

# Fitzjohn's

SCS

...where everyone can succeed



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@FitzjohnsNW3



Autumn Term Issue 6

13 October 2023

[www.fitzjohns.camden.sch.uk](http://www.fitzjohns.camden.sch.uk)

## Mental Health Support

Considering the events in Israel and Gaza if any of our parents feel they need support for their mental health or well-being then please email [d.moss@fitzjohns.camden.sch.uk](mailto:d.moss@fitzjohns.camden.sch.uk) or [head@fitzjohns.camden.sch.uk](mailto:head@fitzjohns.camden.sch.uk) and we can try to signpost you to relevant help.

**These resources may also be of help to children but please check them first:**

[Support to explain the difficult concepts associated with current events – news delivery designed for children and young people and provided by Newsround.](#)

[Advice for children and young people if they are upset by the news – provided by Newsround.](#)

[Place2Be - Talking to children and young people about war and conflict.](#)

[Guardian article from February 2022 which was related to the Ukraine war.](#)

## B:IM2023

DIG DEEPER, LOOK CLOSER, THINK BIGGER

### October is Black History Month

We would love it if our parents of a black or dual heritage background would come into school to share with us.

You can cook, read stories, share music, sing songs, tell us about your family's country of origin.

Speak to your child's teacher about what you would like to share.

We look forward to hearing from you.

In Monday's assembly Rob talked about **Dame Sharon White**, Former Head of Ofcom, Former First Permanent Secretary to the Treasury, Current Chair of John Lewis Partnership and most importantly for us former Fitzjohn's Parent!

Find out more about her here:

[https://kids.kiddle.co/Sharon\\_White\\_\(businesswoman\)](https://kids.kiddle.co/Sharon_White_(businesswoman))



### Harvest Assembly

Thank you to everyone who contributed to this year's Harvest Assembly.

This year all the items you donated are going towards the Camden Foodbank.

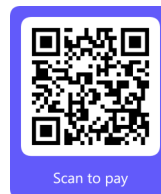
They will be collecting on Tuesday.



### Parent Donations

£50

Donation



Scan to pay

£100

Donation



Scan to pay

Attendance for the week  
Our target is 95%+

**Missing school is missing out**

Year 1	91.35
Year 2	95.71
Year 3	91.11
Year 4	91.28
Year 5	87.25
Year 6	92.53
School	91.47

**Well done Year 2**

### This week in class

<b>Nursery</b>	This week we read Freddie and the fairy. The fairy has difficulty hearing and keeps getting Freddie's wishes wrong. We talked about deafness and how some children and adults use a special language to communicate, BSL (British sign language). I introduced the children to Maresia Liburd-Spencer. She co-founded the organisation called 'Black deaf UK'. She helps black children and adults to know they belong in this world. Each week we will learn to sign a word. This week the children were shown how to sign 'thank you'. The children have also learned all about the seasons and have explored an autumn tuff tray in class. We looked at the colours of autumn leaves and counted conkers. We read 'Goodbye summer, hello Autumn' and 'The leaf thief'. The children created their own autumn trees using broccoli as a paint brush! It created a wonderful print. We introduced the children to our loose parts in the maths area and we've seen some wonderful transient art.
<b>Reception</b>	Reception this week have been learning the sounds- g, o, c and k. We had a green day for g, and made yummy green smoothies. For o we had an office role play, so lots of work was going on. We were inspired by Mark Dean, who was very important in the invention of the pc, to make our own laptops (& thanks to Celeste's mummy). In maths we have been comparing- amounts, and the weights and capacity. We have been using the language of more, less, heavier and lighter. In art we looked at Alma Thomas, an African American artist, and we created harvest vegetables in her style using bubble wrap.
<b>Class 1</b>	This week in phonics the children have recapped the phase 5 graphemes 'ay', 'ou', 'oy' and 'ea'. They have worked incredibly hard at segmenting and blending polysyllabic words and words containing the phase 5 graphemes. They have also written some fantastic sentences in their phonics lessons and have challenged themselves to write more than one sentence. In maths we have started looking at addition and learning all about the part-part-whole model. The children now understand that you have to add the two parts together to find the whole number and that addition is commutative. In PSHE the children had some great discussions about personal hygiene and how we can look after ourselves. In Art the children have designed and started making African clay pots which they will decorate next week. Don't forget about our Diversity Day next Friday (20th) which starts at 2pm in the hall. It'll be a lovely celebration to the end the children's first half term in Year 1.
<b>Class 2</b>	Class 2 have shown real resilience this week, in a week that has been hard for everyone. I am so proud of the way that they show kindness and consideration towards each other. We talked about how 'Kindness is our Koha.' Koha is a Maori word which means contribution or gift; something which you can offer. The children of Class 2 truly demonstrate this. In our learning, we have put final touches to our information books about the Great Fire of London, which will be on display in our classroom soon. We have also started a new module on addition and subtraction in maths. The children are familiar with a game called 'Hit the Button' which can be found on the topmarks.co.uk website. They have enjoyed practising number bonds to 10 and 20 and could practice at home also. In science, we designed a machine to make use of all the old, broken crayons in our classroom and in PSHE, we talked about what constitutes a healthy snack.
<b>Class 3</b>	This week, Class 3, we continued our exploration of addition and subtraction by using base 10 blocks to add and subtract 10s and 100s and solve related problems. In literacy, we studied the features of a diary, using an extract from Captain Scott's original diary. We also improved sentences about Scott, using powerful verbs, adjectives and adverbs. On Tuesday, we took part in a special online literacy event run by The British Library, where we met diverse authors who read us some of their stories and showed us how to make lovely concertina books. In science, we looked different types of animal skeletons and how they help animals in their habitats. In PSHE, we explored how to deal with positive and challenging emotions.
<b>Class 4</b>	This week Year 4 have started a new unit in Maths focusing on Addition and Subtraction. We are now able to add and take away 1, 10, 100 or 1000 from any 3 or 4 digit number. In Literacy, we have enjoyed planning our own Robin Hood stories. We are writing these out in neat ensuring we include all of the literary techniques we have learnt so far this term. In History, we have spent time researching Ancient Egyptian daily life, focusing on jobs, houses and food and drink. We used information leaflets, books and iPads to create notes with our findings. Next week, we will create posters showing all of our learning. In RE, we finished our Christianity unit on Holy Mary by reflecting and discussing our own ideas of holy and what things we think are special and important to us.
<b>Class 5</b>	This week, Class 5 has learned in Maths to use inverse operations to check our answers, to solve multi-step addition and subtraction problems, to compare calculations and find missing numbers in equations. In English, Class 5 read two new narrative poems and learned about adverbials. We understood the different functions of adverbials, converted them into fronted adverbials and came up with our own sentences and stories with a variety of where, when and how adverbials. In Science, Class 5 learned about Metamorphosis; in History we learned about the Ancient Greek Gods and Goddesses; while in PSHE we discussed what unkind behaviour and bullying is.
<b>Class 6</b>	Read like a writer and write like a reader is our 'mantra' in year 6. This means that we are looking at not just the language choices we make (synonyms/figurative language) but also how we use punctuation and sentences to sustain a reader's interest. This week, we were introduced to 'The Bard', his life and times and we read the story of Romeo and Juliet - talking about some of the themes in his work such as love and hate' whilst weaving stories that are both comedic and tragic. In our Maths lessons, we looked at multiplying large numbers and using the short division method. After our lovely visit to the zoo, we discussed the concepts of inheritance, variation and how animals have adapted over million of years to suit their habitats and environments. In R.E. (we are concentrating on the concept of 'Sacrifice'), we learned about the conscientious objector Franz Jaegerstaetter. Lastly, in our PSHE lessons, we shared our learning all about the risks and effects of different drugs.

## Free Money!

You may all already know that everyone from Reception to Year 6 is now entitled for Free School Meals as these are being funded by the government and the Mayor of London.

**What you may not know is that the school gets extra money into our account for all those children who fulfil certain criteria.**

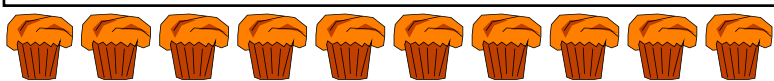
**Please could everyone check on this link to see if you are entitled - if you are then we get extra money!**

<https://pps.lgfl.org.uk/>

## Year 6

Please ensure that you complete your secondary transfer application before 31 October.

<https://www.camden.gov.uk/secondary-school-admissions>



## Cake Stalls are back

Our monthly cake stalls to help raise funds for the school are back, and Y6 will be starting us off on Friday 20th October. We'd love as many **home-baked goods** as possible as they are always better (no nuts please).

Friday 20/10 Y6

Friday 24/11 Y5

Friday 26/1 Y1

Friday 23/2 Y3

Tuesday 26/3 Y2 (with Jumble Sale)

Friday 26/4 Y4

Friday 28/6 R+N



## Class Assemblies

These happen on Fridays at 9.15am and last about 15 minutes. Join Rob afterwards (in The Lab or hall) for the class tea!

**10 November: Y6**

**17 November: Y4**

**24 November: Y3**

**1 December: Y5**

**8 December: Reception**

Nursery do their first assembly in the Spring Term and **Y1/2 will be performing a version of the Christmas story at 2pm on Tuesday 12 December.**

## The Magic Circle

**All of the free tickets advertised in last week's newsletter have now gone.**

However, the Circle puts on lots of different (paid) shows aimed at different audiences.

Take a look here:

<https://themagiccircle.co.uk/shows/>

This is also a lovely show currently running in the West End:

<https://unbelievablelive.com/>

## Popcorn Nights!

Friday 24 November 2023;  
Friday 12 January 2024;  
Friday 8 March 2024

**Movies to be confirmed**

## Sickness

We have a few cases of chest infections and vomiting /diarrhoea going around the community. Remind your child to cough/sneeze into a tissue and wash hands after going to the toilet.

Year 6: Please ensure that you complete your secondary transfer application before 31 October.  
<https://www.camden.gov.uk/secondary-school-admissions>

### Dates for your Diary

October: Black History Month  
Monday 16 October Y5 British Museum  
Monday 16 October Reception Hampstead Village walk  
**23-27 October: Half Term**  
30 October-3 November Science Week  
Monday 30 October: The Crick in school  
Monday 30 October Y6 Junior Citizens  
Tuesday 31 October Dr Andrew Szydlo  
Wednesday 1 November Planetarium  
Thursday 2 November: Y5 The Crick  
Friday 3 November Mother Nature Science  
Friday 3 November Halloween Disco  
**Monday 6 November INSET Parent/teacher Meeting (School closed)**  
Monday 13 November Y5 Swimming (10-11am) all week  
Tuesday 7 November Dr Matt Pritchard—The Science Magician  
Monday 20 November Y5 Swimming (10-11am) all week  
Tuesday 21 November N-Y3 Drama in hall  
Tuesday 21 November Y6 RAF Museum  
Tuesday 21 November Y4 CLC  
Friday 24 November 5.45pm Popcorn Night  
Monday 27 November Y6 The Magic Circle  
Tuesday 28 November Y3 CLC  
Tuesday 5 December Y5 CLC  
Thursday 7 December KS2 Winter Concert  
Tuesday 12 December Y1/2 2pm Christmas Play to parents  
Thursday 14 December KS1 Winter Concert  
Thursday 14 December Nur/Rec Little Angel  
Friday 15 December 14.45 Christmas Fair  
Monday 18 December Y6 War Rooms  
Wednesday 20 December Magic Shows & parties  
Thursday 21 December School Closes 13.30



### Celebrating Our Community

We are blessed to have families from all over the world and love it when parents come into share their religions with us.

Speak to your child's teacher if you would like to come in to share an upcoming religious festival or event of some sort. If you celebrate Christmas in a different way we would love to hear how, come and talk to us about Chinese New Year, Eid, Chanukah, Diwali, etc, etc!  
Festivals involving food are always very popular!

### Gym and Games

A reminder that Y6 have games on Monday; Y5 on Wednesday and Y1, Y2, Y3 & Y4 on Thursday. The children need to come dressed for games—tracksuit and trainers.

Y3, Y4 and Y1/2 have gym on Wednesdays, Y5 & Y6 have gym on Fridays. They need to have a change of clothes (shorts and t-shirt).

If your child is unable to participate for health reasons please email their teacher or send a note in.

### Easy Fundraising

Getting started is easy – just click below to support us for FREE.

<https://www.easyfundraising.org.uk/causes/fitzjohnsprimary/?invite=XHGTH7&referral-campaign=c2s>

easyfundraising partners with over 7,000 brands who will donate part of what you spend to a cause of your choice. It won't cost you any extra. The cost is covered by the brand.

<https://www.easyfundraising.org.uk/causes/fitzjohnsprimary/?invite=XHGTH7&referral-campaign=c2s>

**PRIMARY SCHOOL  
T-SHIRT & HOODIE SALE!**

FITZJOHN'S PRIMARY SCHOOL HAS CREATED A NEW SITE TO BUY SCHOOL LOGO T-SHIRTS, HOODIES AND MORE FOR CHILDREN AND ADULTS. THE FITZJOHNSNW3 LOGO REPRESENTS OUR COMMUNITY AND AREA, AND IS IN AN EXACT REPLICA OF THE STREET SIGN DIRECTLY BESIDE THE SCHOOL ENTRANCE. THE HISTORY OF THIS LOGO IS UNIQUE TO OUR LOCATION AND HISTORY. OTHER LOGOS AVAILABLE ARE THE HOUSE SIGNS OF AIR, WATER, EARTH AND FIRE AND THE SCHOOL BUILDING LOGO.

<https://shop.spreadshirt.co.uk/FitzjohnsNW3>

**Click here to be taken to the site.**

T-SHIRTS: BETWEEN £12 - £17  
HOODIES: £27 - £37  
DEPENDING ON SIZE  
ALL ITEMS CAN BE PERSONALISED

Fitzjohn's Primary School  
**FITZJOHN'S NW3**

Autumn/ Winter  
2023/ 2024

## WEEK ONE

30/10/2023  
20/11/2023  
11/12/2023  
15/01/2024  
05/02/2024  
04/03/2024  
25/03/2024

### MONDAY

Cheese and Tomato Pizza with Pasta Salad

**NEW** Chef Mariam's Vegetable Couscous

Vegetables of the Day

Lemon Drizzle

### TUESDAY

**BUILD A BURGER**  
A choice of Burger (Beef & Bean or Vegan) with Toppings and Potato Wedges

Vegetables of the Day

Fruit Jelly with Mandarins

### WEDNESDAY

Roast of the Day, Stuffing Roast Potatoes & Gravy

Veg Wellington, Stuffing, Roast Potatoes & Gravy

Vegetables of the Day

Freshly Chopped Fruit Medley

### THURSDAY

Spagheffi Bolognaise with Garlic Bread

Veggie Bolognaise with Garlic Bread

Vegetables of the Day

**NEW** Jam and Coconut Sponge

### FRIDAY

Fishingers with Chips & Tomato Sauce

Cheesy Bean Pasty with Chips & Tomato Sauce

Vegetables of the Day

Oaty Cookie

## WEEK TWO

06/11/2023  
27/11/2023  
18/12/2023  
22/01/2024  
19/02/2024  
11/03/2024

### CHICKEN SHACK

A choice of BBQ or Lemon & Herb Chicken or Vegan Quorn, with Seasoned Potatoes and Salads

Vegetables of the Day

Fruit Medley

Sausage Roll with Potato Wedges

**NEW** Loaded Jackets

Vegetables of the Day

Apple Crumble with Custard

Tomato Pasta

Cheesy Swirl with New Potatoes

Vegetables of the Day

**NEW** Carrot Cake

Option one

Option two

Vegetables

Dessert

## WEEK THREE

13/11/2023  
04/12/2023  
08/01/2024  
29/01/2024  
26/02/2024  
18/03/2024

**NEW** A choice of Tomato or Carbonara Pasta with Toppings

Vegetables of the Day

Iced Sponge

Mexican Beef with Rice

Vegetable Fajitas with Rice

Vegetables of the Day

**NEW** Chocolate Orange Cookie

Sausages, Onions and Gravy with Roast Potatoes

Veggie Sausages, Onions and Gravy with Roast Potatoes

Vegetables of the Day

Fruit Platter

Chicken Pie with Mashed Potatoes

Macaroni Cheese

Vegetables of the Day

Peach Upside Down Cake with Custard

Fishingers or Salmon Fishcake with Chips & Tomato Sauce

BBQ Quorn Fillet with Chips

Vegetables of the Day

**NEW** Melting Moment Biscuit

### MENU KEY



Added Plant Power



Wholemeal



Vegan



Chef's Special

**Available Daily:** - Freshly cooked jacket potatoes with a choice of fillings - Bread freshly baked on site daily - Daily salad selection

### ALLERGY INFORMATION:

If you would like to know about particular allergens in foods please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.

**caterlink**  
feeding the imagination

## Camden Mental Health Support Team (MHST)

Working with young people, families and the school community to promote and support mental health



### Emotion Coaching Workshop

Information for parents and carers

#### **What?**

A two-part, in-person workshop for parents and carers of primary-age children (4-11 years)

#### **When?**

Monday 13th and Monday 20th November  
11:45-14:15

#### **Where?**

The Tavistock and Portman NHS Foundation Trust, 120 Belsize Lane, London, NW3 5BA

**Emotion Coaching** is an evidence-based approach that involves responding to and talking with children in a way that develops self-regulation.

**Emotion Coaching** supports children to name and understand their emotions and teaches them ways to process and manage emotions in a helpful way.

#### How will Emotion Coaching support you and your child?


- ✓ To better understand and validate your child's emotions
- ✓ Helpful ways to respond during moments of heightened emotion
- ✓ To implement appropriate boundary setting
- ✓ To reduce behaviours that you find challenging
- ✓ To further improve the parent/child relationship





Scan the QR code to sign up




#### Contact details

 Sarah Relton (MHST Psychologist)

 020 8938 2232

 Camden Mental Health Support Team

 MHST@tavi-port.nhs.uk

Considering the events in Israel and Gaza at the moment some parents might find this training useful.

**STANDING ORDER MANDATE**

<b>To The Manager</b>	
Bank Name	
Bank Address (optional)	
Bank Sort Code	
Bank Account Number	
<b>Please Pay</b>	
Payee Bank Name	Lloyds TSB
Payee Account Name	Fitzjohn's School Association
Payee Sort Code	30-93-80
Payee Account Number	00008235
Payment Amount (circle)	£30   £50   £100   £250   £500   Other: £
Frequency	STANDING ORDERS from my account as detailed in this instruction on the ___ day of every month
Date of First Payment	
Reference	Fitzjohn's Parents Appeal
<b>Customer Details</b>	
Print Name	
Signature	
Date	
Address	
Email	
Phone number	
<b>GIFT AID IT—UK TAXPAYERS!</b>	
<p>For every pound you give to us we get an extra 25p from the INLAND REVENUE so please sign below if you are a UK taxpayer*</p> <p>I am a UK taxpayer and under the GIFT AID scheme, I would like the Fitzjohn's School Association to claim back the tax on any donations I make until further notice OR have made in the past 4 years.</p> <p>Signature _____</p> <p><i>*To qualify for Gift Aid what you pay in UK income tax or capital gains tax must be at least equal to the amount we will claim in the tax year from the Inland Revenue. NB. Please notify us if you change your address. NB. You can cancel your standing order form at anytime.</i></p>	

PLEASE RETURN THE COMPLETED FORM TO THE FITZJOHN'S PRIMARY SCHOOL'S OFFICE.

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