



Communication is a priority for us and once again this year, we will communicate to parents and carers using the **SIMS Parent App** and **School Ping**. Please let the office know if you have not yet registered.

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

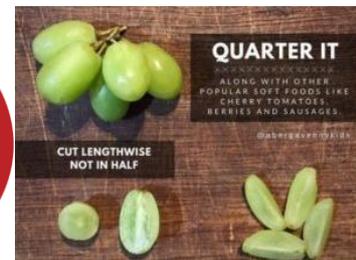
## Message from the Principal

Dear parents and carers

This week children and staff have shown a healthy approach to the new year through exercise, healthy eating and positive mental attitude.

Key stage 2 have been participating in a health and fitness program showing determination towards achieving their goals. Children shared their positive progress with me and future goals and I look forward to hearing about their achievements. It was a lovely moment when I saw the year 3 children participating in a fitness session with our nursery children. They acted as positive role models and coaches to our younger children. I saw smiles all round.

During assembly I have shared the importance of healthy eating and healthy lunch boxes. The children were interested in finding out the amount of sugar inside different foods. It has made me think twice about eating my daily 'cereal bar'. I reminded the children about the importance of having a balanced diet and lunch box tips. Please can I remind you that nuts and items including nuts are not allowed to be consumed in the academy.



Many of our children enjoy our school meals which provide a variety of options for our children. Thank you for your support on census day this week.

I hope that some of you will come and join us for our healthy lifestyles workshop next Friday morning.

**SOUTHEND 2050**  
LE all starts here

**health 4 life**

Working to make lives better  
www.southend.gov.uk

**southend on sea**  
SOUTHEND COUNCIL

## Parent Healthy Lifestyles Workshop

Hosted by Health Improvement Practitioner—Deborah Hart

Friday 24th January 2020  
9.00am—10.00am  
Darlinghurst Academy

Learn about the importance of healthy living in children  
Supporting children around Fussy Eating  
Portion Control  
Hidden Sugars in Foods/Drinks

Illustrations of children playing and eating healthily.



Some year 4 children proudly showed their work about 'Fair Trade' with me. The children told me that The Fairtrade Foundation was set up to help producers in poorer countries get a fair price for their work. Did you know that any extra money is usually put into things that can help the local community – like bicycles to help workers travel to work or new wells to provide water.

Since our return the children have been participating in the 'daily calm' after lunch. What a positive and calming start to the afternoon. Children have shared how they like to listen for as long as possible to the sounds of the triangle while focusing on their breathing. I know that I have enjoyed sharing a mindful minute with Lobster class.

I ended the week thoroughly enjoying watching Reception children participating in an energising dance session to songs with actions and routines.

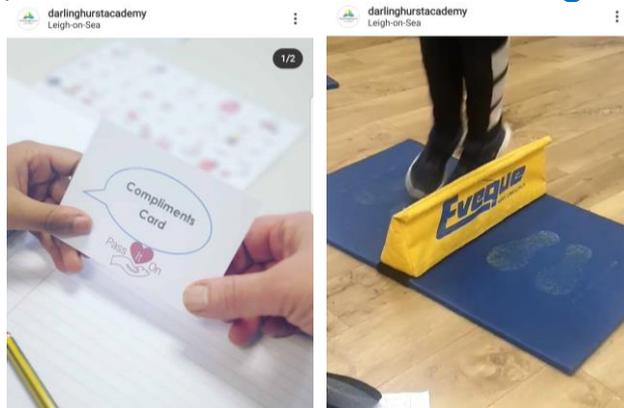
As always, enjoy your family time together this weekend.

Mrs Nicholls

Pancake  
Pinocchio



What have you missed out on **Twitter and Instagram** this week?



## EYFS

In **Nursery** this week our topic has been The Fox and the Hound. We have been looking at how to care for animals and what animals need in a home setting, e.g. food and water. We have also been looking at farm animals and the produce that they provide us with. Please ask your children what noise a Llama makes, we all found it very funny.

On outdoor learning morning, the weather was exceptionally bad and kept us inside, so we made fox and dog ears to wear. We still made it over to Hagrid's hut though to have show and tell! **The Nursery Team**

This week **Reception** have started learning about different animals and their habitats. We started the week with 'Noah's Ark' and have written sentences about wild animals, such as zebras and tigers. The children are all trying to write neatly and to focus on their pencil grip as they write. In maths, we have all thoroughly enjoyed counting in 2s and discussed how it is much quicker than counting in 1s all of the time. Well done for working so hard with all your learning children! Lots of the children have told us how they enjoy practising their reading, writing and maths at home and some have brought their work in to school to show us. Keep it up! Have a lovely weekend.

**The Reception Team**



## KS1

**Year 1** have had a very fun and busy week. We have been reading and writing about the Gruffalo, using adjectives to describe the animals and the setting. The children know this book so well they can retell it on their own! In maths, we have been learning all about 2D and 3D shapes. The children noticed that there were shapes everywhere we looked! They explored the properties of 3D shapes by working out the best way to build a tower using everyday 3D objects asking and answering questions, e.g. which face can you use to balance an object on a cylinder? Which shape can be rolled? etc. We also went on a shape hunt around the academy. The children have been doing lots of art this week too. We have been investigating how to make new colours by mixing the primary colours together. The children then used their knowledge to make circles in the style of the Russian artist, Wassily Kandinsky. Here are some examples of their fabulous artwork. **Miss Adams, Seagull class**



This week **year 2** have been finding out about the Wright Brothers. We have discovered that they had to show one of our school values, determination, as the first flights that they tried to make were not particularly successful! We have also had a go at making paper helicopters as playing with toy ones as children was one of the things that prompted them to become great inventors. **Miss Scott, Oyster class**

## KS2

This week **Mayflower class** have been writing about well-known naturalists. They have chosen from Chris Packham, Steve Backshall, Liz Bonnin or Miranda Krestovnikoff and included many interesting facts in their biographies. With their naturalist hats on, the children also had to decide how some endangered animals have adapted to suit their habitats, following in the steps of the well-renowned Charles Darwin. For story time this week, I have been reading a child-friendly picture version of his book 'On the Origin of Species'. Which has really helped them grasp the concepts of evolution, adaptation and natural selection. We certainly have some future David Attenboroughs in the class! **Mrs Powell, Mayflower class**

## Healthy Lunchboxes

School meals are a great choice, but if you do make a packed lunch for your child then Change 4 Life have a great range of quick, easy, healthier lunchbox ideas.



Below are some easy swaps, visit <https://www.nhs.uk/change4life/recipes/healthier-lunchboxes> for more ideas.





**Mon 20 Jan**  
Eco Week  
**Fri 24 Jan**  
Parent Healthy Lifestyles Workshop

**Congratulation to this week's Energy Challenges Winners**



EYFS and KS1 – Jellyfish  
KS2 – Wilton

Group	% Attend
JELLYFISH	92.8
STARFISH	96.3
SEAHORSE	93.7
PUFFIN	95.9
SEAGULL	95.4
LOBSTER	95.6
OYSTER	95.5
SHRIMP	96.8
DUNE	96.5
SEASHELL	95.7
CORAL	94.9
ORCA	97
GREAT WHITE SHARK	95.9
STINGRAY	93.4
SWORD FISH	96.6
NEPTUNE	96.5
POSEIDON	94.5
TRITON	93.2
GALENE	97.5
BEMBRIDGE	94.8
WILTON	95.5
MAYFLOWER	96
<b>Totals</b>	<b>95.5</b>



Rachel Sankey PRESENTS

# REVERIE

at  
THE PEOPLE'S GALLERY IN THE FORUM,  
SOUTHEND LIBRARY.  
RachelSankeyArt.com

**7<sup>th</sup> FEB - 2<sup>nd</sup> MARCH**

**GALLERY HOURS**  
Monday - Friday 8 am - 7 pm  
Saturday 8 am - 5 pm  
Sunday 11 am - 4 pm

An Innocent ability to people watch; being given the opportunity to study another's reverie without intruding on their personal space.

Disabled access. For questions about the venue please contact 01702 534111.

The Forum Southend,  
Elmer Square, Southend-on-Sea, Essex, SS1 1NS  
<https://www.theforumsouthend.co.uk/>

The Darlinghurst 'Eats' kitchen team have a vacancy for a midday assistant – Hours week 11:45am – 1:30pm. Come and join our friendly vibrant team. Applications in writing to Wendy Owers, Head of Kitchen.



Darlinghurst  
ACADEMY  
Parents, Carers and Staff  
Quiz Night

Supporting the year 6 fundraising



Join us **Friday 7<sup>th</sup> February** from  
**6:00pm** for an evening of quiz fun

Tickets are £2.50 each  
Purchase from the school office  
Teams of up to 6

*This event is for parents, carers and staff only*



Darlinghurst  
ACADEMY  
Community Litter Pickers



Join us **Saturday 1<sup>st</sup> February**  
2:00pm-3:30pm

For litter picking around our local area  
and our school field

Please book in by emailing

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

Parents, families and local residents welcome  
**Please meet at the Brook Gate entrance to collect  
your equipment**

All children are the responsibility of their  
parents/carers