



## Message from the Principal

Dear parents and carers,

With the sense of belonging as our half termly value. I would like to share with you how we make our school a caring, welcoming place. We are passionate about making a difference to the lives of our children and helping them to develop their knowledge, skills and attributes to help them be happy and successful. The wellbeing of our children is part of our curriculum as an integrated approach and not just an added extra. We have a cross-curricular approach to learning and use models such as, growth mind-sets to encourage positive thinking. Staff make learning sessions relevant to your child's learning and needs, so that they can apply techniques to their everyday lives, in the classroom and in the playground.

### Connections

Connections support and enrich us every day, and we take the time to get to know each other. I have enjoyed numerous events in the autumn term and look forward to sharing many more. Our children connect with each other, every day, considering how to work as part of a team and participating in sessions, such as 'knowing me, knowing you', as part of our learning and life skills lessons. Our value – belonging, emphasises the importance of staying connected.



We encourage each other to stay healthy and active during our daily academy life, through our actions, lessons and key messages. We recognise that 'wellbeing' is critical in developing a healthy successful community, including developing our children's social, emotional and behavioural skills. We develop active bodies and active minds in order to encourage children to consider their health and happiness, for life.



### Get Active

We know that exercise is good for our bodies, but it can be good for our minds too. It can really help with promoting determination and a sense of achievement, when setting and reaching our goals. At Darlinghurst we encourage goal setting across all types of learning. Mr Felton is promoting across the academy the importance of knowing how much sugar intake is healthy. KS2 participate in a health and fitness programme, tracking their progress each week. There is no better way to get our children active than through fun-filled activities. The play leaders and specialist teachers encourage children to be active, each lunchtime by engaging in a structured programme where children can participate in active zones and creative zones. Play leaders have been trained to lead games and activities to encourage healthy lifestyles. Our sports committee encourage children to be active and work with the PE team to ensure that the children's voice is heard. All of our sports clubs encourage our children to be active and healthy, motivating children to be interested in a sport, which may continue outside of school or in their future lives. We have multiple links to local sports clubs.

### Get inspired

We know many of our children engage in active lifestyles outside of school, such as; There are so many activities out there to choose from. We would like to hear what you enjoy - cycle, dance, run, swim, climb, jump or walk. Share it with us and maybe it will inspire others to try or have a taster session. Are there activities that your children would like to share in a future news and views. Please send photographs or a small extract to [mrsmith@darlinghurst.co.uk](mailto:mrsmith@darlinghurst.co.uk)  
*Gracie Lee attends the Gifted and talented programme for running and participates in many of our teams.*



*Congratulations to Troy and Roman who have recently been named as captains for Southend Rugby Club.*



Southend Hockey Club have numerous members from Darlinghurst school within their youth team.



## Be mindful

At Darlinghurst we are keen to encourage healthy habits, not only through developing health and fitness but also positive attitudes and healthy minds. We remind children to take time to check in with their thoughts and feelings.

The nursery children enjoy mindful movement and have even given yoga a go!

We are a listening school. We take time to listen to the needs of our children and children know that staff are here to keep them happy and safe. We care about their worries and support their emotional well-being through talking about our worries, anxieties or using worry boxes. We use outdoor learning to engage our anxious children, by visiting the animals at Darlinghurst, helping our children to care for creatures as they would like to be cared for themselves. Our Young carers have opportunities to meet together and share their thoughts and feeling in a friendly, nurturing group. They have fun together too. We work with outside agencies, such as EWHMS, emotional wellbeing and mental health services.

In KS1 Mrs Scott runs a mindful club weekly.

Across the academy there are social clubs that run according to need, where children can meet and play games together and discuss current affairs.

We are exploring the option of starting a morning club – a holistic well being programme that supports social and emotional development. More to come on this!

## Keep learning

Lifelong learning keeps our brains healthy, and the sense of achievement we get from learning something new can be great for our mood. Why not try something new or rediscover an old interest? I have recently dusted off my old guitar, maybe I'll learn to play a new song. Please share your new or rediscovered interest with us by emailing

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

Throughout our PHSE lessons, we focus upon the importance of health, covering many aspects. In addition we have focus topics where children consider, 'How to stay healthy', giving children a chance to consider healthy bodies or healthy minds. In year six, Miss Rosso used 'Philosophy' to explore ideas and themes, engaging in thoughtful lines of enquiry. In year two, the children have discussed what they find difficult, riding a bike, swimming, doing homework by themselves. Plus advice they can share, never give up, keep practicing.



## Give to others

We support children in their learning and play, through our lunch provision outside, the library and homework club, to name a few. Our staff and children give their time to others to make learning and play a positive experience. We encourage our children to give to friends, classmates and our community, helping themselves at the same time. Our active citizens inspired so many children in the Santa run (getting sponsored for it) and are planning a future run for the spring term. Giving isn't just about money but about spending time helping others or mentoring others. We are working with our children to solve problems through a restorative approach. This allows children to consider their feelings and actions, along with the feelings and actions of others, agreeing a way forward together. This term we are introducing Peer Mediators. Trained by Mrs Grant and Mrs Wheeler they will be able to empower children to solve any issues. We know that helping others and kindness has a positive impact on everyone and love to spread a smile around the academy.

As always, enjoy your family time this weekend.

Mrs Nicholls



## News

### EYFS

This week in **Nursery**, we have been looking at the story of Dumbo, the children have enjoyed taking part in learning circus skills. They have tried juggling, stilt walking and balancing, and have watched some clips of circuses on the iwb of circuses from today and yesteryear. The children have been speaking about their feeling, and how their friends feel. We have discussed kind hands and kind language with the children not just while they are in Nursery, but also at home. Please remember that ODL has changed to Wednesday, and that along with this non uniform, show and tell is also on Wednesday, children should come to school in full uniform on Fridays. **Nursery Team**

What a busy week we have had in **Reception!** Our focus has been Michael Rosen's book 'We're Going on a Bear hunt!' which has proved to be very popular with the staff as well as the children. On Friday morning, we thoroughly enjoyed walking to our local Post Office to purchase our own individual stamps in order to send our thank you letters to Father Christmas. There was a lot of conversation on route about our journey so we decided to draw and label our journey on our return. In the afternoon, we had to go on our own bear hunt. As we travelled through our Provision room to Hagrid's hut, to start our afternoon being outdoors, we were shocked to discover that a very cheeky bear had completely trashed the room searching for food. He even left us a message. We immediately went to Hagrid's Hut in order to discuss what we should do. Although we went on our own hunt, we didn't find the bear. Where is he? Have a lovely weekend and look out for that bear! **The Reception Team**

He is a big bear. **Lily, Starfish class**

### KS1

On Monday, **Year One** were really excited to be visited by four owls from Barleylands. We learnt lots of interesting facts about different species of owls, including where they live and what they like to eat. Zara, the Southern White Faced Owl loves to eat spiders, including tarantulas! We sat very quietly and still when Milo, the Barn Owl, silently swooped across the hall to get some food and enjoyed watching Chaos, the Burrowing Owl, scurry quickly across the floor.



Milo



Edgar



Chaos

Year One have also learnt about healthy eating and how to use the traffic light system on food packaging. We investigated the amount of sugar it is recommended they are allowed to eat. The children were amazed that one bag of Haribo's is nearly equal to their RDA of 5 teaspoons of sugar, and were shocked that a can of coke contained 9 teaspoons of sugar.

This week, **Shrimp Class** enjoyed measuring the distance of cars travelling down different textured ramps. First of all, the children discussed how to create their test. They worked out that they wanted the ramp to be at the same height each time the test was carried out. Then, they measured the length that each car travelled by using a measuring tape once it had stopped on the classroom floor. Afterwards, they recorded the measurements and explained how they carried out and gathered the results of the test into their Topic



Books. Albert loved watching the cars travelling down the ramp and said, "that went fast!" **Miss Carrey, Shrimp class**

This week I have been encouraging children to read in their own time to develop their love of reading.

A big well done to:

Evelyn C, Lotoya, Tommy G, Jeffrey, Logan, Florence, Jacob, Ella, Nancy I, Paris, Aviya, Jonathon H, Callum, Ruby, Rose, Mia, Charlie, Alistair, Matthew H, Scarlett, Maria, Devon, Arabella, Aimee, Dexter, Ziva, Michael C, Victoria D, Emily L, Sean O, Archie K. Keep reading! **Miss Lynch**

**KS2**



In **Year Four** this week, we have been writing instructions to get to Chocolate City! The children have really been using their imaginations to create some fantastic commands. This one is by Connie in Port Jackson class: *When eventually Gabriel (the bearded elf) comes to the door, ask for the password and pay him with glass pebbles.* In topic lessons, the children have also been learning about the effects of deforestation and have passionately discussed the reasons for and against this. Well done year 4! **Mrs Cooke**

**Year Five** have had a busy week. We have written amazing stories about visiting Adventure Island. The children have used fantastic vocabulary to describe the rides and the sights and smells around them. Well done everyone! In Science, we have been investigating forces and looking at how forces help us to move heavy things. We have learnt about levers, gears and pulleys. We all did an exciting investigation to find out about centripetal force. We put a 1p coin into a balloon and moved it around. The coin started to spin around inside the balloon. When we put in a hexagonal shaped nut, it moved around and made a screeching noise. Amazing! **Mrs Stevens, Neptune class**



*The experiment we did was fun. We learnt that centripetal force keeps things moving in a circle even when gravity is pushing down. It sounded like the balloon was screaming when we put the nut inside.*

**Caiden, Neptune class**

**Do you tweet?**



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**Book Reviews**

Please send in a brief review of what you have read and tell us why you enjoyed it and why you think other children at Darlinghurst will love your book. As well as having your review published, Mr Sykes will be offering 10 house points for every review submitted.

Please email your comments to [mrsmith@darlinghurst.co.uk](mailto:mrsmith@darlinghurst.co.uk) or hand your paper copies to Mr Sykes in White Shark class.

**Mr Sykes, Reading Lead**

**Mon 28 Jan**

**Year 2 Big Garden Birdwatch**

**Wed 30 Jan**

**Young Voices (O2)**

**Tue 05 Feb**

**Years 5/6 Hockey (Warners Bridge)**

**Tue 05 Feb**

**Safer Internet Day**

**Wed 13 Feb**

**Year 5 Parents fairground experience 3:15pm**

**Fri 15 Feb**

**ACADEMY Closes for Half Term Holidays**

**Mon 25 Feb**

**Academy opens for Spring 2 Term**

**Mon 25 Feb**

**Celebrating World Thinking Day**

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



Group	% Attend
JELLYFISH	95.8
STARFISH	96.2
PELICAN	96.2
PUFFIN	95.1
SEAGULL	94
LOBSTER	95.8
OYSTER	94.8
SHRIMP	97.1
DUNE	96.7
PEBBLE	95.9
ROCK POOL	95.7
SEASHELL	97.8
PORT JACKSON	97.2
REEF SHARK	97.4
SAND TIGER	96.2
WHITE SHARK	95.9
NEPTUNE	95
POSEIDON	96.9
TRITON	95.6
BEMBRIDGE	94.5
WILTON	97.4
MAYFLOWER	92.8
ENDEAVOUR	95
Totals	95.9

Well done to the winners this week. Keep up the good attendance aiming to keep hold of the title, looking forward to the results next week.

*Come in to win*

## WINTER WELL-BEING



As you know, we have been trying to give life a hand and remember the advice of Handy, to keep winter germs at bay and come to school, every day. The children have revisited the importance of hand washing in school and we are encouraging children to talk about this and follow Handy's advice at home too.

### When to wash our hands

**Hand washing should be part of everyone's daily routine especially:**

- Before eating or handling food;
- After using the toilet;
- After blowing your nose, coughing or sneezing;
- After touching animals or animal waste;
- After handling rubbish;
- After changing a nappy;
- Before and after touching a sick or injured person;
- Before and after visiting a hospital ward (remember alcohol-based hand rubs are also provided).



Achievement • Belonging • Confidence • Determination • Excellence

Please continue to work with our attendance officer about winter germs or health related absence. Miss Davis can be found in the school office or by email [missdavis@darlinghurst.co.uk](mailto:missdavis@darlinghurst.co.uk)