



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,

As we find ourselves learning and communicating from a distance, it is important to stay connected. This edition of News & Views is slightly different, sharing news from our staff and also from our families at home. I would like to thank everyone within our community for showing our sense of Belonging and Darlinghurst Spirit over the recent weeks, you are all truly remarkable!

We always promote our academy values and how they are values for life, and I am proud of the way our children have displayed these values with us from their homes. The teaching staff are delighted to see their determination and achievements. Thank you to everyone for their active engagement in learning and the creativity you have shown. Quoting an academy value, 'always do your very best, together we will succeed'. I hope you have been enjoying the stories and posts on our social media. Seeing familiar faces, helps to brighten our days. I think some of the teachers are enjoying being on the screen! We look forward to hearing back from you too. Please continue to share your news and we can repost or include pictures or text in our special news and views editions, moving forward.

At Darlinghurst we encourage children to develop their learning and life skills, alongside their character, in order to navigate through their ever changing world. Now, we find ourselves in a time of change. Our staff will continue to encourage children to build and consider such skills, to equip them with the tools they need. Please take a look at the learning and life skill section of news and views, written by Mrs Powell.

Our emotional well-being is linked to the world and those around us. It is a difficult time to be apart and so please do take care of yourself. Thank you to those that are caring amongst our community and those who are staying home, whilst we try and heal the world. Please take a look at the section of news and views that supports your emotional health and well-being, shared by Mrs Grant.

Take care of each other, whilst for now we anchor down (wherever we are), always remembering we remain connected.



Mrs Nicholls

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





Message from Mr Turner

I am very proud of everybody in the school community that has shown the resilience and determination to learn new skills and find new ways of working through this difficult time: children, teachers and families. The world is a rapidly changing place and so our children will need these skills long after the coronavirus pandemic has passed. I have been delighted by the writing I have seen, inspired by Pobble365, and excited by the coding projects more and more of our children have begun exploring at hourofcode.com. Keep up the good work, please encourage your children to keep checking in with their teachers, stay indoors and keep washing their hands. We look forward to having them back soon!

Mr Turner

Message from Mrs Hahn

I know this week has been very different to last week and that learning at home is a new experience for us all, juggling the Wi-Fi, electronic devices and time in between can be very challenging for most of us. As we settle into this period of change, know that you are not alone and that just next door or across the road is a family just like you, trying to organise life at home so that everyone is able to get along and work harmoniously. Thank you to everyone at home busy beavering away at the different learning tasks set by your amazing teachers. Some of you may still need to set yourselves up and log in to DB Primary so that you can keep up with your class and with events taking place online.

Children, remember to work on one task at a time and make sure you complete it to the best of your ability before moving on to the next task set. Find time to exercise your body and remember to hydrate and wash your hands.

Families, look out for updates on Instagram - stories and activities shared.

I hope you have a relaxing weekend.

Take care and stay inside.

Mrs Hahn

Learning and Life Skills

This half term, we have been focusing on the strand – 'Knowing Me, Knowing You'. In order to understand themselves, feel good about themselves and also understand what impact their actions have on others, children need to develop skills involving personal reflection. The key themes in this unit are:

- Understanding and coping with feelings
- Self confidence
- Empathy
- Making choices

Research into the way the brain functions tells us that when individuals experience too much stress they shut down cognitively. Our emotions and the way we feel about ourselves have a strong impact on our ability to learn. We believe that by understanding this and by reflecting upon the learning environment they create, children can develop a positive sense of self that will enable confident learning and good relationships with others. This term we have helped children to understand their emotions and manage them so that they can learn best.

For home learning, teachers will be setting tasks related to children understanding what their emotions are and how our body responds to different feelings. They will also complete tasks to help them understand how to manage their emotions. During this time, it's more important than ever that we teach our children how to de-stress and relax. There are some great ways to do this at home such as through exercise, yoga and art. Encourage your children to do things they enjoy each day and celebrate their successes. There are many



online alternatives such as live zoo tours, drawing classes and live exercise and dance classes to help keep them maintain healthy bodies and minds.

As part of our Learning and Life Skills, class teachers set 'I can' statements which are targets for the children to meet. Perhaps you'd like to set some targets at home. Here are some suggestions from the 'recognising feelings and understanding emotions' strand:

- Early Years: I can identify ways to be kind to others
- Years 1 and 2: I can explain how I am feeling with trusted friends and adults
- Years 3 and 4: I can show understanding and respect for others' feelings by the way I behave to them
- Years 5 and 6: I can show compassion for other humans facing difficult situations

We'd love to hear how your children are getting on with these fundamental skills so please share photos and work with their class teachers on DB Primary.

Mrs Powell

Emotional Well-being

As a parent, you're probably busy helping with schoolwork, hiding vegetables in spaghetti, dealing with a temper tantrum or working out with the children and having aches and pains in places that you didn't know existed (!) so I'll keep this brief! Pull up a chair, make yourself a cup of tea, with a biscuit! and talk to your children about the Mindful Monsters we have been using in school.



Mindfulness - It's taking over schools, parenting blogs and even your Facebook feed - but what is it?

It's simply the act of being present in the moment, paying attention to your thoughts and feelings. Being mindful regularly has some brilliant benefits including:

- More resilience in day-to-day life (we all need that now)
- Improved focus
- Better understanding of emotions
- A sense of calm
- More positive thinking — promoting kindness and gratitude

"Mindfulness changes lives. It sustains kids' natural curiosity and helps them engage more deeply with others."
Michael Chaskalson, Leading Mindfulness Expert

Who are the Monsters?

Concentrate with Thinky – when they are so full of energy (and mischief) it can be difficult to get children to concentrate. Thinky knows what to do.

Be positive with Giggles – we want all our children to have a happy, optimistic outlook on life.

Relax with Snug – Relaxation activities are a great way to show our children the value of quiet time – every day we have a Mindful Minute after lunch helping to re-focus, relax and de-stress.

Get creative with Sparky – Children love to be creative, especially when it involves making a mess on your freshly hoovered carpet! Being creative together as a family can help you come together and enjoy your time (It doesn't have to involve mess but could be something to do with exercise if like me you can't cope with mess)



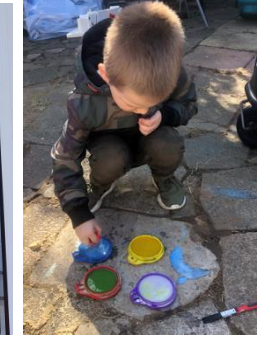


Take time out of your day to focus on you and how you are feeling. We know it is a struggle to keep the children healthy and occupied and that, as parents, we will be anxious about how to protect and nurture our children through this crisis – often juggling work obligations at the same time – but remember you are not alone. There are plenty of blogs out there and self-help apps to see us all through, this is also a time when you need to think of you as well, be mindful of how you are feeling, in order to get the children through to the other side. It will be hard but try to keep smiling.

Mrs Grant

Learning at Home





STAY HOME