

CLAREMONT PRIMARY SCHOOL

NEWSLETTER FOR WEEK ENDING 22nd March 2019

Whole School

Next week is Claremont's first ever Wellbeing Week! The aim of this week is to increase awareness of our personal wellbeing and mental health. The week will start with the West Kent branch of the charity Mind running a whole school assembly, followed by a teacher-led lesson on wellbeing. Throughout the week, teachers will incorporate aspects of wellbeing into school life, including one yoga session for each class and a daily circle time. There is a Wellbeing lunch on Tuesday, please see the menu attached.

There is often a stigma associated with wellbeing and mental health so the more open dialogue we are having with children, hopefully the less reluctant they will be discussing issues with family and friends. Many young people are not informed about how to recognise mental health issues and consequently are not aware of what help is available. With greater community awareness, people will be able to recognise their issues and feel more comfortable about seeking professional assistance.

Did you know:

- 10% of children and young people aged 5-16 suffer from a diagnosable mental health disorder.
- Mental health disorders in childhood can have high levels of persistence: 25% of children with a diagnosable emotional disorder and 43% with a diagnosable conduct disorder still had the problem three years later.
- Bullying is the most common reason for children aged 11 and under to contact Childline.
- Girls are twice as likely to experience persistent cyberbullying as boys.
- According to a Public Health England report published in December 2016, about 695,000 children aged 5-16 years of age have a clinically significant mental health illness.
- Over 8,000 children under 10 years of age experience severe depression.

For more information, see www.westkentmind.org.uk and www.wheelofwellbeing.org

Many thanks,

Mr Miles

Dear Parents,

Each year the Governing Body ask all of our stakeholders – parents, pupils and staff, to complete an annual survey giving us their anonymous feedback about the school, which not only gives all stakeholders an opportunity to share their views but also helps the school enormously in its future planning.

Following feedback from both parents and staff about the summer timing of previous questionnaires being too near the chaos of the end of the year, I am delighted to announce we are now completing the survey process pre-Easter.

Please find a link below for you to complete our short questionnaire (it should take 5-10 minutes) and please complete a separate survey for each child you have at the school.

<https://www.surveymonkey.co.uk/r/Claremontparentsurvey2019>

Thank you

Carla Van der Zanden, Chair of Governors

Parent Governor Election – please see the email sent on Tuesday regarding the election for Parent Governor. Deadline for voting is 1.00pm on Monday 1st April

Reminders regarding the school site – please be reminded that dogs are not allowed on site, even if carried.

Please could you also avoid blocking pathways at pick up time particularly around the bottlenecks at the pathway to the office and cycle racks.

Many thanks!

There have been complaints from parents about a blue Volkswagen regularly blocking access on the pavement on Banner Farm Road. Please could everyone be mindful that children's safety has to come before close access to the school.

Thank you, Mrs Crockett

On Thursday 4th April, your children will be allowed to wear home clothes as long as they bring in £1 for the school's charity RSPCA. Then after school there will be a cake sale for Plastic Oceans. Because it is after school your child could bring in an additional £1 or you could bring it with you after. So remember to bring in £2 on 4th April.

The House Captains

Year 3

There will be no new Mathletics this weekend. Please can your child either spend their time catching up on outstanding assigned homework, or carrying out tasks in order to achieve their weekly 1000 points. Please encourage them to try tasks that they have yet to attempt or did not achieve 10/10 in.

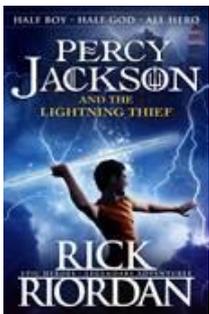
Thank you for your continued support.

The Year 3 Team

Acer Class

Acer's book of the week

This week's recommended book is...



'Percy Jackson and The Lightning Thief' by Rick Riordan.

This book was recommended by Daisy Brandon. This book follows the journey of Percy Jackson, who attends school like any other boy. He keeps getting expelled and doesn't understand why... Percy is actually the son of a Greek God and keeps getting in trouble for doing things he doesn't mean to do! Daisy found one moment particularly funny, when Percy was getting bullied and managed to make the toilets explode and soak the bullies! Daisy would rate this book 10/10 and has described it as exciting, funny and dramatic. She can't wait to read more books in the series!

Year 6

Last Thursday Year 6 visited the Camden Road Mosque. This is the letter of thanks that shows all of the interesting things we learnt about there. The boys have translated it into Arabic.

Dear Iman Yasser,

It was a pleasure to come and see how you live your everyday life and see your wonderful place of worship – the Mosque.

We enjoyed the many aspects of your religion, like learning about the Qu’ran and how you have to memorise it from a young age. We also were very interested in the way you pray; we were astonished by how many times a day you pray and how dedicated you are to praying to your God.

We were intrigued about the Five Pillars of Islam and how you and all Muslims are so generous for charities. Everyone enjoyed wearing and holding the Mosque’s fascinating prayer beads: it was an honour to hold them.

We dearly appreciate your admirable singing and how unique it was.

Everybody will carry fond memories of our visit to your place of worship.

In addition, at Claremont we would also like to offer our most sincere and heartfelt condolences to you and your community following the terrible tragedy last weekend in New Zealand.

Yours sincerely

Oliver, Sander and Lawrence

Claremont Primary School

عزيزي إيمان ياسر ،

كان من دواعي سروري أن تأتي لترى كيف تعيش حياتك اليومية وترى مكان عبادةك الرائع - المسجد .

لقد استمتعنا بالعديد من جوانب دينك ، مثل التعلم عن القرآن وكيف يمكنك حفظه منذ الصغر. نحن أيضًا مهتمون جدًا بالطريقة التي تصلي بها ؛ لقد دهشنا من عدد المرات التي تصلي فيها في اليوم ومدى تفانيك في الصلاة لإلهك.

لقد أثار اهتمامنا بالأركان الخمسة للإسلام وكيف أنتم وجميع المسلمين كرماء للأعمال الخيرية. استمتع الجميع بارتداء حبات الصلاة الرائعة في المسجد: كان لشرف لي أن أمسك بها.

نحن نقدر غالبا الغناء الخاص الإعجاب وكيف فريدة من نوعها .

سيحمل الجميع ذكريات رائعة عن زيارتنا لمكان عبادةك.

بالإضافة إلى ذلك ، في Claremont نود أيضًا أن نقدم خالص تعازينا وصادق القلب لك ولمجتمعك في أعقاب المأساة الرهيبة التي وقعت في نهاية الأسبوع الماضي في نيوزيلندا .

تفضلوا بقبول فائق الاحترام

أوليفر وساندر ولورنس

الابتدائية كليرمونت مدرسة

Sport

Cross Country Success to end the season.

On Wednesday 13th March 23 children went to Mascalls for the penultimate race of the season. The weather was very windy and conditions were very tough. In Y3/4 girls’ race Sena (1st), Lizzie (2nd), Isla Rose (3rd), Millie (6th), Christabel (12th) and Cressida (19th), as a team they won the race too! In Y3/4 boys Louis (1st), Hamish (2nd), Devon (3rd), Harrison (4th), William (5th) and Freddie (8th), again they won as a team. In Y5/6 girls’ race Anika (2nd), Tilly (5th), Carmen (6th), Ella (10th), Lily (18th), once again the girls won as a team. In the final race Y5/6 boys’ the results were Oliver (1st), George W (6th), Henry (11th), Jacob (12th), Quentin (16th) and Gil (22nd), and the boys won their race a team also. Superb running by all.

On Wednesday 20th March 46 children went to Somerhill for the final race of the season. My word they were all superb and some children had their best run of the season. The course was quite tough and hilly in places but they all ran amazingly well. In Y3/4 girls' race it was a clean sweep of medals with Sena (1st), Lizzie (2nd), Isla Rose (3rd), Millie (4th), Christabel (7th). In Y3/4 boys' race again a clean sweep of medals (Claremont has achieved this in all 5 races this year!) Hamish (1st), Louis (2nd), Devon (3rd), Freddie (4th), William (5th), Harrison (6th), Sebastian (7th). I also don't believe we have ever had the top 7 in any race either, an incredible achievement. In Y5/6 girls' race we gained 2 superb medals, Tilly (1st), Anika (3rd), Carmen (5th), Ella (10th). In the final race Oliver (1st) ran from the front and no one could catch him, he was supported by Jacob (6th), Quentin (12th), Henry (13th) and Ethan (14th). All the runners finished high up the field but there are too many to list here!

Overall this season Claremont won the following trophies:

Y3/4 Girls' Individual: Isla Rose Walker and Sena Wright (joint winners)

Y3/4 Boys' Individual: Louis Ib

Y3/4 Boys' Team Winners (won every race this year)

Y5/6 Boys' Individual: Oliver Head

Y5/6 Boys' Team Winners (won 4 out of 5 races)

Y3/4 Girls' Team Winners (won every race)

Y5/6 Girls' Team Winners (won every race)

This has truly been a superb season and we have won the most medals (33) in a season and to finish with 7 out of 8 trophies is an incredible feat. Each and every child who came to cross country each Monday in the mud, wind, rain should be very proud of themselves. I know I am of them! Thank you to all the parents who have transported and supported over the season, we couldn't do it without you. Also thank you to the parents who have assisted at cross country club too, it enables as many children as possible to attend. The last session will be Monday 25th March.



Diary Dates

Diary Dates for next week

Please see the calendar page on the website for advanced dates. The calendar is updated every Wednesday. For detailed information, please click on the DAY view.

25th Mar – Wellbeing Week, West Kent Mind assembly

26th Mar – Wellbeing Lunch

27th Mar – YR to Mothers' Day lunch, Mums/Significant Female afternoon, 3.30pm A&B Boys' football v Southborough

28th Mar – Y3 to Seven Sisters

29th Mar – 80 children to Cyclefest at Bewl am