and illustrator Aindri C. of the book “Ammu’s Bottle Boat” by WWF, that shows children the consequences our actions have on our environment. The Eco Ambassadors learnt how the book was illustrated by using ink impressions of various everyday plastic objects like bottles, bottle caps, bubble wrap and netting, inspired by “Gyotaku” which is a traditional Japanese method of fish printing that originated as a way for fishermen to record their daily catches. The children, with the illustrator’s guidance and their creativity, produced their own artwork inspired by the book and the illustrations to raise awareness of plastic pollution and how important waste recycling is. They used objects that we recycle in school and paint to make their imprints as well as the art of collage.





Dear Parents/Carers,

## RE: BICS WORKSHOPS

BICS are **inviting you to join a free two-part series of virtual mental health workshops** which aim to increase your knowledge on **anxiety** and provide you with some skills and strategies to assist your young person in coping with their anxiety.

**These workshops are aimed towards the parents/carers of children and young people.**

## HOW TO REGISTER

**Please register for each session using the 'Eventbrite' links below.**

The workshops are being held virtually to accommodate for childcare and work commitments. Please sign up to either the morning timeslot **or** the afternoon timeslot. Spaces are limited, and places will be offered on a first come first serve basis.

We look forward to seeing you at our workshops.

	UNDERSTANDING AND MANAGING ANXIETY Morning Timeslot	UNDERSTANDING AND MANAGING ANXIETY Afternoon Timeslot
PART ONE	Date: Tuesday 30 <sup>th</sup> January 2024 Time: 9:30 – 11:00am	Date: Tuesday 30 <sup>th</sup> January 2024 Time: 12:00 – 1:30pm
PART TWO	Date: Tuesday 6 <sup>th</sup> February 2024 Time: 9:30 – 11:00am	Date: Tuesday 6 <sup>th</sup> February 2024 Time: 12:00 – 1:30pm
SIGN UP LINK	<a href="#">Click here to sign up</a>	<a href="#">Click here to sign up</a>

## Messages from the school office

**Are your contact details correct?** - If you have changed my mobile / contact number or address recently you **MUST** tell the school office straight away so they can update the school system

**Messages From School** – All messages from school are sent to your email address. Please check your emails daily to see if you have received any messages. You will also get a notification in Arbor's **In Message Arbor App** to say a message has been sent. Please make sure you download the app to your mobile.

Dates for your diary:	
Tuesday 30 <sup>th</sup> January 2024	Year 1 Trip to RAF Museum
Friday 2 <sup>nd</sup> February 2024	1A Class Assembly
Tuesday 6 <sup>th</sup> February	Parent Consultations
Wednesday 7 <sup>th</sup> February	1CH – Class Assembly <b>Please note change of date</b>
Thursday 8 <sup>th</sup> February	Parent Consultations
Friday 9 <sup>th</sup> February 2024	Last day of half term – school finishes at 3.30pm
Mon 12 <sup>th</sup> Feb – Friday 16 <sup>th</sup> Feb 2024	Half Term Break – school closed
Monday 19 <sup>th</sup> February 2024	All pupils return to school
Tuesday 20 <sup>th</sup> February 2024	Year 6 Animal Workshop in school
Friday 23 <sup>rd</sup> February 2024	1T Class Assembly
Friday 1 <sup>st</sup> March 2024	5J Class Assembly
Friday 8 <sup>th</sup> March 2024	5T Class Assembly / World Book Day
Friday 15 <sup>th</sup> March 2024	4G Class Assembly / Science Week
Friday 15 <sup>th</sup> March 2024	Red Nose Day – Wear Red
Friday 22 <sup>nd</sup> March 2024	4P Class Assembly
Tuesday 26 <sup>th</sup> March 2024	PSA Movie night
Thursday 28 <sup>th</sup> March	Last day of term – <b>School finishes at 2pm</b>
Friday 29 <sup>th</sup> March – Friday 12 <sup>th</sup> April 2024	School Holidays – School Closed
Monday 15 <sup>th</sup> April 2024	Staff INSET - school closed for pupils
Tuesday 16 <sup>th</sup> April 2024	All pupils return to school
Monday 6 <sup>th</sup> May 2024	May Day Bank Holiday – School Closed
Monday 13 <sup>th</sup> – Thursday 16 <sup>th</sup> May	Year 6 SATs week
Friday 24 <sup>th</sup> May 2024	Last day of half term – school finishes at 3.30pm
Monday 27 <sup>th</sup> May – Friday 31 <sup>st</sup> May 2024	Half Term Break – School closed
Monday 3 <sup>rd</sup> June 2024	Staff INSET - school closed for pupils
Tuesday 4 <sup>th</sup> June 2024	All pupils return to school
Wednesday 24 <sup>th</sup> July 2024	Last day of term – <b>School finishes at 2pm.</b>