



The Shaftesbury Park Herald

A local school with a global perspective ◊ Une école de quartier ouverte sur le monde

<https://www.shaftesburypark.wandsworth.sch.uk>

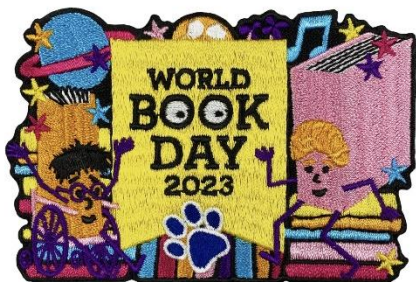


Shaftesbury Park
Primary-School
@shaftesburypk

Spring 2 Issue, 2023

Welcome to Spring 2 issue of the Shaftesbury Park Herald, bringing you all the latest news from across the school.

WORLD BOOK DAY



This year we celebrated World Book Day on the 3rd March and what a fun-filled day it was! In school, children from Nursery to Year 6 dressed up as characters linked to their classic class texts which this year ranged from the traditional tales of 'Hansel and Gretel' and 'Jack and the Beanstalk', to the Greek myth of 'Jason and the Argonauts', not forgetting literary classics such as 'Oliver Twist' by Charles Dickens, 'Treasure Island' by Robert Louis Stevenson and 'Peter Pan' by J M Barrie. Additionally, the Reception classes came as a variety of characters from Dr Seuss books and the Year 4s as legendary characters from Shakespeare's works.

The children also had lots of fun creating their own versions of their classical text, making their own books, participating in an escape room and taking a trip to the Battersea Library! The day ended of course with the children being given a book token to exchange for a free book as well.

World Book Day may be finished but don't despair for in just under a month we look forward to celebrating Book Week (week commencing 24th April) when the literary fun will not only a Scholastic Book Fair but two dress up days and even readathons to raise money for ReadforGood!



Shaftesbury Park celebrated British Science week on 13th to 17th March. The theme was 'connections' so each year group connected their Science learning to one of the Global Goals. We carried out investigations, research activities and class discussions to solve a problem linked to our Global Goal. We applied our working scientifically skills to real life problems - thinking about our world and changing our world!



We have had another successful round of Tycoon with all of our teams coming in the top 20 business in the primary ages category.

Working in mixed teams across bilingual and enterprise classes 5 teams created and developed business plans, were successful in achieving loans from the Peter Jones Foundation, bought their resources, made their products and finally sold them to our school community. The Flower Girls achieved the most profit within our school sharing between them over £100!

We are now waiting to hear if any of our teams will be invited to the grand final event which has previously been held at places such as Buckingham Palace and Windsor Castle.

Always an important date in our calendar, in March we celebrated the Semaine de la Francophonie or Francophonie Week. As it coincided with World Poetry Day, we dedicated our week to poetry again and had our own Poetry Slam on Friday 24th March. Here, we celebrated not just the French language, but all the amazing array of languages we speak at Shaftesbury Park. From Polish, to Spanish, to Greek, to Russian, to Arabic and many more, it was fantastic to share our love of language and languages in our Poetry Slam. A special congratulations to our winner in Key Stage 1 Adela and our winner in Key Stage 2 Alex. Both managed to combine their love of the school and their love of languages brilliantly, and were most popular amongst our judges. Well done to all those who performed and a special well done to the Dolphins class who spent some of their time teaching in the week across all classes: from reading in Giraffes to teaching French and poetry to our older children, they did Mr Yorke proud. Bravo tout le monde!



There were too many amazing poems to publish them all in the Shaftesbury Park Herald but to give you an idea of the quality, here is Adela's winning entry:

I Am Shaftesbury

I am Adela, Je suis Adela, Jestem Adela.
My name is international and so is my heart,
That connects the cultures and not splits them apart.

Uczę się rozmawiać, śpiewać i bawić
I nie boję się w zdaniu kropki źle postawić.

Powiem 'Cześć, Babciu!', 'Bonjour, Madame'
and 'Hello, My Friends at school!'.
I pytania często zadam.

I learn to count, to write and to play.
And no matter the language – I can find my way.

When I travel to Paris, Kraków or London,
There's never a scare what to say,
There's never a boredom.

'Bienvenue', 'Witamy', 'Welcome' they will say.
Then I'll just smile and reply,
'Merci', 'Dziękuję', 'Thank you' – as I may.

Tu smok, tam syrenka, Tu trole, tam skrzaty.
Tu wróżka-zębuszka, A tam Rogas rogaty.
Bring on all the stories of the seas and the lands
As to carry them on is in our hands.

In the end what matters is ^{that} thrill to feel
The wind beneath your wings when your horses won't stay still.

Merci à tous! Dziękuję wszystkim!
Jesteście wspaniali!
Thank you for listening.

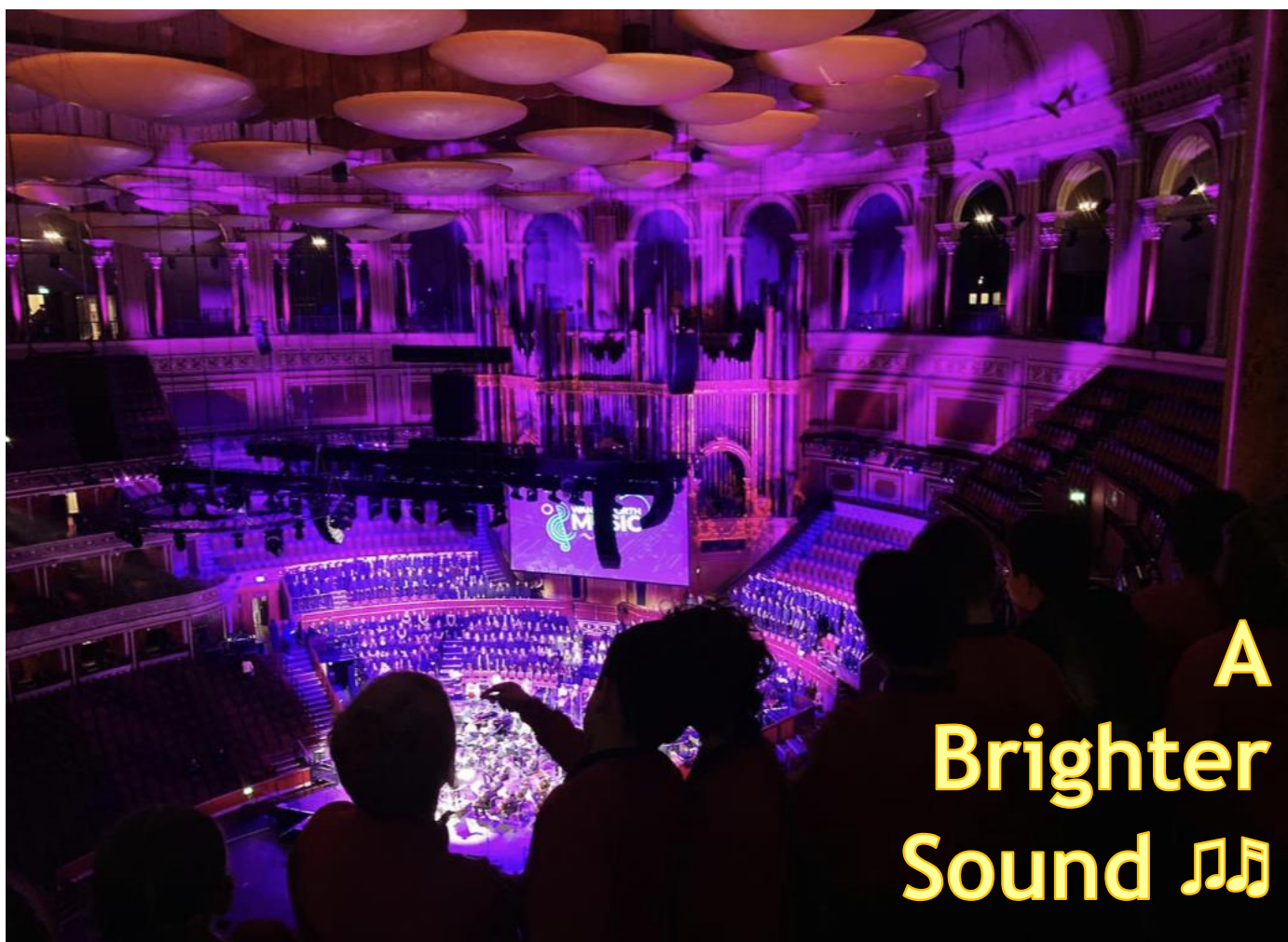


On Friday 17th March, Shaftesbury Park held a fundraising day in aid of Comic Relief, with children coming to school dressed either as superheroes or in their own clothes in exchange for a small donation. The School Council also held a fantastically popular cake stall.



Thanks to your generosity, we managed to raise an incredible £320 for this amazing charity.

This money will go towards supporting amazing projects and organisations working to make a difference to the lives of millions of people across the UK and around the world.



On Tuesday 28th March, children in Turtles and Whales joined with children from 22 other Wandsworth Schools to perform at A Brighter Sound 2023, a singing concert at the prestigious Royal Albert Hall. This special event was the culmination of a singing project which the children have been participating over the course of the Spring Term, with weekly sessions with professional singing tutors from *Wandsworth Music*.

A huge well done to all those who participated in this fantastic showcase - we are so proud of each and every one of you!

Over the last two weeks, we have all had lots of fun walking, biking and scooting to school as part of Sustrans Big Walk and Wheel 2023.

Choosing to travel actively to and from school is not only great exercise, contributing to a healthier lifestyle, but is also an excellent way of reducing congestion around our school, helping to reduce air pollution and improve road safety.

To everyone who took part, we hope you have enjoyed walking, biking and scooting to school actively and hope that you will continue to travel actively to school going forward.



For more on walking, cycling or scooting to school, please see the following resources from Sustrans:

<https://www.sustrans.org.uk/sign-up-to-receive-your-free-school-run>

A quick reminder about road safety...

Following a road traffic collision outside the school earlier this month, we would like to remind parents once again to avoid parking or idling immediately outside the school. The reason for this is simple: many children cross the road in these locations and therefore cars pulling in and out of these areas are more likely to hit a child. The roads surrounding our school already have limited visibility because of residents' parked cars and trees, so it's even more important that both pedestrians and drivers are aware of the dangers. If it is essential that you drive your child to school, please park further away and complete the rest of your journey on foot, bike or scooter. We would also ask that all parents speak with their children about road safety. This is especially important if your child travels to or from school alone.

Whilst we continue to work with the council on this important issue (and especially our campaign for the implementation of a School Street on Holden Street), we thank you for your support in making the journey to and from school safer for all pupils.



Article 24 (health and health services) Every child has the right to the best possible health. Governments must provide good quality health care, clean water, nutritious food, and a clean environment and education on health and well-being so that children can stay healthy. Richer countries must help poorer countries achieve this.

And now for some exciting news...

RUN KIDS RUN

23.04.23

RUN SHAFTESBURY PARK RUN

A 2KM FOR PRIMARY SCHOOL CHILDREN AND THEIR FAMILIES

JOIN US FOR A MORNING OF FUN & FITNESS
TO RAISE FUNDS FOR OUR SCHOOL
WARM-UPS. GAMES. MEDALS. SNACKS

THE BANDSTAND
BATTERSEA PARK
10 AM - 12 PM

REGISTER ON
EVENTBRITE

SCAN ME

FOR MORE INFORMATION
WWW.RUNKIDSRUN.ORG

Shaftesbury Park is delighted to be 1 of 5 schools invited to take part in a great family running event this April.

Taking place on 23rd April 2023, the same day as the TCS London Marathon, **Run Kids Run** is a fun run for all pupils from Nursery to Y6.

The event will start at 10am with each year group having their own dedicated run slot. Families are welcome and encouraged to support pupils with the run.

Not only is participation in the race a fantastic opportunity to get out and be healthy, participation in this event will also help raise money for our school.

Race entry is free however places are limited.

To sign up, please see the following weblink:

<https://www.eventbrite.co.uk/e/run-shaftesbury-park-run-tickets-597886654077>

You should by now have received a SchoolPost with a sponsorship form attached so if you could please encourage and assist your child in gaining as much sponsorship as possible over the Easter break we would be most grateful. Should you require a paper copy, this is available on request from the School Office. Any sponsorship monies should be brought into the School Office or paid in via your parent Scopay account by Friday 5th May 2023.



Just A Quick Reminder...

Our school caterers, Edwards and Ward, have increased the price for a school meal.

As from 1st April 2023 the price of a school meal will be increased to £2.80 per day, £14.00 per week.

We Need You!

The Shaftesbury Park Summer Fete is not only a big community event that the children love but also raises crucial money for aspects outside of the curriculum which enrich our children's school lives, things that in these stringent times Shaftesbury Park would otherwise not be able to afford.

With this year's Summer Fete due to be held on Saturday 17th June 2023, we are looking for a mixed group of parents to contribute their time and, more importantly, their ideas to help make the event a success.

We will be holding a planning meeting on Tuesday 25th April. We hope to see as many of you there as possible.



easyfundraising

We are delighted to announce that our easyfundraising total has grown to a massive:

£1,179.66

**THAT'S £1,179.66 OF FREE MONEY FOR OUR SCHOOL,
RAISED BY PARENTS LIKE YOU!**

Remember over 4,000 shops and sites will donate to Shaftesbury Park Primary School for FREE every time you use **easyfundraising** to shop with them. This means you can support the school when you get your Christmas presents, stock up on groceries, buy clothes, order a takeaway, renew your insurance policies or buy anything online at no extra cost to yourself!

Sign up through the link below and not only will you be raising money but once you've signed up and raised £5 in donations, **easyfundraising** will give us an extra £5!

It's So Easy and Completely FREE. Join today ↓

<https://www.easyfundraising.org.uk/causes/shaftesburyparkprimary/?invite=AVHZ8B&referral-campaign=c2s>

Mindfulness: What It's All About



'I think in the 21st Century, arguably one of the most important things that [we] can teach our kids is that emotional intelligence, mindfulness, how can you stay sane in this very toxic world'.

- Dr Rangan Chatterjee¹

Whether you are an adult or a child, our modern lifestyles make it so easy to stop noticing the world around us. We can often lose touch with the way our bodies are feeling and end up living "in our heads" - caught up in our thoughts without stopping to notice how those thoughts are driving our emotions and behaviour.

Mindfulness is the perfect antidote to this.

What is mindfulness?

Mindfulness involves paying attention to what is going on inside and outside ourselves, moment by moment. By doing this, we can become more aware of the thoughts and feelings that we experience and see how we can become entangled in them in ways that are not helpful.

Why is mindfulness important for children?

Teaching children about mindfulness gives them the tools they need to deal with emotionally challenging or uncomfortable situations, helping them to become more confident and cope better with stress. The earlier children learn these skills, the greater the impact this can have in terms of their resilience as they grow up.

According to <https://www.mindful.org/> , mindfulness also has an important part to play in the development of critical skills, such as paying attention and remembering information, shifting back and forth between tasks, and behaving appropriately with others. Mastery of these skills is essential for more advanced tasks like planning, reasoning, problem-solving, and positive social relationships.

How can I get started with mindfulness?

The great news is that it's easy to make mindfulness a part of your child's routine! Here are just a few family-friendly ideas...

5 FUN MINDFULNESS ACTIVITIES for children

1 "JUST ONE BREATH" BREATHING ACTIVITY

- Find a relaxing place, sit comfortably, and set a timer for one minute.
- Breathe deeply in and out while paying attention to any sensations you notice or sounds you hear.
- Take another slow deep breath, imagine the air moving down into the lungs and back up.
- Take one more deep breath and hold for a moment, then release it.



2 CREATE A GLITTER JAR



- Finding a jar or plastic bottle and allow your child to decorate it however they like.
- Fill the bottle up 3/4 of the way with water. Next, add clear glue, food coloring, and glitter then shake.
- Seal the lid and you are ready to go.

3 HEARTBEAT EXERCISE

- Ask your child to stand up and either jump up and down or do jumping jacks for one minute.
- At the end of that minute, have them place their hand on their heart and pay attention to how their heartbeat and their breathing feels.



4 GOING ON A SAFARI



- Go outside on an exciting adventure, try picking up a small rock or touching a plant or flower.
- Notice the bugs or the birds. Take a moment to kneel down and touch the earth.
- Walk mindfully paying close attention to everything. Make sure you walk in silence because you want to notice all those little details.

5 TENSE AND RELEASE MUSCLE RELAXATION

- Starting at the feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing.
- Next, squeeze the large muscles in the calves for 5 seconds, then gently release. Working your way up the body, squeeze the thigh muscles for 5 seconds then gently release.
- Continue moving up the body for more relaxation.



Big Life Journal - biglifejournal.com

In need of more ideas?

Why not search online for lots more fun mindfulness activities!



We were really lucky to welcome in to school the creative and production team behind the musical Matilda this half term. 40 children from years 4, 5 and 6 were chosen to attend a workshop to show off their dancing and singing skills. The producers were so impressed with the talent on show at Shaftesbury Park and Miss Prah (our dance teacher) was extremely proud with how hard the children all worked. Seven children were chosen to attend further workshops run by the team in Central London, with the opportunity to audition for a West End show in the coming months! Well done to Yasmine, Izabelka, Sacha, Daniel, Anna, Clara and Ethan McC for being chosen. We all wish you lots of luck!



The UNCRC Articles and Sustainable Development Goals for February & March:

<p>Article 16</p>	<p>(freedom of expression) Every child must be free to express their thoughts and opinions and to access all kinds of information, as long as it is within the law.</p>
<p>Article 12</p>	<p>(right to privacy) Every child has the right to privacy. The law should protect the child's private, family and home life, including protecting children from unlawful attacks that harm their reputation.</p>



This half-term, not only have we been discussing the right of all children to express themselves, we have been extremely proud to publish yet another edition of the Shaftesbury Monthly (check it out on our school website here: [Pupil Voice | Shaftesbury Park](#)). We've also seen the launch of a number of lunchtime clubs led by the children themselves with more to come next half-term.

We have also had many discussions about children's rights to privacy especially in regard to mobile phone/internet use and when to ask an adult for help. For advice on how you can talk to your child regarding their online safety, please see this NSPCC webpage: <https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-child-online-safety/>

With our Sustainable Development Goals of the month focused on clean water and affordable energy and the increasing media spotlight on rises in the cost of living, please find below a link to some advice from the energy saving trust on some of the things we can all do to not only help the planet but also reduce our monthly bills:
<https://energysavingtrust.org.uk/hub/quick-tips-to-save-energy/>

If you have experienced a change in your income or are worried about your finances/your ability to afford the cost of attending school, we would really encourage you to get in touch with the School Office or Mrs Di Doi, our Parent Worker. There may be some additional support that you may be entitled to or we may be able to assist with some school costs.

Some assistance that might be available to you includes:

- > free school meals
- > welfare and debt advice
- > support for families with no recourse to public funds
- > grants or in-kind support.

Dates for the Diary

Date	Event	Parent Welcome?
Tuesday 18 April	Children back at school	-
Monday 24 April- 28 April	Book week	-
Monday 1 May	BANK HOLIDAY - SCHOOL CLOSED	-
Tuesday 2 May - 31 May	DELTA Examination Period	-
Tuesday 2 - 31 May	KS1 SATs period	-
Friday 5 May	Coronation event in school - details TBC	Children only
Monday 8 May	CORONATION BANK HOLIDAY - SCHOOL CLOSED	-
Monday 9-12 May	KS2 SATs	-
Monday 15 May	Meeting for parents of children going to Sayers Croft 5pm	Parents of children going to Sayers Croft
Friday 26 May	Last day of Summer 1	-



