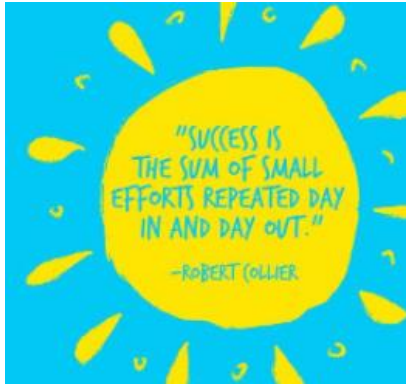


News and events from Northwold Primary School



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Week Beginning: 17.05.2021

Day	Event
Monday	Mental Health Week 16 th -22 nd May Walk to School Week
Tuesday	
Wednesday	
Thursday	
Friday	Parents Coffee Morning- Phonics

Mental Health- useful links

Support for your child can be found at

<https://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/>

Support for adults can be found at

<https://www.nhs.uk/mental-health/nhs-voluntary-charity-services/charity-and-voluntary-services/get-help-from-mental-health-helplines/>

<https://www.mind.org.uk/information-support/tips-for-everyday-living/wellbeing/wellbeing/>

Have an enjoyable weekend.

Yours truly,
S. Goulbourne

Dear Children and Parents/Carers,
I hope that you are all well. To all those who celebrated EID yesterday, I hope that you all had a wonderful day. Next week is Mental Health Week and Walk to School Week. Below are some useful tips and advice outlining how you can support your child.

Walk to School Week

This week we are challenging all pupils to travel sustainably by walking to school every day for one week. The theme for Walk to School Week is "Walking Superpowers". Walking has many benefits, from physical to mental wellbeing; aiding concentration and creativity and creating safer, less polluted and more welcoming streets.

Mental Health Week

Having good mental health helps us relax more, achieve more and enjoy our lives more. We are committed to supporting children, staff and parents in their wellbeing and mental health. We know that wellbeing, physical and mental health are vital to successful learning. Our aim is to provide help, tips and resources to support both adults and children. We recognise the importance of parents and carers feeling supported and well in themselves. Below are some useful links that can be used to support with mental health and wellbeing.

Get in touch

Tel: 020 8806 6352 | Fax: 020 8806 6315 | email: office@northwold.hackney.sch.uk

Sad News



It is with deep sadness that we would like to inform the Northwold Community of the death of Mrs Nabeela Shaffi. Mrs Shaffi died of heart failure on Sunday 9th May. She joined the staff at Northwold in 2000 as a Learning Support Assistant and then became a Teaching Assisting. Mrs Shaffi was loving, kind, caring, compassionate and humorous. There was never a dull moment when you were in her presence.

She was a valued member of the Northwold Community. She supported many children, staff and parents over years. Mrs Shaffi will be missed by all.

We are preparing a condolence book with messages from the Northwold Community to present to her family. If you wish to include a message, drawing or poem, please email office@northwold.hackney.sch.uk. We would like to extend our condolences to her family during this sad time.

Week 3

Monday	Gnocchi with Tomato Sauce	Tuna Mayo Baguette	Cheese & Tomato Sandwich
Tuesday	Lamb Burger & Chips with Salad	Cheese & Salad Roll	Egg & Cress Sandwich
Wednesday	Vegetable Pasty	Chicken Mayo Sandwich	Cheese & Lettuce Sandwich
Thursday	Chicken Biryani & Yogurt Raita	Egg & Tomato Sandwich	Cheese Salad Sandwich
Friday	Fish Fingers & Chips	Cheese & Cucumber Baguette	Tuna Mayo Roll

Yogurt or Fruit and Water provided daily as part of the lunch.

Wellbeing & Mental Health Tips

Self-Care & Mental Health for Kids



Share your own feelings to encourage self-awareness.



Find social groups that help them feel like they belong.



Focus on articulating feelings. "I am angry," "I am sad."



Set aside time for low-stress or solo activities.



Practice self-care for yourself to set the standard.



Encourage journaling and diaries.



Encourage your child to focus on the moment.



Establish a self-care routine.



Recognize toxic stress events.



Blessing Manifesting



Cultivate interests and hobbies.

Key Dates

May 16 th	Mental Health Week (16th – 22nd May)
17th May	Walk to school week
20th May	Parent Council online (9:15-10:00am)
21 st May	Parents' Coffee Morning- Phonics
31st May	Half Term Holiday- 31st May -4th June at 9:30am

May Half Term Holiday Club

A letter was sent via email earlier this week outlining information about the May Half Term Holiday Club. The club will run from Tuesday 1st -Friday 4th June. If you would like your child/ren to attend the holiday club please submit the booking form by **Friday 21st May**. If you have any questions, please do not hesitate to contact the school.

Nursery Spaces Available- Apply Now!

We still have spaces in Nursery for 2 and 3 year old children. Part time or full-time applications are welcomed. Please contact Mrs Bhagwandas for further information.

Reminders to parents

- Pupils who are sick and unwell should not come to school.
- Notify the school if your child is self-isolating or if they test positive for COVID-19.
- Lateral flow testing is available for all families. Please click on the link to get more information. (<https://hackney.gov.uk/coronavirus-support/#test>)
- Absence due to vaccination appointments will not affect your child's attendance and will be an authorised absence.

Lateral Flow Home Testing Kit for Families.

If you're a parent or adult in a household with children at school or college, or an adult in a childcare bubble, and don't have symptoms, you should be testing twice a week.

The tests are fast, easy and completely free. There are two different ways for a household, childcare or support bubble to collect their test to take at home, twice weekly:

Collection

You can collect a home test kit from a local testing station site in Hackney after 1.30pm (these sites are open in the morning for symptomatic testing until 12 noon)

Local testing sites:

- *Dalston, Bentley Road Car Park, N1 4BZ*
- *Hackney Central, Mare Street, E9 6ND*
- *Stamford Hill, Former Bus Garage, Rookwood Rd, London N16 6SD*

Ordering online

You can [order a home test kit](#) online.

Caught Being Kind

Please find below the names of the children in each year group who are recognised for their kindness this week.

Class	Name
Elm	Gabriella
Cypress	Camile
Walnut	La'sane
Bangladesh	Haya
Ghana	Cornelius
Poland	Joshua
Barbados	Kai
Spain	Alfie
Nigeria	Berat
Brazil	Giovanni
Jamaica	Megan
Russia	Miracle
Turkey	Kamara
India	Oguzhan
China	Zofia
Japan	Neriah

Vocab Lab

Serendipity (noun) Finding something good without looking for it.

Origin: English | ser·en·dip·i·ty

Example

We found the monument by pure **serendipity**.
Can you use **serendipity** in your own sentence?

Story to listen to

Sharing a Shell by Julia Donaldson

<https://youtu.be/aQ6SvbrEhvl>

Artist of the Week

Laurel Burch

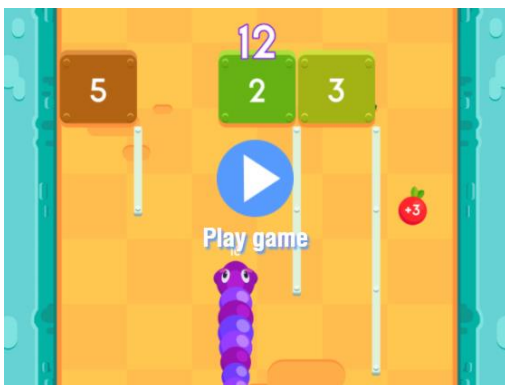


The objective is for children to find out more about the artist and create a piece of work similar to that of the artist. What material and techniques did the artist use? What subject matter did the artist depict? What was the artist's signature style?

Mr Williams Maths Challenge

Caterpillar Carnage

<https://mathsframe.co.uk/en/resources/resource/592>



Northwold Primary Term Dates for 2021-2022

Autumn term	INSET day - Wednesday 1 st September INSET day - Thursday 2 nd September Children return – Friday 3 rd September INSET day – Friday 22 nd October Half Term – Monday 25 th October – Friday 29 th October Last day of term – Friday 17 th December School holidays - Monday 20 th December - Monday 3 rd January
Spring Term	INSET day – Tuesday 4 th January Children return - Wednesday 5 th January Half term – Monday 14 th February – Friday 18 th February Last day of term – Friday 1 st April School holidays – Monday 4 th April – Monday 18 th April
Summer Term	INSET day - Tuesday 19 th April Children return – Wednesday 20 th April Half term – Monday 30 th May – Friday 3 rd June Last day of term – Friday 22 nd July School holidays - Monday 25 th July – Wednesday 31 st August

COVID Updates

How you can help keep everyone at Northwold Safe?

- ✓ **Keep 2m apart when dropping off and collecting children.**
- ✓ **Only one adult should enter the site to collect their child or children**
- ✓ **Use the one way system in place in the school.**
- ✓ **Wear a mask while you are on site (if you are unable to because of medical reasons, please maintain 2m distancing when communicating with staff).**
- ✓ **Contact the school immediately if someone in your household becomes unwell with COVID symptoms.**

Book a rapid Covid-19 test

Appointments must be booked in advance.

1 in 3 people with Covid-19 can spread the virus without having symptoms. To protect the NHS and keep you, your family and community safe test regularly with rapid tests, a minimum of once a week and ideally once every 3 days.

If there are no appointments listed, all slots are fully booked. Check back the next day for new availability.

Tests are available at the following locations:

- *18 Edward's Lane, Stoke Newington, N16 0JJ*
- *Geffrye Estate Community Hall, Falkirk Street, N1 6SD*
- *Mare Street, Maurice Bishop House, 17 Reading Lane, London E8 1DS*
- *Homerton Library, Homerton High St, Homerton, London E9 6AS*

Testing Centres in Hackney

In Hackney there are a number of testing sites:

- *Dalston, Bentley Road Car Park, N1 4BZ (open 7 days a week 8am-8pm)*
- *Hackney Central, Mare Street, E9 6ND (open 7 days a week 8am-8pm)*
- *Homerton, Hackney Marshes Centre, E9 5PF (open 5 days a week Mon-Fri 9am-3.30pm)*
- *Stamford Hill, Rookwood Road test centre (former bus garage), London N16 6SD (open 7 days a week 8am-8pm)*
- *Stamford Hill, Yesodey Hatorah School, Egerton Road, N16 6UB*

There are also 2 testing centres nearby that residents can use:

- *Stamford Hill Primary Nursery Berkeley Rd, Haringey N15 6HD (7 days 8am-8pm)*
- *GuildHall Yard, City of London, EC2V 5AA (7 days 8am-8pm)*

Local government-run test centres are not able to accept walk-up tests without an appointment.

