



# DEPTFORD PARK PRIMARY SCHOOL NEWSLETTER

Friday 26th May 2023

The children have worked extremely hard this half term and throughout their termly assessments. In particular a fantastic well done to our year 6 children who made us extremely proud during the Key Stage 2 SATS week. They very much deserve the treats that await them in their final half term at Deptford Park!

The weather during half term looks promising and there is much going on in both Lewisham and Southwark boroughs, some of which we have included in this newsletter. We wish you a restful and safe half term and look forward to welcoming the children back on Monday 5th June.

## Mindfulness

### Getting a Good Night's Sleep by Andrew Huberman, neuroscientist and Stanford Professor

The simple behaviour that would help everyone to get a good night's sleep is to view light, ideally sunlight (without looking directly at the sun), for 5 to 10 minutes in the morning upon waking. Viewing bright light in the morning does two things. Firstly, it triggers the timed release of a healthy level of cortisol into your system which acts as a wake up signal and it will promote wakefulness and the ability to focus throughout the day.

Secondly, it starts a timer for the onset of melatonin, the hormone of sleep. By viewing light first thing in the morning, you set these two timers in motion, one for wakefulness that starts immediately, and one for sleepiness that starts later. So try to spend some time outdoors each morning if you can. Even if there is cloud cover, there is a lot more light outdoors than you are going to get off your phone or your computer.

The opposite is also true, as you approach the evening you want to avoid bright lights of any colour, not just blue light, and if possible, try to avoid overhead lights. Research shows that bright light exposure of any wavelengths between the hours of about **11pm and 4am** causes a serious disruption in the dopamine system, which affects mood, learning and how we function in general.

Young children need good quality sleep. It is essential to get at least **10 to 13 hours** of sleep for the 3 to 6 year olds, and at least **10 to 11 hours** for the 6 to 11 year olds. In addition, it is recommended to spend a minimum of 2 to 3 hours outside each day.



## School Dinners:

**REMINDER: Calling all Year 2 Parents**

As your child is coming to the end of Year 2 from September they will no longer benefit from the Universal Free School Meals, If you feel you will be entitled to Free School Meals please apply online

[www.lewisham.gov.uk/freeschoolmeals](http://www.lewisham.gov.uk/freeschoolmeals)

## Dinner Money

As we are nearing the end of the school year we kindly request that all dinner money debts are cleared before we break up in July. We will send final statements the week beginning 10th July., for payments to be made by the last day of the school year.

Thank you

## Inset Day

**The outstanding inset day has now been confirmed**

**Friday 21st July—Inset Day**

**The last day of the Summer term will be Thursday 20th July.**

## King's Coronation

Photographs from our King's Coronation lunch



School Meals: Year 3 to Year 6

Payment for the school meals for the 2nd half of the Summer Term

5th June — 21st July = £85.00

Dinners are £12.50 per week payable in advance.

Please put your dinner payment into an envelope clearly marked with your child's name and hand it to the person on the gates.



## Attendance

We will continue to monitor attendance very carefully and remind you that holidays **should not** be taken during term time.

The best attendance this term are:

1st ~ Garnet 2nd ~ Jade 3rd ~ Purple

100%

## Term Dates

Friday 26th May ~ Last day prior to the Half Term Holiday

Monday 29th May ~ Friday 2nd June ~ Half Term Holiday

Monday 5th June ~ Children return to school  
Further summer dates will be shared after half term!



A copy of this newsletter can also be downloaded from the school website:  
[www.deptfordpark.lewisham.sch.uk](http://www.deptfordpark.lewisham.sch.uk)

Also follow us on  
[twitter@deptfordpark](https://twitter.com/deptfordpark)

## Get moving over half term!

### Table Tennis:



There are lots of parks in London where you can play Table Tennis for free, including Burgess Park and Kennington Park.

Fusion Table Tennis Club is down the road, and they often have coaching events on in the school holidays <https://fusionttc.co.uk/>

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### Tennis:

You can play tennis for free at:

- Telegraph Hill
- Chinbrook Meadows
- Hilly Fields
- Mountsfield Park
- Ladywell Fields South (Catford Bridge)



You can also play tennis at Catford Wanderers Sports Club where there are three hard courts with floodlights, social play, and coaching available. [Details on their website.](#)

There are new facilities at 4 Lewisham parks (pay to play):

[Ladywell Fields](#) - 5 new courts, 4 floodlit, new fencing!

[Manor House Gardens](#) - 2 new courts!

[Mayow Park](#) - 2 new courts!

[Sydenham Wells Park](#) - new fencing!

These brand new facilities with some exciting tennis activities and sessions will be available for residents as part of the new season ticket and pay and play scheme. For more information visit the ['Membership'](#) page.

Southwark Council also has 7 park venues with tennis courts that have a booking system. You can book tennis courts on their website - Belair Park, Burgess Park, Brunswick Park, Dulwich Park, Southwark Park and Tanner Street Park.

Honor Oak Park courts operate as turn up and play.

Enjoy!

**Coach Tosin**

# LEWISHAM COMMUNITY NEWS

**'Take' Event** at Athelney Primary School Hall on Thursday 1 June  
from 1.00-4.00pm during half term.

**FREE Children's toys, bikes, clothes,  
and books new and second-hand.**



Some restrictions may apply on how many items per family, to ensure every visitor can leave with something.

**NO DONATIONS PLEASE THIS IS A TAKE EVENT**

Athelney Primary School Hall, Athelney St, London SE6 3LD

**/LEAN**  
Lewisham Education  
Arts Network

**Celebrating Windrush 75**



The arrival of the Empire Windrush is a symbolic event, filmed, recorded and reported in the newspaper on its arrival at Tilbury on 22 June 1948. A story with the Caribbean community at its centre and the wonderful symbolic beginning of a story changing Britain to the diverse country we live in today - a Britain shaped by the Windrush story.

***Barbara Gray, Development Lead at Kinaraa writes: 'Windrush 75 an important moment in time for Lewisham'***

Lewisham has lots of activity planned across the borough to celebrate 75 years since the arrival of the Empire Windrush at Tilbury, with many still to be announced. For more information on Windrush LEWISHAM Events check out the website: [Lewisham Council - Windrush Day](#)

You can also find a wealth of resources at the [Windrush Foundation website](#).

# Deptford Park Primary School



## Term Dates 2023/24

### AUTUMN TERM 2023

Monday 4<sup>th</sup> September  
Tuesday 5<sup>th</sup> September  
Friday 20<sup>th</sup> October

#### **INSET DAY**

Children return to school  
Last day prior to Half Term Holiday

**Monday 23<sup>rd</sup> October – Friday 27<sup>th</sup> October - HALF TERM HOLIDAY**

Monday 30<sup>th</sup> October  
Wednesday 20<sup>th</sup> December

Children return to school  
Last day of Autumn Term 2023

**Thursday 21<sup>st</sup> December – Friday 5<sup>th</sup> January – HOLIDAY (including Bank Holiday)**

### SPRING TERM 2024

Monday 8<sup>th</sup> January  
Tuesday 9<sup>th</sup> January  
Friday 9<sup>th</sup> February

#### **INSET DAY**

Children return to school  
Last day prior to Half Term Holiday

**Monday 12<sup>th</sup> February – Friday 16<sup>th</sup> February - HALF TERM HOLIDAY**

Monday 19<sup>th</sup> February  
Thursday 28<sup>th</sup> March

Children return to school  
Last day of Spring Term

**Friday 29<sup>th</sup> March – Friday 12<sup>th</sup> April- HOLIDAY (including Bank Holiday)**

### SUMMER TERM 2024

Monday 15<sup>th</sup> April  
Tuesday 16<sup>th</sup> April  
Monday 6<sup>th</sup> May  
Friday 24<sup>th</sup> May

#### **INSET DAY**

Children return to school

**MAY DAY – SCHOOL CLOSED (1 DAY)**

Last day prior to the Half Term Holiday

**Monday 27<sup>th</sup> May – Friday 31<sup>st</sup> May - HALF TERM HOLIDAY (including Bank Holiday)**

Monday 3<sup>rd</sup> June  
Thursday 25<sup>th</sup> July

Children return to school  
Last day of the Summer Term

**2 Inset Days outstanding**