



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 & Carers,

This week we have been celebrating Children's Mental Health Week. The national event was launched by HRH the Duchess of Cambridge, highlighting the importance that is placed on mental health and emotional wellbeing during these difficult times.

The theme of this year's Children's Mental Health Week is 'Express Yourself,' so this week our staff and children embraced the theme through learning, their hobbies and play. We received some fantastic photographs and videos from home and our bubbles, showing our children's creativity in music, art, drama, photography and other forms of expression. We also had some children and staff who took part in, dress to impress! We have been sharing daily updates on our Instagram too, celebrating together. Our children make me smile and burst with pride.

Take a look at our Instagram and our picture gallery in this week's N & V special. During assembly we have focused on the important message of feeling good about yourself, showing who you are and how you see the world. In KS2 our children tuned into the virtual assembly from BAFTA, place2be and Oak national academy, hosted by Blue Peter's Lindsey Russell and CBBC presenter Rhys Stephenson. During the KS1 assembly I had fun, having a go at some of the activities suggested by Place2be for the week. I tried the squiggle game and also the feeling game. Why not play the game with your children? What will your squiggle turn into?

[Parents and Carers - Children's Mental Health Week 2021](#)



**Feelings gallery**

**Squiggle gallery**

**Draw Your Feelings**

Try this simple Draw Your Feelings activity with your children. Created by Place2Be's Art Room team.

[WATCH VIDEO](#)

**Squiggle Game**

Have a go at this 1 minute Squiggle game with your children. Created by Place2Be's Art Room team.

[WATCH VIDEO](#)

Achievement · Belonging · Confidence · Determination · Excellence

Achievement · Belonging · Confidence · Determination · Excellence

At Darlinghurst, we encourage our children to believe in themselves and to be the very best versions of themselves. Every child is unique and special and it's important that we support them in knowing themselves and each other. Within the curriculum we provide a range of opportunities and experiences to help them develop emotionally, socially and creatively. My own personal experiences in school and pathways undertaken were linked to creativity. I remember the assembly where I was dressed as a fish, the day I wore my teachers wedding dress in an old time musical, the day in junior school that I played my own song to the school and they sung it in assembly and the day I stood on stage in a theatre, as a nervous 11 year old, and sang, 'Castle on a cloud', from the musical Les Miserables. All those moments, built confidence and passion for music. Creativity was my pathway into education and I still love a school play! I have loved hearing all the musical talents from our children this week and encourage them to continue to play, sing and dance. My sister was a scientist from an early age, she loved to investigate and experiment. Her pathways led her to be a microbiologist and years later she is a secondary school science teacher. We are from the same family and have many of the same loves but have our different interests and talents.



Whatever makes you, 'you' ... embrace it! Be yourself! Express yourself! FLY!

As always, enjoy your family time together.

**Mrs Nicholls**

**Mrs Grant has been an advocate for our children's well-being and mental health and wants to share some helpful information with you.**



Dear families,

In these unsettled times it is more important than ever, and yet more difficult than ever, to set calm, clear boundaries. It is so easy when you are tired and busy to give in now and again, allowing children to stay up late or have an extra biscuit. And if they start whingeing when you don't, but you eventually let them have their way, you are inadvertently teaching them that if they complain, they get what they want! Result: they will try complaining very loudly next time, since they have learned that it works!



During this current lockdown, with many children having to stay at home, the same principles apply. Of course it is harder all-round to stay calm, for both adults and children who are cooped up inside and not seeing friends, after all we have been living with this pandemic for nearly a year. Try keeping clear routines, and both adults and children should try to engage in one each of **PACE** activities per day:

**Physical** - going outside, or even doing a Joe Wicks type video exercise, or completing a Winter Olympic activity together, promotes well-being, releases endorphins and reduces cortisol and other stress hormones.

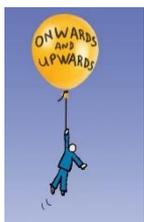


**Achieve** - doing something that leads to a sense of achievement, be it for the child completing homework, or for the parent tidying a room. It is important to name the activity before and congratulate each other on getting it done.



**Connect** - planning and then chatting to somebody important, even if it is online. Yes, it is not the same as being face-to-face (remember when socially distanced wasn't a phrase!) but it does make everybody feel better.

**Enjoyment** - do something that you really like, and it doesn't have to be virtuous, it could be eating a slice of your favourite cake! Again, celebrating that you have done it is important.



We live in hard times, and all of these activities will take effort. Sometimes we may fail, so we shouldn't be too harsh on ourselves! The good news is if we can implement some of these strategies it may help our children's general well-being and also reduce their risks for developing more serious mental health difficulties, such as feeling depressed or developing persistent behaviour problems.

Take care, stay safe and know that we are here to help,

**Mrs Grant**



## Message from the Head Boy and Head Girl

Sadly, on 2<sup>nd</sup> February 2021, Captain Sir Thomas Moore died at the age of 100. Captain Tom was an extremely kind man and leading up to his 100<sup>th</sup> birthday he raised over £32 million for the NHS by walking laps of his garden. Astonishingly, when Captain Tom started out on his walking challenge, he only aimed to raise £1000 which just goes to show that you can achieve anything if you try. Captain Tom said his motivation was all the people in the NHS showing such bravery and taking risks on the frontline.

Captain Tom served in India in World War 2 and saw the Covid pandemic as being 'a little bit like having a war at the moment'. He wanted people to come together to give money so that the hospital workers could do their jobs safely and more lives could be saved.

Since Captain Tom turned 100 he did not stop working hard to raise awareness for the NHS and went on to be the oldest ever person to have a number 1 song, wrote a book and was knighted by the Queen. He was always positive and believed that better times would come...



Thank you Sir Captain Tom from the Darlinghurst Community.

**“Because of you, tomorrow will be a good day for so many more.”**



**The academy is closed to all pupils during February half term allowing a deep clean and preparation for the next half term. We will continue to keep you well informed on the education and provision for our children.**

## Around the Academy and at home

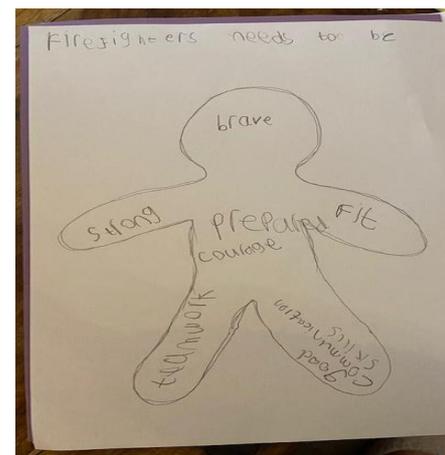
This week **Nursery** have been busy learning about recycling and how to look after our planet, after we read the story 'Greta and the Giants' by Zoe Tucker and Zoe Persico. Greta talks about how small people can make a difference, and that's what we've been doing this week, by recycling, turning off lights and TV's in rooms that aren't being used and thinking about our world. We are finishing off the week with a Junior bake off using things that can be found at home, for example Cornflake cakes. There will be a prize for the best, most imaginative bake and we can't wait to see what the children come up with! We are going to have lots of videos to watch on Monday... I'm not sure my poor tummy can cope! Good luck Nursery!!

### Team Nursery

Wow! This has been such a fun packed week in **Reception**, whether at school or online for our blended learning. We continued the Eco theme this week linking it across all of our areas of learning. In math's we have made skittles from various materials such as bottles and cardboard tubes and this helped us with our subtraction skills. We explored different ways that we can help our environment by following the slogan: reduce, re-use, recycle. The children were very good at understanding the importance of what goes into which bin to recycle. We discussed how we need to look after our environment indoors and outdoors and the children are really onboard with this. Well done Reception Eco Children! We have finished the week with a Junior Bake Off. The children have been tasked to bake something of their choice but using foods that are already in their house, especially food that is about to turn. Some children have already risen to the challenge. One made banana bread as the bananas were turning mushy and another used some soft biscuits as a base for a chocolate tart. Yummy! The teachers can't wait to see what else the children make over the weekend when they upload it onto Tapestry, our online learning journal. Have a wonderful weekend everyone! **Reception Team**

This week in **Year 1**, we have been working really hard engaging in our lessons at home and in school. To celebrate 'Mental Health Week' the children created pictures listening to music and the children in school have taken part in Yoga sessions. In maths, we have been exploring tens and ones looking at two digit numbers and representing numbers on a place value chart. We used resources we had at home such as Lego, pasta and cubes to make the two digit numbers. In writing, we looked at and discussed facts about our country. The children wrote sentences about England, Wales and Northern Ireland and were able to research to find out the different facts before writing them down. What a fantastic week we have all had!

This week, **Year 2** have become historians and looked into how people would fight fires during the Great Fire of London in comparison with today's technique (and fancy equipment). We also went further back in time to larger, well-known fires that broke out before the Great Fire of London and explored how people used fire in the past. Year 2 were fantastic at thinking about what it might be like to be a firefighter both in the past and today. We learnt that larger fires can still happen (even with our fancy equipment) like the Australian bush fires early last year. In light of Children's Mental Health week, we enjoyed an afternoon of discussions, mindful activities and lots of laughter. We also relished in this year's theme 'Express Yourself' by dressing up in something that makes us feel happy (this included a superman costume, dressing gowns and lots of amazing headwear!).





**Year 3**, well done for another successful week of 'blended learning' and to our intrepid key worker children in their cosy socially distanced school bubble. We have been exploring ancient Egypt and all of its wonders and mysteries along the banks of the River Nile. Did you know that the Sphinx is one of the world's largest and oldest stone statues in the world? In maths we have been unlocking the mysteries of multiplication and division with some 'array'zing results! With our writing we have been inspired by another great picture from POBBLE with a focus on fronted adverbials. Please keep sending and uploading your wonderful work on to DB Primary. Thanks for all your hard work and remembering the 3Ps (Plan-Prepare-Prioritise).

**Year 4** have been enjoyed learning about where our English language has come from. We have been looking at the Vikings this week and words which we have taken from them, such as egg and dirt. Henry from GWS produced and presented a mini lesson on Anglo Saxon ruins. It was fantastic - Well done Henry! In writing, we also produced our own Viking saga's about fearless warriors. The children have been watching the Spanish videos on Ropa' (clothes) and have been writing about what they have in their wardrobe. In RE, we have continued to look at religious journeys. Congratulations to everyone who has been on TTR. I wonder which class will win the battle this week! Make sure everyone joins in! Your class needs you!

**Year 5** have been exploring how people could protect themselves from an enemy attack, in particular taking a closer look at 'castles'. Questions we asked included... Why were they built? Who built them? How were they fortified to resist attack? Children designed their own castle to include all the vital features for a good defence, as well as considering where their castle would be located. Progressing from our learning last week of the different class systems present during Edwardian society, this week pupils have been writing a diary entry from the perspective of a working class maid. They have explored the environment they may have worked in, the working hours they had to endure and their feelings towards the jobs they had to do. This week we will be looking more closely about our Life Skill of becoming a Better Learner and thinking of strategies we can use to help us make progress and become more independent with our learning. Many children have improved their times table scores, read more books, developed their creative writing skills and gone outside to get more physical exercise. Well done to all of you for your continued effort. Keep going. Remember... tomorrow is a new day!

This week in **Year 6**, children have been presenting their research presentations on the Victorians. We have been really impressed at the detail that the children have included in their research and consequently we have all learned something new. Presenting online can be a nerve wracking experience but the children have risen to the challenge, delivering their work with confidence and self-assurance. All the year 6 team are very proud of how well our pupils have adapted to this new way of learning and their resilience to cope with the frustrations of bad internet connections and failing devices. You have all been real professionals! Keep it up year 6!

## Eco News

This week, more of our pupils have been out and about helping our environment. Grace in Year 4 went out litter picking at the weekend and collected mostly plastic bottles and cups. Sadly 75% of litter dropped on the ground in the UK is single use drink containers. Thank you Grace for cleaning this up.





Many of you have made bird feeders like Alix in Year 5 and taken part in the RSPB Great British Bird Hunt seeing birds such as robins, starlings, pigeons and blackbirds.

Jacob in Year 6 drew this lovely picture to show how we should care for our planet:



I have been working hard to support other schools and show them what we are doing at Darlinghurst to be more Eco-friendly. They are excited to start teaching their pupils about Climate Change and planning their own virtual Eco week!

Our Eco challenge for this week relates to global citizenship. Some of the most powerful images of youth action from around the world come from messages on the clothing people wear or the signs they hold. I want you to design your own t-shirt containing a powerful ecological slogan. As well as thinking about the design of your t-shirt, I want you to research what fabric you would use to create your t-shirt making sure it is as ethical and ecological as possible.

Please send me your ideas when you have finished your creations!

**Mrs Powell**

TTRS Top Rockers - February Week 1						
	% of class that used TTRS last week	Average daily minutes			Average correct answers	
1st	Bell Wharf (79%) Bembridge (79%)	Dune (5)	Victoria (5)		Victoria (1084)	
2nd	Strand (77%)	Seashell (4)	Swordfish (4)	Wilton (4)	Wilton (1015)	
3rd	Victoria (65%)	Coral (3)	GWS (3)	Strand (3)	Bell Wharf (3)	Dune (945)
		Bembridge (3)	Endeavour (3)	Mayflower (3)		



## Express Yourself

Whatever makes you, 'you' ... embrace it! Be yourself! Express yourself! FLY!

