

ISSUE 25 | 28th March 2025

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NOTE FROM THE HEAD OF SCHOOL

This week we welcomed into school The Nest, Southwark's Mental Health and Wellbeing Support for young adults, children and families. They delivered workshops on Body Image to the upper school whilst focusing on Resilience with the lower school.

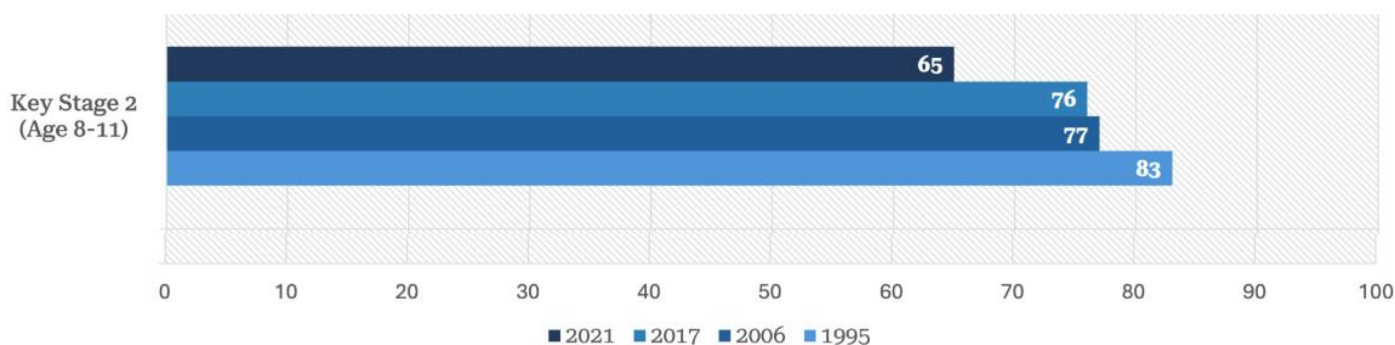
Children's mental health continues to be a global issue with The Children's Society estimating that 1 in 6 children aged 5-16 are likely to have a mental health problem.

As a school we are committed to our children's mental health and wellbeing. We take a tiered approach to wellbeing, providing for everyone; for those who choose to use it; and for those who need additional support. Please speak to your child's class teacher in the first instance if you have concerns.

A few of our key commitments for all and how you can help us are as follows:

Time for Unstructured Play

Our generous 85 minutes of play per day, puts the Hamlet above [1995 averages](#), where play in KS2 has now fallen to a miserly 65 minutes nationally. Support us by making sure your children have opportunities to continue to explore, be creative, take risks and socialise in person after school finishes.



Average total break time in minutes per day in England's schools across four national surveys

Smartphone Free School

Children are not allowed smart phones on site. Support us by ensuring your child does not have access to Social Media, enforce screentime limits and model healthy habits at home.

Giving Children Agency and Choice

We trust children to do real things in the real world by making risk assessments, running clubs, having a voice in behaviour conversations and providing leadership opportunities. We listen to them through the school council and pupil surveys and we are looking at ways to enhance our democratic offer. Support us by developing your child's self-esteem and resilience through responsibility.

Creating an Anti-Racist/ Prejudice-Free School



Whilst we are early on in our journey, we know that individuals from minority groups experience greater challenges and barriers, impacting on mental health outcomes. Support us by reiterating the message at home that we must celebrate and cherish our differences.

Other ways you can help

If you are looking for some *time-limited* ways to support school, please contact tsalomonson1.210@lgflmail.org, we are looking for:

1. A **clean up team** for the front garden to ensure this can be used as a safe play space for the children.
2. Anyone with experience willing to help us in **bidding for grants**.

HOUSE POINTS

Ruby Fire	Sapphire Air	Topaz Water	Garnet Earth
			
275	176	219	175

KEY DATES

Monday 31st March

Parent and Carer Café – Reading 9am
Lots of Socks for Downs Syndrome
Y4 PE and football in Village (change of day)
Periods Workshop 6-7pm, Turney Hall

Tuesday 1st April

Y3 Trip to Butser Ancient Farm
ABRSM Exams
Year 6 PE and football in Village (change of day)

Wednesday 2nd April

Y4 Trip to Battle Abbey
ABRSM Exams
Y6 Reports Out
Fidget Season Starts

Thursday 3rd April

Year 3 to 5 Reports Out

Friday 4th April

Easter Egg Competition
Fidget Season Ends

SEND UPDATE - SQUISHIES

We will no longer be allowing squishies into school with children as a fidget aid, apart from in seasons when they are allowed in the playground only.



A fidget aid is to support concentration and attention whilst learning is taking place. Children may use a fidget aid for the following reasons:

- When recommended by a professional e.g. Occupational Therapist or Educational Psychologist or
- It is an agreed strategy between parents and class teacher/SENDco to support attention and concentration in class without disturbing themselves or other children

A fidget aid can be provided by the class teacher e.g. Blu-tac or pipe cleaners. It can also be provided from home as long as it has been agreed with the class teacher and will not disturb other children in the class. I also have a small collection of fidget aids in my room which teachers can access for pupils.

Many thanks for your cooperation and support with this.

Helen Bansback
SENDco

SPORTS REPORT

Year 3 and 4 Girls' Football Tournament, Alleyn's 18th March.
By Bea Foster.

On a Sunny Tuesday we represented Dulwich Hamlet Girls' football team. There were 5 schools: St Dunstan's, Alleyn's A and B, Rosemead and us. For the scores it was 2-2, 1-1, 4-2 and 2-0. There were 6 people playing on our team including 2 sets of twins! They were Cleo in goal, Ivy in defence, Willow and Thea on the wings, Millie in midfield and me as striker, like my hero Mo Salah. We came 4th place but we had lots of fun. I scored 4 goals and did my celebration each time. Millie scored her first goal. I was so proud. Cleo saved some big shots and Ivy was like a solid wall in defence.



EASTER EGG COMPETITION

FRIDAY, 4 APRIL 2025



DON'T YOLK AROUND

Next Friday, children are invited to bring in an Easter Egg for our annual egg competition. It's always a cracking event and children take it eggstremely seriously. Hopefully none of the jokes will go huevo-er anyone's head. Albumen-tioning the best ones for days afterwards.

All eggs must be hard-boiled or blown
One decorated egg in a shoe-box size container
Labelled with pupil's name, class and house

A WEEK IN PHOTOS

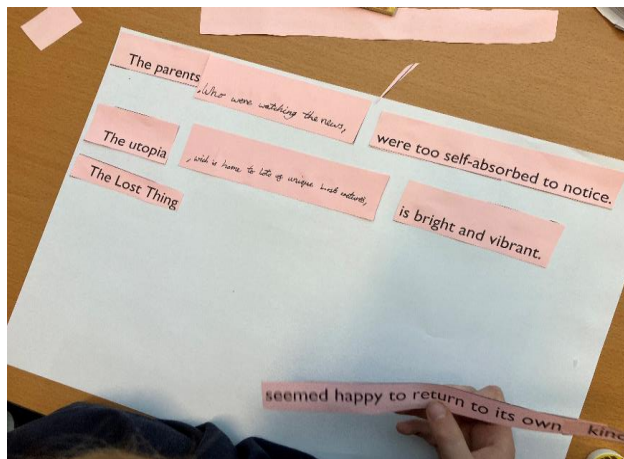
The Nest Workshops took place in all year groups.



Year 4s quizzing each other with their *Going for Gold* flashcards as part of the NCETM Mastering Number programme.



Y5 embedding subordinate clauses into their sentences.



CLUBS

Club payments can be made from 4.30 pm today. Please check on Parent Pay and make payment at your earliest convenience.

RED NOSE DAY

We raised an amazing

£673

Thank you!

