



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 parent/carer,

A huge well done to everyone for a successful return to Darlinghurst. The academy is alive again with the sights and sounds of our children engaging in learning and play. They have loved seeing their friends again, in person. Their smiles and laughter has been pure joy to see and hear. I am sure that they will be tired at the end of the week, after immersing in learning and adapted to the changes of their day. Staff have been proud of the children too, complimenting their emotional resilience and behaviours for learning. They have been supportive and encouraging, providing opportunity for reflection and revisiting learning during lockdown. Take a look at the section from around the academy to read how well they got on. Over the coming weeks, we will continue to support the children's emotional health and well-being as they continue to adjust, alongside their academic needs. Please keep talking to the pastoral team, who remain a constant support to our children and families. Mrs Grant has included some supportive strategies to support transition back to school, within this week's edition.

Well done for great attendance this week! We know that every day counts and this week has shown a positive start. Let's keep attendance high. Thank you for maintaining social distancing during pick-up and drop off and leaving the site in good time. Please continue to arrive on time and minimise social contact and conversation. In assembly this week, we looked ahead to 'Red Nose Day' and the theme for this year – 'The power of funny' and the difference that people can make on the lives of others. This year, more than ever, it's important to have fun! I am looking forward to seeing children and staff, dressed as superheroes on Friday. However, I am sure you will agree they have been 'superheroes' during recent times and this week!

As always, enjoy your family time together.

Mrs Nicholls

Around the Academy

What a joy it was on Monday to see our **Reception** children back in school eager to see their friends and ready to learn. This week we started our new topic about dinosaurs which is always exciting and we used our phonic knowledge to help sound out some tricky dinosaur names! In maths we have practiced measuring different objects using standard and non-standard items and we even measured a dinosaur footprint! We are all settling back into our everyday routines and the teachers are impressed with the children's listening and attention skills. On Wednesday afternoon the children enjoyed a P.E session as well as an art session with our specialist teachers. They too were super impressed with how settled the children were. Well done, Children! You have worked so hard this week so have a lovely weekend at home with your families relaxing. We look forward to seeing you on Monday for our new learning. Remember to keep practicing your phonics and your sentence structure!

This week in **Year 1**, we have enjoyed welcoming all the children back into school and seeing all their smiling faces. In maths, we have looked at measuring and the children have measured different objects using a ruler. The children have also taken part in a science experiment where we looked at floating and sinking. We discussed as a class how to make a prediction and they carried out the experiment by having different objects



and seeing which ones would float and which ones would sink. We had lots of fun with this science experiment. To celebrate International Women's Day, Year 1 have learnt about 'Felicity Aston' and her greatest achievements. The children had class discussions about her being an explorer and wrote down what they would take on an adventure if they became an explorer. We have had a great week in Year 1!

Year 3 have adapted so well to being back at school and we are incredibly proud of them. It has been lovely to see their smiles each morning as they have been reunited with their friends.

Children have been using their imaginations in writing and have created a story about a magical time machine that takes them into the past.

In maths, we have been looking at different strategies for division.

All the teachers and staff in **Year 5** would like to say how proud we are of each and every one of you for how quickly you settled back into the swing of school life. You have all shown real resilience, maturity and positivity throughout live learning and this has been transferred back into the classroom, very well done! This week in writing, we have been using our knowledge of motte and bailey castles to create a fiction piece of writing about how soldiers and knights prepare in news of a possible attack. In maths, the children have learnt a new skill in using a protractor to measure angles! They have been applying this skill to situations in context. Over the course of the week, year 5 have been familiarising themselves with this terms Learning and Life Skills statements and having lots of discussions around these. We have built on these discussions to create common class goals. Don't forget to keep "rocking on" on Times Table Rockstars and taking your accelerated reader quizzes once you have completed a book.

It has been lovely to be back in school with the **Year 6** classes back together. The children have enjoyed catching up with friends and teachers and have settled back into their routines really well.

In our Writing lessons, children have created new species and have described their physical appearance and how they have adapted to a variety of habitats. This had linked to our work in Science, based on evolution and we have seen how elephants have evolved over a long period of time – the children were amazed to see how the animal has changed to become the creature we know and love today.

We have also taken some time to think about our well-being and enjoyed creating doodles and listening to a story together. I'm sure many children, like the teachers, are quite tired after the first week so do enjoy the weekend!

Attendance

It has been so lovely to welcome our families back to the Academy, the children arrive everyday full of enthusiasm and excitement to learn. Attendance has been excellent and I thank all of you for your efforts. Please remember our gate procedures are in place to keep everyone as safe as possible so we ask that you continue to arrive promptly, leave swiftly and do not loiter around the surrounding area.

TTRS Top Rockers - March Week 2			
	% of class that used TTRS last week	Average daily minutes	Average correct answers
1st	Wilton (79%)	Dune (7)	Mayflower (1469)
2nd	Bell Wharf	Coral, Stingray	Coral
3rd	Swordfish	Mayflower, Wilton	Dune



Calling all Superheroes



From Wonder Woman and Superman, to Air-Guitar-Girl and Bakes-Brilliant-Cakes Boy, choose or create a superhero of your own and pay to dress up for the day. Donations through ParentPay.



Come as a real superhero or create one of your own by adding accessories to your uniform. Add bunting to a plastic bag and use it as a cape.

Use one of the masks available on the website or create your own. There are plenty of ideas and resources available on the official Comic Relief website to help you create your own superhero.



What will your superpower be?

Eco News

We are pleased to say that Vacuum Southend, an Eco-volunteer organisation that focuses on litter picking in Southend have generously donated litter pickers and gloves to our school so we can continue to keep our school and community clean. The Year 6 keyworker bubble put the equipment to use straight away by picking up litter on our school field that has been blown in or left behind by foxes. They found some unusual items like a boxing glove and half eaten shoe! The children collected 2 sacks of rubbish.



We have also formed a partnership with the Ink Bin. We will be collecting printer cartridges of all makes and brands which will be used to raise funds for our school. You can drop off cartridges in our Ink Bin outside of the school building. We can only accept normal printer cartridges and not the larger ones. Please make sure you empty out any bags containing the cartridges into the bin.





We are very excited to announce that we are now working with *The Ink Bin*- a specialist teacher-led business which supports pupils to collect empty inkjet printer cartridges. *The Ink Bin* pledge to recycle as much of the single-use plastic as possible and also send away some cartridges for refilling in order to reduce their carbon miles. For refillable cartridges, the company will give the school money which we can spend on exciting new equipment.

The project aims to support children to be as eco-conscious as possible as well as learn through enterprise. Wherever possible, it will be child-led. Please do check at home, at work and with friends and family to see if you have any old cartridges which can be brought into school- every cartridge makes a difference!





e-safety – Do you know who your children are really talking to online?

Parenting in the Digital Age doesn't need to be overwhelming. It isn't so different to parenting in the offline world. Use the **WWW approach** and make sure you know:

WHO your child is talking to online

WHAT they are doing online, and

WHERE they are going online



In the offline world, you want to know who your children are talking to and who they might be contacted by. It is even more important online where people may not always be who they seem, and advice received online can seem persuasive even when it is bad advice. There are plenty of things you can do to help your children manage **WHO** they interact with online:

- Ask your children if they have online friends that they don't know offline
- Have a look to see how many friends they have on any social media sites they may be using
- Create an avatar so you can play with them on sites
- Discuss and make some rules about things like in-app purchases
- Report adverts that worry you or your children
- Encourage your children to use their correct date of birth, so any advertising they receive is age-appropriate. Many sites advise that the site should only be used by children over a certain age – there is a reason for this
- Text STOP to services that are sending unsolicited texts to your child

Make some rules. Here are some suggestions:

- Understand that people you 'friend' online are real people
- You can (or can't) play online games with strangers
- You can't meet an online friend offline for the first time without an adult present
- You can (or can't) sign up for alerts, game cheats, newsletters
- NO naked photos, EVER

Raising awareness and alerts

Recently, the BBC recently highlighted an app called, '**Omegle**' that whilst it suggests it is a "great way to meet new friends, even while practicing social distancing," that the app, does in fact, randomly selects someone else for the participant to talk to. A number of reports have highlighted that this leaves children open to a number of vulnerabilities and we would urge parents to check what apps are being used by their children and what controls are in place to ensure their safety, as some apps have opportunities to chat with others that are hidden.

More and more children are being targeted and this will have increased significantly during the various lockdowns as technology has been used as a way of interacting with their learning. Research from the Internet Watch Foundation has indicated that younger children are now being targeted.

Do you know who your child is talking to online and what they are talking about?



Now that we have returned to School

Tips and ideas to help children and parents

Covid-19 restrictions are gradually being lifted across the UK, starting with schools having welcomed back children who they might not have seen face-to-face since before Christmas. We have all been really pleased to see everyone back in school but things are not yet back to normal and we all still have to do things to keep us all safe.

We have done everything that we can to ensure that parents, carers and staff feel supported. Our Risk Assessment is available on the website, outlining our health and safety approaches. We have shared information in our newsletter and via school ping highlighting important information, including our staggered gate times.

We recognise that some of you have been feeling anxious, about the Coronavirus or other things that you may have experienced, heard or seen, from missing your friends to frustrations about learning, but we want to remind you that we are here to listen as we realise that it is important for you to think of your mental health and wellbeing as something that is continually changing, like your physical health. Some days we might feel better or worse than others but there are things we can do to improve our overall mental and emotional wellbeing.

Below are some strategies that you can try at home, on your own or with your family to help you take care of yourself and each other.



Talk with adults about strategies that help you to express and manage your anxiety.

There are things that you can do that can help to reduce your anxiety including talking to friends, listening to music, reading, playing sport, drawing, cooking or watching a favourite film.



Some children may struggle to express their feelings or concerns. We know that adults need to use language that you understand and if you don't understand what they

are saying – say so. Adults need to give you time to understand what you are feeling.

The Anchor Room is still available and you can contact Mrs Grant, Mrs Ricks and Mrs Wheeler via DB Primary using the Anchor Room Community or tell the adults in your classroom that you want to talk to them

Have regular routines that can be followed each day –

from getting up to having breakfast, getting dressed, leaving the house and arriving at school. Regular bedtimes are also important. These routines help to create a sense of security.



Sleep

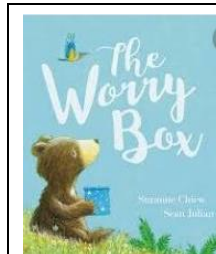
It is important for your body to have time to rest as well as being physically active and sleep is important in achieving this. At the end of the first week back many within our community have been more tired than usual and it is important to have good bedtime routines to accomplish this.



Exercise



Staying physically active can have positive effects on mental health. Try to build physical activity into your daily routine, from taking a daily walk to riding your bike or bouncing on the trampoline.



Consider using a worry journal or worry box if you feel particularly anxious while at school. You can use this to write down a worry when it comes into your head, helping to keep anxious thoughts from becoming overwhelming.

Online wellbeing

The internet and social media can have a positive impact on your wellbeing by helping you to connect with family and friends. But the online world also carries risks so make sure you talk with your adults if you come across anything that worries you. Also be mindful of the way you communicate with your peers - could they misinterpret what has been written? Would you want the same thing said to you?



Practice Mindfulness or yoga

We have shared lots of different techniques throughout the last year including

- Square based breathing
- safe space visualisation
- belly breaths
- five finger counting

Revisit some of these as they may help or ask an adult to do them with you. There are lots of great apps available



As adults our emotional and physical health may have been severely compromised during these unsettling times and no doubt your anxiety levels will have increased as the children returned to school. **Self-care** is very important, as we are often the last person we think about and look after. At the end of the first week it is particularly important to enable you to be as resilient as possible for yourselves, and also to manage and alleviate your children's worries, and to provide them with re-assurance. There is lots of information that has been shared over the last year regarding supporting wellbeing much of which can still be accessed on the website as well as:

5 Steps to Well-being (NHS)

If you give them a try, you may feel happier, more positive and able to get the most from life.

- **Connect** – connect with the people around you: your family, friends, colleagues and neighbours. Spend time developing these relationships. Learn more in [Connect for mental wellbeing](#) on the NHS website
- **Be active** – Take a walk, go cycling or play a game of football. Find an activity that you enjoy and make it a part of your life. Learn more in [Get active for mental wellbeing](#). (NHS website)
- **Keep learning** – learning new skills can give you a sense of achievement and a new confidence. Why not sign up for that cooking course, start learning to play a musical instrument, or figure out how to fix your bike? Find out more in [Learn for mental wellbeing](#). (NHS website)
- **Give to others** – even the smallest act can count, whether it's a smile, a thank you or a kind word. Larger acts, such as volunteering at your local community centre, can improve your mental wellbeing and help you build new social networks. Learn more in [Give for mental wellbeing](#). (NHS website)
- **Be mindful** – be more aware of the present moment, including your thoughts and feelings, your body and the world around you. Mindfulness can positively change the way you feel about life and how you approach challenges. Learn more in [Mindfulness for mental wellbeing](#). (NHS website)

We want to thank you yet again for everything that you have done to support your child at home. We recognise that things have been a tricky juggling act but your support throughout this pandemic is very much appreciated.

Take care and stay safe.



Darlinghurst Academy PTA are holding a **spring virtual fair!**

For our parents and local businesses to show their items, we are asking for a £5.00 donation per business. There will be a separate event created on our Facebook page for our vendors to advertise over the weekend.

All funds raised will be put towards our Library Garden project.

For a virtual stall and more information please contact the PTA on their Facebook page;

<https://www.facebook.com/DarlinghurstPTA/>

What have you missed on Instagram this week?

