



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

## Message from the Principal

I would like to start this week's entry for news and views by saying **thank you**.

Thank you for completing the Parent Consultation survey and the results were overwhelmingly positive and I am pleased that the virtual experience and time to talk was seen as a positive experience. It is important that we have the time to talk and share your children's progress and achievements with you. We are always looking to improve experiences and in response to feedback comments asking for the possibility to extend the time to talk we will look at the timings and duration of future meetings in the hope to find a way to talk a little longer.

I would also like to thank parents for attending the first parental workshop with Mr Turner and Mrs Grant. Upon request, Mrs Grant will be sharing a newsletter containing content from the meeting so that families who were unable to attend can read the information given. There is also a community safeguarding workshop on February 3<sup>rd</sup> February at 6pm provided by The 2 Johns. Further information is shown further in News & Views and this event can be accessed via the EST Safety Facebook page.



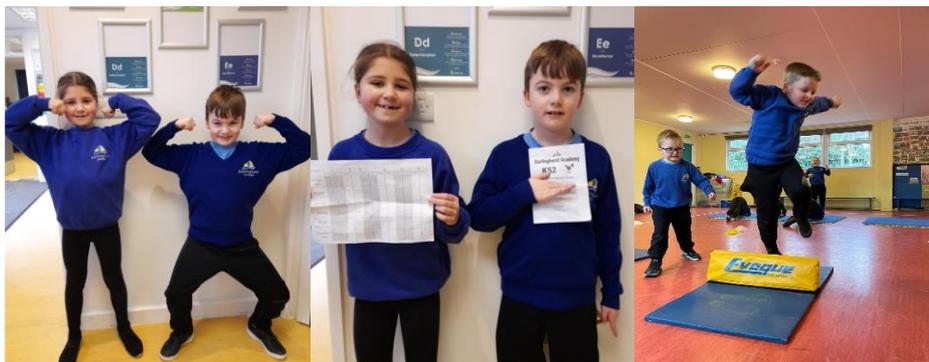
We are planning future workshops, the first is Early Phonics with Miss Wise on **Tuesday 22<sup>nd</sup> February** at 4pm until 5pm followed by Times Table Rock Stars with Mr Turner on **Thursday 3<sup>rd</sup> March** 5.45pm until 6.45pm. Your child has a new login for TEAMS and has recently bought this home. The username and password has changed since last year and would be needed for attendance to workshops or if the need for remote learning. Should you need a new copy of your child's login, please contact the academy.



Recognising the importance of having time to talk we are raising awareness of time to talk day next week on the 3<sup>rd</sup> February. It's a time to come together with friends, families, communities and in the workplace to talk, listen and change lives. During break times our staff and children will enjoy time together.



In other health news, during PE the children are completing their Health related fitness programme and demonstrating determination to improve their scores. Not only have I enjoyed coming to see the children and PE team in action but have loved visits from children celebrating their improvements. This has been perfectly linked to our learning and life skill focus, 'becoming better learners' with children setting and going for goals!





In assembly we have focused on how we can think about what we eat to stay healthy too. We had some great discussions about things to include in our healthy lunch boxes and what makes a balanced meal. Take a look further in N & V for some great tips on what you could include in the lunch box. In next week's assembly we are including a quiz about the different food groups within the Eatwell guide. Why not have a look at the guide together or see if you can find out the answer to my challenge. Challenge question: 'What is the daily amount of sugar recommended for a 7-10 year child?' the answer is in a number of cubes.

## What is in a healthy lunch box?



Not only are the children being healthy but I also saw a flash of the Early Bird nipping around the grounds this week. It was too fast for me but I have been told it is coming back next week at the morning gates. So remember to be prompt and on time to say hello. Coming to school everyday counts and being on time sets the day off to a great start!

## Every day counts

As always, enjoy your family time together.

Mrs Nicholls



## Chinese New Year Celebrations and Festivities

Saturday, 29<sup>th</sup> February 11:00am to 4:00pm - Southend High Street

Come along and celebrate the Year of the Dragon. Watch and enjoy the roaming street performances and ceremonies (in the centre of the High street - near the bridge).

Darlinghurst has a selection of artwork from our art club on exhibit (up on the wall beneath the bridge). A celebration parade will take place, starting at 3:15pm, from the Forum (Southend) down to The Royals Square at 3:15pm.

We hope to see you there!

Please send any pictures that you take, so that we can share them on Instagram.

[generalenquiries@darlinghurstacademy.org.uk](mailto:generalenquiries@darlinghurstacademy.org.uk)

**Subject:** Chinese New Year



Please can we be mindful and courteous of our neighbours during drop off and pick up, ensuring that we keep their driveways clear, avoid parking on the yellow markings outside the front of the academy and use appropriate language around others.



## From the Rockpool

It has been a fun packed week in the Rockpool and the new children are settling in very well and are forming new friendships. We shared and discussed a story called 'The Lion inside,' which led to the children becoming more confident and realising that it is okay to have a try with new things as we all learn through our mistakes. Well done, children! We hope that you have a wonderful family weekend. Perhaps you can challenge yourselves to try something new? Have fun! The Rockpool Team

## Around the Academy

**Year 1** have loved the story 'Owl Babies' by Martin Waddell this week. We have written our own stories thinking carefully about using capital letters at the start of each of our characters names. In maths we have practised counting and using different strategies to complete equations and learning about 3D shapes. We really enjoyed thinking about different forms of artwork this week, looking at an aboriginal painting then using coloured dots to form our own animal pictures and we then had great fun getting soil samples from different places around the school, then using them to paint our own mud pictures after learning about cave paintings!

In **Year 2** this week, we have been revisiting prior learning on time to ensure that we can accurately read and write o'clock and half past times and we have been learning how to read and represent quarter to and quarter past times. We have also continued to work as scientists, conducting a fair test to identify waterproof and absorbent materials and to try and evaluate which materials would be best to make a gingerbread man waterproof. We found out that cotton materials and paper were absorbent and that cling film and silver foil were waterproof. We have then attempted to waterproof gingerbread man and then tested our inventions with varying degrees of success (and some rather soggy gingerbread men). One of our Learning and Life Skills is 'I can think of simple ways of improving the way I have done something' and we have been able to apply this when thinking about what we would change in order to make our experiments more successful. In RE we have been looking at a story from the Quran that teaches kindness. We are comparing stories from different religions to see if there are any common themes.

This week in topic, the children in **Year 4** investigated the different melting points of three different types of chocolate in small groups. This took place after the children made predictions based only on the ingredients listed for each chocolate bar. Building up the experiment the children then explored reversible and irreversible changes. This led to the discovery that melting chocolate using heat was a reversible change but a slice of toast which also used heat was an irreversible change. Within writing the children have continued to taste test a variety of chocolates before reviewing the chocolates and weighing up the positives and negatives of each bar. Many children were inspired by the Fairtrade chocolate and the positives changes it could bring to cocoa farmers, rainforests, and the whole world.

In maths, the children have continued to focus on their understanding of time. With a particular emphasis on converting a.m. and p.m. into a 24-hour clock and converting between different measurements of time like hours to minutes or months to years.

This week **Year 5** have been exploring different types of forces in Science. Learning about the synagogue in RE. Writing about a funfair in English. Resolving conflict in PSHE. Converting fractions into decimals and asking 'How are you?' in French. Thank you for all the boxes that have been brought for our forces/funfair game. Please keep them coming in.



**Year 6** have been learning about inherited characteristics in science lessons this week. The children that we inherit face shape, eye colour, hair colour and even dimples! As part of RSPB week, the children have made bird feeders on outdoor learning sessions and apparently they have been spotted enjoying their treats in mass numbers. They have also been doing observational drawings of British garden birds in art lessons. We have been writing narratives about Pandora, the planet from the film, 'Avatar'. The children have been using similes and personification to add descriptive detail to their settings. Please keep encouraging children to do their accelerated quizzes and logging into regular Times Table Rockstar sessions.

Last week, our newly appointed Year 5 and 6 Play Leaders met with me to start their training and introduction to the important role they will play at lunchtimes. The group were briefed on their roles and responsibilities as well some conversations around fair play and respect. During our discussion, the children came up with some brilliant ideas on how they can make sure play times are fun and active for all. It was decided that some new equipment is needed, and so the PE team will be purchasing some new equipment to help the children outside stay engaged. Their first few weeks in their new roles have been a huge success, with some of our Play Leaders going into the KS1 playground to organise games and activities. I will be meeting with the Play Leaders after half term to discuss what further improvements we can make. Keep up the good work! **Mr Blewett**



This week children have been bird spotting to support the 'Big Garden Watch 2022.' Shockingly we have lost 38 million from our UK skies in the last 50 years, so it is vital we do all we can to look after our birdlife. It's not too late to sign up [www.rspb.org.uk/RSPB/Birdwatch22](http://www.rspb.org.uk/RSPB/Birdwatch22). For more information. Happy spotting!

**Miss Arnold**





## Healthy Lunch box tips

 <p><b>Tinned fruit counts too</b> A small pot of tinned fruit in juice – not syrup – is perfect for a lunchbox and easily stored in the cupboard.</p>	 <p><b>Swap the fruit bars</b> Dried fruit like raisins, sultanas and dried apricots are not only cheaper than processed fruit bars and snacks but can be healthier too. Just remember to keep dried fruit to mealtimes as it can be bad for teeth.</p>
 <p><b>Switch the sweets</b> Swap cakes, chocolate, cereal bars and biscuits for malt loaf, fruited teacakes, fruit breads or fruit (fresh, dried or tinned – in juice not syrup).</p>	 <p><b>Yoghurts: go low-fat and lower-sugar</b> Pop in low-fat and lower-sugar yoghurts or fromage frais and add your own fruit.</p>
 <p><b>Get them involved</b> Get your kids involved in preparing and choosing what goes in their lunchbox. They are more likely to eat it if they helped make it.</p>	 <p><b>Variety is the spice of lunch!</b> Be adventurous and get creative to mix up what goes in their lunchbox. Keeping them guessing with healthier ideas will keep them interested and more open to trying things.</p>
 <p><b>Plan to Eatwell</b> The guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet. It can be really useful when thinking about what goes into kids' lunchboxes.</p>	
 <p><b>Keep them fuller for longer</b> Base the main lunchbox item on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.</p>	 <p><b>Freeze for variety</b> Keep a small selection of different types of bread in the freezer so you have a variety of options – like bagels, pittas and wraps, granary, wholemeal and multigrain.</p>
 <p><b>DIY lunches</b> Wraps and pots of fillings can be more exciting for kids when they get to make them. Dipping foods are also fun and a nice change from a sandwich each day.</p>	 <p><b>Cut back on fat</b> Pick lower-fat fillings – like lean meats (including chicken or turkey), fish (such as tuna or salmon), lower-fat spread, reduced-fat cream cheese and reduced-fat hard cheese. And try to avoid using mayonnaise in sandwiches. <a href="#">See more healthier swap ideas</a></p>
 <p><b>Mix your slices</b> If your child does not like wholegrain, try making a sandwich from 1 slice of white bread and 1 slice of brown bread.</p>	 <p><b>Always add veg</b> Cherry tomatoes, or sticks of carrot, cucumber, celery and peppers all count towards their 5 A Day. Adding a small pot of reduced-fat hummus or other dips may help with getting kids to eat vegetables.</p>
 <p><b>Ever green</b> Always add salad to sandwiches and wraps too – it all counts towards your child's 5 A Day!</p>	 <p><b>Cheesy does it...</b> Cheese can be high in fat and salt, so choose stronger-tasting ones – and use less of it – or try reduced-fat varieties.</p>
 <p><b>Cut down on crisps</b> If your child really likes their crisps try reducing the number of times you include them in their lunchbox, and swap for homemade plain popcorn or plain rice cakes instead.</p>	 <p><b>Add bite-sized fruit</b> Try chopped apple, peeled satsuma segments, strawberries, blueberries, halved grapes or melon slices to make it easier for them to eat. Add a squeeze of lemon juice to stop it from going brown.</p>



## KS1

Albatross – 99%  
Shrimp – 96.7%

## KS2

Bembridge – 97.0%  
Wilton – 95.9%



## Mindfulness

Grace from Year 5 has enjoyed learning a new skill and some mindfulness making pottery. 'Making pottery makes me happy and calm.'



## The 2 Johns e-Safety parent session



## ESCB Learning and Development

### **\*Parent session\* Online Safety with The 2 Johns**

A parent session will be held on 3 February at 6pm on Facebook Live. Anyone wishing to attend will need to go to [The 2 Johns EST Safety Facebook page](#). Please share with colleagues, across your networks and with any parents you are working with. You can also like and share the [ESCB Facebook page](#) which regularly promotes these type of events.



## HOLIDAY ACTIVITY AND FOOD PROGRAMME



Is your child aged 8 - 11 years? Would they enjoy taking part in nature activities, sports, arts and crafts and cooking sessions. Do you want them to have fun, learn something new and improve their health and wellbeing? If the answer is yes and they are on Free School Meals, please give us a call for more information or to book a free place.

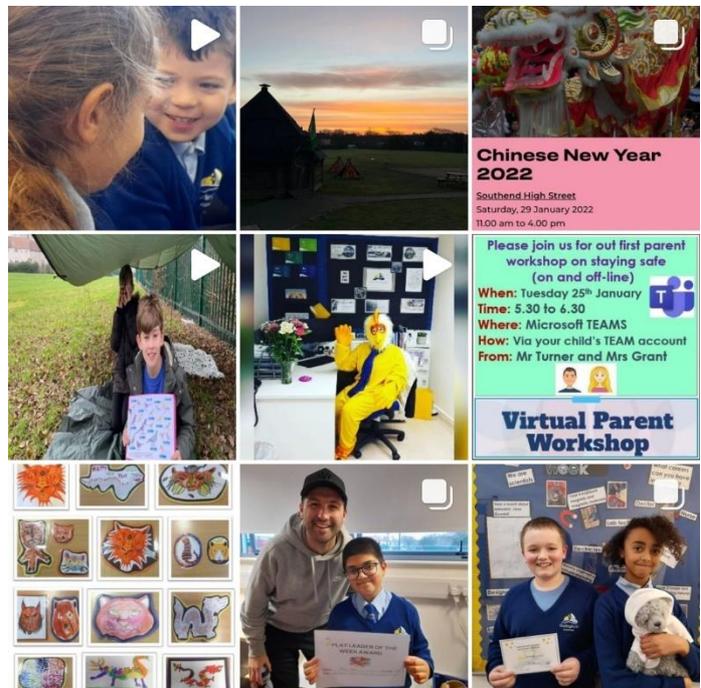
9am - 1pm Monday - Thursday. Selected holiday weeks,

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What have you missed on Instagram this week?



### Chinese New Year 2022

Southend High Street  
Saturday, 29 January 2022  
11.00 am to 4.00 pm

Please join us for our first parent workshop on staying safe (on and off-line)

**When:** Tuesday 25th January  
**Time:** 5.30 to 6.30

**Where:** Microsoft TEAMS  
**How:** Via your child's TEAM account  
From: Mr Turner and Mrs Grant



### Virtual Parent Workshop