



**Have you registered for the SIMS Parent App?** SIMS Parent App is a convenient way to communicate with you, share key dates and timetabled events

**What will you find in SIMS Parent:**

Messages - School term dates - Access to update your contact details

**Please let the office know if you have not yet registered.**

**Please note this system has replaced the teachers to parent text service, it is imperative you register**

## Message from the Principal

Dear parents and carers,

What can I say to the year six team and children? Other than well done and you deserve to celebrate.

Across year six this week, during SATs week, every child and staff member showcased and encouraged our Academy values, from the start of each day at the SATs breakfast and throughout the day. The children and staff deserved their final barbecue and ice-lollies. My ears are still ringing from the 'big scream'.

Thank you to the rest of our community for their support during this week - Darlinghurst really is a caring and helpful place.

Year two teachers invited me along to deliver some letters to their children (as part of a hook for their writing stimulus). I had to be a horrible head teacher! Of course, I had to go back to their classrooms later for the usual welcoming smiles. I know their writing is taking shape already and look forward to reading all about it.

We enjoy using role-play and great hooks to inspire our writing. Next week, children are using poetry from Benjamin Zephaniah and will be emailing him their work, in eagerness for a response. It's great to write with purpose and for an audience.

Can you remember a piece of writing that you were proud of?

With our thinking skills in mind,

*'Think, think, think'*

If you could write a letter to someone and in response, you receive one in return, who would it be to and why?

As always, enjoy your family time together.

Mrs Nicholls

Unfortunately, we were unhappy with the quality of the **class photos**. Therefore class photos will be retaken Monday 3<sup>rd</sup> June. Please ensure your child is in full uniform.

Please remind children they should not ride their scooters or bikes in the playground.

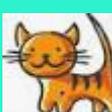




## Mental Health Awareness Week

This week is Mental Health Awareness Week – and what better time to show your support for better mental health. Mental health problems can affect anyone, any day of the year, but this week is a great time to have a chat with a friend, family member or colleague and have a think about your own wellbeing too.,

To support this we have identified different ways in which we, as adults, can undertake activities that help to make us or keep us well. These things make up our “wellness” toolbox and can include:

|  |  |
|--|--|
| <p><b>MY WELLNESS TOOLBOX</b><br/>THINK ABOUT THINGS THAT HELP TO MAKE US OR KEEP US WELL. THESE THINGS CAN BE A JUMBLE OF ALL SORTS OF DIFFERENT THINGS. NOTHING IS TOO SILLY TO PUT IN YOUR WELLNESS TOOLBOX. IF IT KEEPS YOU WELL OR MAKES YOU SMILE..... PUT IT IN.</p>  | <p><b>Getting outside</b></p> <p>Just being in outside space, camping and scouting, road trips, sunsets and sunrises, rollercoasters, walking the dog, taking a mindful walk.</p>    |
| <p><b>Connecting</b></p> <p>Time with family, quality time with friends, looking after pets, group activities, team sports, counselling, talking to friends online,</p>   | <p><b>Reaching out</b></p> <p>Sometimes if you can't face people just laughing with friends online rather than meeting face to face helps feeling of wellbeing.</p>    |
| <p><b>Positivity journal</b></p> <p>Have a journal to record things that you are grateful for. Sometimes it may be hard to think of something good but it will make you feel better.</p>    | <p><b>Playlists of my Life</b></p> <p>Songs represent lots of different feelings. Allow yourself to feel a range of different things. Try to end with something upbeat.</p>    |
| <p><b>Worry Balloon</b></p> <p>Write your worries on a balloon, blow it up and let it go or pop it</p>    | <p><b>Quiet time and Relaxing</b></p> <p>Enjoy your own space, sleeping in or taking a long bath. Immerse yourself in things that make you happy like reading, listening to music, watching favourite TV shows and cooking.</p>  |
| <p><b>The Healing Power of Tea</b></p> <p>There's not a lot that doesn't feel a bit better with tea. Take time out to make a hot drink and sit down with it, it gives you time to be calm, focus and begin to plan your way out of a hole.</p>  | <p><b>Getting active</b></p> <p>Just get your blood pumping; it's a great way to work out anger, frustration or worry and really takes your mind off things.</p>   |

| Group         | % Attend    |
|---------------|-------------|
| JELLYFISH     | 94.4        |
| STARFISH      | 95.4        |
| PELICAN       | 95.9        |
| PUFFIN        | 95.8        |
| SEAGULL       | 93.8        |
| LOBSTER       | 95.4        |
| OYSTER        | 96.4        |
| SHRIMP        | 96.7        |
| DUNE          | 96.9        |
| PEBBLE        | 94.6        |
| ROCK POOL     | 95.8        |
| SEASHELL      | 97          |
| PORT JACKSON  | 97.1        |
| REEF SHARK    | 97.1        |
| SAND TIGER    | 96.2        |
| WHITE SHARK   | 96.1        |
| NEPTUNE       | 95          |
| POSEIDON      | 96.4        |
| TRITON        | 95.2        |
| BEMBRIDGE     | 95.1        |
| WILTON        | 97.6        |
| MAYFLOWER     | 93.4        |
| ENDEAVOUR     | 95          |
| <b>Totals</b> | <b>95.7</b> |

We have seen an improvement in punctuality this week Tuesday to Thursday; let's keep it up this summer term

This Mental Health Awareness Week has had a national focus on “Body image,” a term that can be used to describe how we think and feel about our bodies. Our thoughts and feelings about our bodies can impact us throughout our lives, affecting, more generally, the way we feel about ourselves and our mental health and wellbeing. The children have been exploring this through a number of different activities in the classroom as well as during PE.



## How does Body Image affect Mental Health?

Having body image concerns is a relatively common experience and is not a mental health problem in itself; however, it can be a risk factor for mental health problems. Research has found that higher body dissatisfaction is associated with a poorer quality of life. Conversely, body satisfaction and appreciation has been linked to better overall wellbeing and fewer unhealthy dieting behaviours. Though feeling unsatisfied with our bodies and appearance is often more common among young women, body image concerns are relevant from childhood through to later life and affect both women and men.

Did you know that over a third of UK adults have felt anxious or depressed because of concerns about their body image?

## EYFS

This week in **Nursery**, our topic has been the fire service. Our role-play has been a fire engine/station and the children have delighted in dressing up as fire fighters and playing. In ODL they have made fire engines using shaped paper, and were very good at recognising shapes. We have been talking about professions and what parents do, plus what children want to do when they are older. We were very grateful to Adrian Haughton, Noah's dad, who is a London firefighter. He kindly came in with his uniform and confidently spoke to the children about his role and his firefighting equipment. We would like to send our sincere thanks to Adrian as the children were thrilled to have met a real life fireman! **The Nursery Team**



**Reception** have had an amazing week as we found some pirate treasure that belongs to Captain Jack. Upon opening a bottle that was discovered in a nearby brook we found a message and a map. We then went on a treasure hunt and found lots of gold and special items. This week, we have thoroughly enjoyed creating our own treasure maps, flags and pirate pictures. As our topic is about journeys we even made 2d shape and colour patterns travelling across the strip of paper. All of the children are enjoying practising, recognising and ordering numbers from 0 - 20, thinking about one more and one less numbers. The children told us that they enjoy this activity. Well done Jellyfish Class and Starfish Class!

Please ensure that your child has a named water bottle, named sun hat and named bottle/tube of sun cream/lotion in school at all times. The water bottles are sent home on a Friday and need to be returned at the beginning of a new school week. The children need to apply their own sun cream/lotion at lunchtime when the weather requires it and on these days please ensure that your child has some applied to them before they come to school. Have a lovely weekend. **The Reception Team**

## KS1

Year **One** went on a school trip to Hyde Hall on Monday and had we fabulous time. The children enjoyed feeding the ducks and looking at all the different vegetables in the green house after we have just learnt about Oliver's Vegetables in Writing. We enjoyed exploring in the forest and creating bird's nests using the natural resources around us.

We would to say a huge thank you to the parents that supported on our trip and to those who offered their help. **Miss Charles, Miss Krise, Miss Adams, Miss Roxbrough, Miss Riley and Mrs Dupuy**

*I really enjoyed making water colour pictures and collecting the flowers and plants to make a book mark. **Eden-Rose, Puffin class***

*I really enjoyed feeding the ducks and exploring the forest and making a nest for a sparrow. **Zachary, Puffin class***

## Celebrating Excellence

George Whittington, Port Jackson class passed his Grade 2 ABRSM piano exam with merit





## KS2

This week **year 3** have been: Going on a Bear Hunt in Writing; Helping Michael Rosen with a few alternatives along the way to a predator; Investigating food chains in Science; Sorting out the predators from the prey; Dealing with money problems and analysing data in Maths. Keeping the wolves at bay with some money budgeting; Discussing the weather across the UK in Spanish; Ensuring the primary producers are topped up; Getting to grips with our new Accelerated Reader logins and quizzes; And discussing body image and self-esteem in PSHE. An action packed week as always. Keep up the Rockstars!!! **Mr Dunne, Dune class**

**Year 3** have been building habitats for Insects connecting in with their topic. **Miss Arnold, Outdoor Learning**



This week in **year 5** we have been learning lots about bees. We have found out about life in a hive, the different types of bees and the jobs they each do. We have enjoyed learning about the process of pollination and worked really hard to create some amazing artwork drawing a bee. We have been busy bees this week! **Mrs Stevens, Neptune class**



## Health & Safety

As last week was health and safety week we would like to remind children and parents of the benefits of wearing a cycle helmet when riding their bikes. According to research the five top reasons for wearing a helmet are:

### To Protect Your Head and Brain

The number one reason to wear a helmet when riding your bike is to protect your head and brain. Only a small percentage of fatally-injured cyclists have been found to be wearing a helmet with the wearing of a helmet reducing a chance of a head injury by up to 50% and a head, face and neck injury by 33%.

### To Set an Example for Children

A parent's role is not only to keep little ones safe, but also to guide them in learning how to make wise choices. The best way to do this is to lead by example, as children are more inclined to mimic what their parents are doing, not just obey verbal commands. If your children see you wearing a helmet every time you climb on your bike, they're more likely to follow suit without giving it another thought.

### As Protection From the Weather

If your bike is your main mode of transportation, you may have to ride to and from work even if the weather isn't ideal. In this case, your helmet offers protection from the elements. A helmet can also protect cyclists from the sun's harmful UV rays during the summer.

### To Make Yourself Seen

Although cars will be able to see you clearly on the road during the day, you'll be almost invisible to them at night. Some helmets come with built-in reflectors that will help oncoming cars spot you from a distance. Others are designed to allow you to mount a headlamp on them. If you can't find a helmet like this, you can always purchase reflector tape and run a few strips across your traditional helmet.

### To Show Off Your Style

Your bicycle helmet gives you a chance to show off your style. While you can certainly select a helmet made in a solid colour, you can also purchase one with a design.



## I ♥ Reading

At Darlinghurst we love reading and we want as many of you as possible to participate in a fun reading challenge over the holidays and the rest of the summer term. Have a look at the photo below and try to take on one of the 18 challenges. Send in some evidence of completing the challenge (a picture, a drawing, a book review, report, something you have learned or discovered or even something you have made as a result of the challenge) to [mrsmith@darlinghurst.co.uk](mailto:mrsmith@darlinghurst.co.uk) or [mrsykes@darlinghurst.co.uk](mailto:mrsykes@darlinghurst.co.uk) and you could feature in News and Views along with earning a prize. Happy reading! **Mr Sykes, Reading coordinator**

Thu 23 May  
Bembridge & Wilton classes Tower of London Trip

Fri 24 May  
Mayflower & Endeavour class Tower of London trip

Fri 24 May  
Seashell class Wat Tyler Park Trip

Fri 24 May  
ACADEMY Closes for May Holidays

Please visit [www.darlinghurst.uk/calendar/](http://www.darlinghurst.uk/calendar/) for future dates

## Learning and Life Skills

Continuing our half term focus 'Learning and Life Skills' - 'Think, Think, Think'

This week's questions to discuss at home are related to wishes:

**If you could make 3 wishes, what would they be and why?**

**If you could live forever... would you?**

**If you could wish to only feel one emotion, what would it be and why?**



## Caught reading in your own time!



## Adventure Island

### Get ready for the Half Term Holiday!

Adventure Island, Sea Life and Adventure Golf now on sale on Parent Pay. Massive discounts!

Rainy weather? Plans Change?

Don't worry, these vouchers last until December 2020

Proceeds will support the development of the outdoor learning environment.



A big thank you to all who have signed up to <https://www.easyfundraising.org.uk/causes/darlinghurstpta/> We now have **121** supporters and have raised **£610.33**. We are aiming for 200 supporters and to increase the amount raised to £650 by the start of the summer holidays. Please continue to support us by signing up; if you **order online at work**, please consider using Easyfundraising there too! Thank you!

## Donations

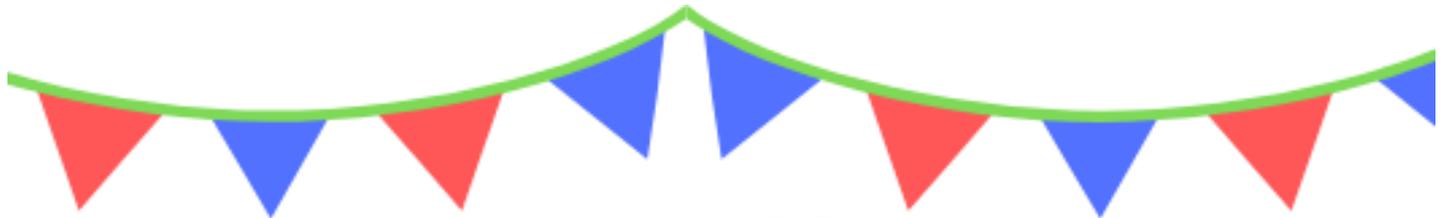
Please could we have donations of any wool, ribbon or raffia for our weaving club.

Please let us know if you are gifting or selling any gazebos. The PTA are looking to have a collection for our upcoming D-Fest

Did you know it is Darlinghurst's 50<sup>th</sup> year. We would love to hear from past pupils and staff members from our lovely school. If you know someone with a story to tell please contact us.

[generalenquiries@darlinghurst.co.uk](mailto:generalenquiries@darlinghurst.co.uk)





*You are cordially invited to*

# *D-Fest*

*Celebrating 50 years of Darlinghurst*

**Join us for an afternoon of nostalgia, games and entertainment. Refreshments will be available to purchase on the day.**

**MONDAY 22ND JULY  
3:40PM-6:30PM**

**Darlinghurst Academy,  
Pavilion Drive,  
Leigh on Sea**



# Afternoon Tea

at the Clarence Yard

ENJOY A DELICIOUS AFTERNOON TEA  
AT THE BEAUTIFULLY RESTORED  
CLARENCE YARD

**Vouchers are available to purchase from the Darlinghurst Parent Teacher Association, via Parent Pay, at a discounted price of £7 per person, offering you a saving of £2.50. The perfect gift for Birthday's, catch up with friends or just a good reason to eat cake!**

