



Communication is a priority for us once again this year, we will communicate to parents and carers using **School Ping** In addition, we use **Twitter and Instagram** to share what's going on within the Academy daily. Please make sure you are following us **@Darlinghurstsch** on Twitter and **@DarlinghurstAcademy** on Instagram

Message from the Principal

Dear Parents and Carers,

This week I have witnessed the determination and dedication of our year 6 children as they have campaigned for the position of head boy and head girl, their promotional videos and posters are outstanding. I look forward to writing next week's Principal message alongside my newly appointed head boy and head girl.

Our year 1 and year 2 children have also shown confidence and determination towards their reading and phonics. Yesterday we began our new gate systems, with children quickly settled and in class ready to learn. Across our community we recognise the importance and value of reading and sharing books. I know that this is one of my favourite parts of the day. I gain as much pleasure re-reading a familiar story with children as much as reading a new text.

This week, our Reception and Nursery children have engaged in purposeful play inside and outside their classrooms, continuing to settle into their daily routines. Our early years' provision supports our youngest children to develop across all areas of learning. This week we have begun our promotional package for prospective parents for their children starting Nursery or Reception. I would like to proudly announce our Virtual Tour which launches on Friday October 23rd. During these unprecedented times we have embraced communication virtually and creatively, we still want to be able to showcase what makes Darlinghurst special, it's not always what you see it is how it makes you feel.

Yesterday we began our new gate systems, with children quickly settled and in class ready to learn. In response to the number of year 6 children arriving early and independently to the academy we swapped the arrival times for years 2 and 6 at the main gate. This allows the year 6 children to arrive first walking directly to their classrooms. A school ping was sent to year 6, year 2 and year 3 parents in relation to this. Staff are positioned around the site, internally and externally, to support this process. I would like to thank parents for their feedback, cooperation and support. During these unprecedented times.

As always, enjoy your family time together.

Mrs Nicholls, Principal

Around the Academy

In **nursery** this week we have been working on manners and perseverance, encouraging the children to use please, thank you and excuse me, and be willing to have a go. Please encourage your children to use their manners at home and allow them time to put on their own coats and shoes, wash their hands and wait for them to ask for help. We are supporting the children by asking them to try first and then ask. Thank you for your support. Nursery are appealing for any Paw Patrol pups or vehicles that they are no longer using. We have had some breakages and need to build up our collection. Also if you have and children's tools, again that aren't being used, please let us know as we could use them in our courtyard. **Team Nursery**



This week **Reception** have thoroughly enjoyed getting to know each other better and have discussed our families and close friends with each other. On Wednesday we watched a video which celebrated Yom Kippur (a Jewish festival) that gave us all insight talking about different beliefs that we celebrate. On Sunday we will be celebrating 'Grandparents Day'. To celebrate this the children will be bringing home a special gift to share with their family that they have made during the week.

Please ensure that all of your children's personal items are labelled. It appears that many children have the same shoes! Occasionally the children remove their shoes, such as for P.E. and they often get muddled up if they are not labelled.

Many thanks for your support with your children's homework and uploading it onto Tapestry. Please inform your class teacher if you are not able to access the account yet. We have sent this week's homework home in paper format in case you are not yet linked to Tapestry. Have a lovely weekend. **The Reception Team**

The **Year 3** team would like to say a big thank you to all the children for returning their homework books in last week and returning any class readers to the quarantine boxes.

This week in writing we have been looking at alternative versions of the Goldilocks story with some interesting variations.

In Science we looked at our senses and how different animals are and that they have super senses compared to others!

Some of your prayers and wishes may be answered as the children wrote simple prayers in their journey through Christianity this half term in RE.

Finally, in Learning and Life Skills we have been exploring how to use our voices in different situations and how to respond appropriately. Take Care & Stay Safe. **The Year 3 Team**

This week, **Year 5** have continued to learn all about the heart and ways in which we can keep it healthy. Great fun was had using the stethoscopes to listen to our heart beat and compare these to our friends. To help us remember everything we discovered about our lungs, we created a board game showing possible lung conditions and lifestyle choices that we could make to help keep our lungs in good condition. In writing, we have been petitioning for responsible action to be taken against the widespread littering around our streets since lockdown. In PSHE, year 5 have examined ways in which to keep ourselves safe. **The Year 5 Team**

Academy Uniform



School Uniform Direct continue to supply uniform to the home at a reduced delivery rate. Returns will still need to be sent direct from your home too. As a reminder please follow uniform expectations including the PE kit. School Uniform Direct supply PE jumpers for the Autumn and winter periods, children should not wear a hoody or a sports jacket. Hair accessories need to be in school colours (no large bows). Black school shoes are a uniform requirement and should not feature any other colour, insignia or designs.

To enable our children to store their personal belongings in their personal space please only send your child in with a book bag. Darlinghurst Academy book bags are available from School Uniform Direct.



Darlinghurst
ACADEMY

Virtual Tour with the Principal

Friday 23rd October

- Enjoy a virtual tour with the Principal
- Take a 360 tour of the academy
- View our prospectus
- Look at the academy at work

This is a virtual event and will be live on our academy website from 4pm. The link will be accessible on our homepage.

Achieving Excellence Together



Reading Update

Now that your child has settled into their new class and year group, we would like to share our plans for reading and to outline how you can support at home.

Did you know that the frequency of reading to children at a young age has a direct effect on their schooling outcomes regardless of their family background and home environment? Reading to children aged 4-5 every day has a significant positive effect on their reading skills and cognitive skills later in life. Reading to children 3-5 days per week increases their reading skills by 6 months on average, and reading to them 6-7 days per week increases their reading skills by almost 12 months.

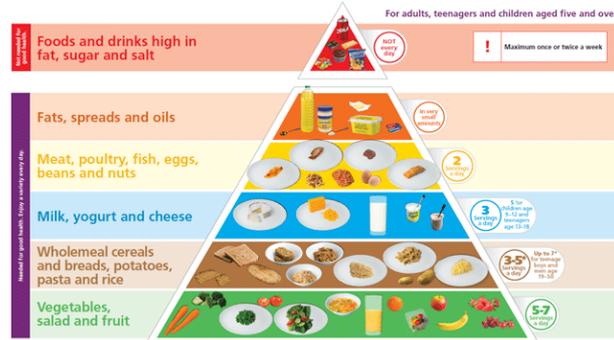
Phonics is the primary method through which children learn to read. It is a code that enables children to break down a word into its individual sounds. These sounds are then blended together for reading. Children at Darlinghurst Academy start their phonics journey in Nursery and continue these lessons until they become confident, fluent readers. Phonics is the first step on the road to becoming a lifelong reader.



Healthy Lunches



Have breakfast before coming to school and make sure you eat enough of the right things to ensure that you have enough energy to do all the things that you need to. Not enough lunch in a packed lunch box can affect the way our children learn. Help them to be their best selves and make sure that they have enough of the right things for lunch



Potential problems

We are all eating too much sugar. National data shows that one fifth of Reception children and one third of those in year 6 are overweight or obese.



To **calculate how many teaspoons of sugar** are in a product: ' Check the nutrition label where **sugars** are listed in grams under total carbohydrates.' Divide that number by 4 to convert to **teaspoons** (because each **teaspoon of sugar** is equal to 4 grams).

How much sugar



Healthy Lunches

We encourage children to bring healthy packed lunches into school. Packed lunches should **not** contain glass bottles, cans or fizzy drinks or sweets. Grapes should be cut in half to prevent choking.



Top tips for a healthy Lunchbox

Aim for at least 1 of your child's five a day – any fruit or veg about the size of their hand – dry fruit counts as well but try not to include too often as can stick to teeth. Carrots, peppers, sliced grapes, apples, pears etc.



Packed lunches should be brought in a suitable lunchbox clearly marked with the **child's name** and **class**. We also ask that **NUTS** or foods containing NUTS ie. Nutella, peanut butter, choc spread etc. are not brought to school in order to safeguard children with serious nut allergies.





YOUNG MINDS

The voice for young people's mental health and wellbeing

On **Friday 9th October** we will be celebrating World Mental Health day, **#HelloYellow**, and showing our children that it is okay not to be ok and raising funds for Young Minds. Children are being encouraged to wear something **yellow** on the day in addition to their school uniform (not instead of) and make a donation of £1 via Parent Pay to support this good cause.



At Darlinghurst we recognise the connection between healthy minds and healthy bodies and will be combining Clean Air Day (8th October) with World Mental Health Day on 9th.



Exercise and walking are not only great for your mental health but by walking to school or part of the way to school, you can help reduce air pollution. Each class will record how children have travelled to school on Thursday to see how many of you are helping to clean up the air around our school.



5 simple exercises to reduce anxiety

The children have been back at the academy

for a few weeks but being in school during a pandemic is uncharted territory and unsettling at the very least, especially as the R-rate rises and so our anxiety levels are bound to increase. Here are 5 simple exercises to help support reducing your anxiety. You can do most of these simple exercises anywhere at anytime, you can even do them with the children.

Give them a try – they really may help

5, 4, 3, 2, 1

Close your eyes and notice things around you. In your head think of

- 5 things you can see
 - 4 things you can feel
 - 3 things you can hear
 - 2 things you can smell
 - 1 long breath in and out
- Repeat if necessary





Belly Breath

- Place one hand on your chest and the other on your belly.
- Inhale deeply through your nose for a count of four, making sure your belly is expanding and not your chest. Exhale through your mouth for a count of four.
- Continue this breathing cycle for a few minutes.
- Feel the stress leave your body while your mind becomes calm.



Safe space visualisation

In your head have a safe space from a time when you felt safe or happy. Close your eyes and transport yourself back there. Try to create as rich a picture as you can.



Progressive Muscle Relaxation

You can do this standing or sitting, or laying down in bed. Starting at your feet tense your muscles slowly while taking in a deep breath. Hold for 10/20 seconds and breath out slowly through your mouth releasing the tension in your muscles. Repeat whilst working up through the different muscle groups, e.g. legs, buttocks, tummy, shoulders etc, focusing on areas of tension like the neck and jaw.



5 finger breathing



Slide one finger up and down each finger as you breath in and out

The importance of protecting your own mental health and that of your child(ren) is just as important as supporting their physical health during these unprecedented times. Recognising the signs that someone may be struggling with their mental health can be really hard.

Where can I get help?

Your GP

Young Minds provides advice and support on a range of topics affecting children. Parents Help Line on 0800 802 5544 (Free Monday to Friday 9.30 to 16.00)

www.youngminds.org.uk/

Childline 0800 1111 www.childline.org

Emotional Wellbeing and Mental Health Service (EWMHS) 0300 300 1600 (Monday to Friday 9.00 to 17.00)

www.nelft.nhs.uk/services-ewmhs

NSPCC at NSPCC.org.uk

Mind provides advice and support on a range of topics including types of mental health problem, legislation and details of local help and support Phone: 0300 123 3393 (weekdays 9am - 6pm) www.mind.org.uk/
Mental Health Foundation provides a guide to Mental Health problems, topical issues and treatment options via their website. <https://www.mentalhealth.org.uk/>
SANE provides confidential emotional support and information to anyone affected by mental illness. It also provides a resource for anyone affected by suicide. Phone: 0300 304 7000 (4.30 - 10.30pm daily) www.sane.org
Rethink Mental Illness offers practical help and information for anyone affected by mental illness on a wide range of topics such as The Mental Health Act, living with mental illness, medication and care. Phone 0300 5000 927 (Mon-Fri 9.30am-4pm) www.rethink.org

Census Day Lunch Prize-Winners

Congratulations to the following children who won the star prizes of Adventure Island golf courses tickets at our special Census day lunch on Thursday 1st October:

Thomas W – Bembridge class

Layla S – Coral class

Roxanne F – Shrimp class

We hope these winners enjoy their prize and have a lovely day out.



Hot Meal Options

We will be introducing some hot meal options in the week commencing 12th October 2020. The hot meal choices will initially be available on Tuesdays and Thursdays only, although we are planning to extend this to every day after the half term holiday. The hot meals will be offered alongside the existing cold meal selections.

