

# DEPTFORD PARK PRIMARY SCHOOL NEWSLETTER

Friday 24th November 2023



This half-term is just whizzing by and we have an action packed December ahead of us! We hope you found your parent meeting useful in understanding your child's progress and targets. The children continue to work extremely hard and we are proud of them. Please note the dates for your diary below on the page. Our remaining Open Mornings for prospective parents will be on **Wednesday 6th December at 9.30 am** and **Wednesday 10th January at 9.30 am**. Please call the school office to book your space. Have a restful and enjoyable weekend!

## PARENT GOVERNORS WE NEED YOU!

Are you interested to know more about how our school strategically operates? Interested in Education? Then why not put yourself forward? Mr Cunha one of our current Parent Governors has kindly given us his thoughts:

*"I've been a parent governor for a year now, because I wanted to see the school's system and what the teachers do in a different perspective. From being a parent Governor, I have met new people (other parents on the board) and they are all nice people. Whilst being on the board I have attended meetings based around the progress and future of the school. I have been impressed with the ideas and the direction that the school is going and the contributions from other parent governors. Lastly, I am happy to be a part of the change that is happening in the school and staying informed with all upcoming changes. Thank you all."*

If you would like an informal chat or more information then we would be more than happy to. Please ask to speak to Clare New in the school office: Tel: 020 8692 4351 or [info@deptfordpark.lewisham.sch.uk](mailto:info@deptfordpark.lewisham.sch.uk)

### Dates for your December Diary

4th~ 8th ~ Last week of clubs

7<sup>th</sup> December – Christmas Jumper Day (Save the Children)

12<sup>th</sup> December – EYFS & KS1 Christmas Show 9.30am & 2.30pm

13<sup>th</sup> December – Christmas Lunch & Christmas Jumper or Own Clothes

14<sup>th</sup> December – Year 3&4 Christmas Show 9.30am & 2.30pm

20<sup>th</sup> December - Last Day at School – Class Parties – Own Clothes

**CHILDREN RETURN TO SCHOOL ON – Tuesday 9<sup>th</sup> January 2024**

### Reminder:

School starts at 8.55am, it is beneficial to the children that they start the school day together.

**A big thank you!  
We raised £ 113.90  
for Children in Need**



### Term Dates

**Wednesday 20th December ~ Last Day of the Autumn Term**

**Thursday 21st December ~ Friday 5th January ~ Holiday  
Monday 8th January ~ Inset Day**

**Tuesday 9th January ~ Children return to school**



### CALLING ALL CHILDREN...

Got something to say or a piece of work you are proud of? The why not publicise it in the newsletter?

### Attendance

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

**Please keep all non urgent appointments to outside of school hours.**

**The best attendance so far this academic year are:**

**1st ~ Diamond 2nd ~ Emerald 3rd ~ Sapphire**

### DEPTFORD PARK ALUMNI

We often have ex pupils contact us and let us know how they are getting on.

This week we had **Tuyen** and **Quyen** (brothers) visit us all the way from the USA where they both now live. They attended Deptford Park in the 1980s and recalled very fond memories of their time with us. Our children were very pleased to speak and learn from them and their success and how being part of our school contributed towards that!

We also recently had a visit from **Colin** and his wife. Colin attended Deptford Park in the 1970s and it was interesting to hear Colin talk about his happy memories at Deptford Park. Colin kindly made a monetary donation to the school which we plan to use on something nice for the children towards the end of term. Thank you Colin!

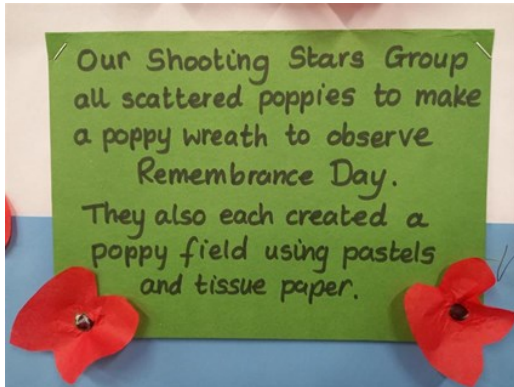
We also received an email from the parents of **Steven** who recently left us for secondary school. They were proud to announce that he has been awarded with a Kings College scholarship, which helps prepare selected students for University. Well done Steven!



**We were very pleased to receive a visit from Perform on Thursday 16th November. The children had a wonderful time exploring the theme of 'Around the world' and using drama, dance and singing to help develop their confidence, concentration and social skills.**



## Shooting Stars Group



They also had a wonderful time creating a firework display



## Mindfulness

In our school children are taught to practise **Mindfulness** to increase their wellbeing. Mindfulness is a practice which trains their attention to stay focused on one thing. Unsurprisingly, this is quite difficult to achieve, unless we train our brains to be able to deliberately direct and sustain attention on what we choose. When we practise Mindfulness we do **three** things. **1.** We focus our attention on one thing, for example our breath, our body, a single sound, movement, etc. **2.** We notice when we become distracted. We do not try to stop our mind from wandering. That is impossible. We simply practise to notice it. Noticing when our mind wanders is a triumph! Neuroscientists call it *meta-awareness*. **3.** We bring our attention back to the object of our focus.

You can encourage your children to practise Mindfulness at home. Although there are many resources online, I prefer to practise with other people, rather than a screen. There are many ways you can do it. In Early Years, we do it through play.

- Mindful listening - focusing on a single sound games.
- Mindful breathing – focusing on the sensation of your inhalation and exhalation, noticing the pauses between.
- Mindful movement – slow, deliberate movement synchronised with the breath, stopping to notice how your body feels.
- Mindful observing – using the senses to fully experience an object, for example using an autumn leaf, we direct children’s attention to what they see – colours, shapes, patterns; what they smell; what they feel with their hands – exploring the textures.

Mindfulness supports taking care of your brain hygiene.  
It is beneficial to all of us.



**It's Autumn and the children in Silver class loved making leaf crowns with Ivonna. They danced like leaves and sang an autumn song.**

**Autumn leaves, Autumn leaves,  
Watch them floating to the ground.  
Autumn leaves, Autumn leaves,  
Watch the wind blow them around.  
Yellow, orange, red and brown  
Down,  
down,  
down,**

