



Show by a good life that your works are done by gentleness born of wisdom James 3:13

On Tuesday, we welcomed Mary Thorne, the **LDBS school advisor** for the church schools in Islington. With Ms Luzmore and Mr Standing she visited each class to watch part of an RE lesson. It was really pleasing to hear her comment on the excellent participation of all the children, how much they were enjoying their lessons, their insightful knowledge, the very good relationships between staff and pupils and the strong and subject knowledge of the teachers.

In **collective worship** this week, we thought about the word 'mercy'. Pupils suggested that it meant giving second chances and that it is something which is offered. We learnt the Greek for Lord have Mercy and Christ have Mercy. Fr Sam then explained about Ash Wednesday and how at the start of Lent it was a time for asking for God's mercy. We noticed that the colour of the cloth we use had changed to purple as we are in the season of Lent. Fr Sam then offered staff and pupils the opportunity to have ash marked on their hand or forehead in the traditional manner.

Spring Term Diary Dates March

Monday—Y1 & Y2 OAE concert

Thur 5 —World Book Day

Thur 5 - PTSA Science Show after school for Rec & KS1—**come along and buy tickets. No clubs only Multisport is on.**

Fri 6 - Yr 1 class assembly 3pm

Tues 10—No Swimming

Thur 12 - PTSA Science Show after school for KS2—**come along and buy tickets - No clubs only Multisport is on.**

Tues 17 - Rec, Yr 1,2 & 3 Parent Reading morning 8.55—9.10am

Thur 26—Reception to Yr4 Shakespeare Dance performance MPH Secondary 9.30am and 1.45pm

Thur 26 - Yr 5 & 6 Shakespeare performance, 6.00 pm

Thur 26—Yr 3 PTSA Cake Sale, 3.30 pm

April



Reception class enjoyed pancakes on Shrove Tuesday this week—delicious!

Scholastic book leaflets have gone out today with the children.

Please return to the office **by 6**

March—the school earns

commission on sales to help us update books in the classroom. Reminder of this week's letter about **World Book Day!**



Handwashing

You will have received earlier in the week the letter about the current concerns about Coronavirus. The school continues to listen and follow advice from Public Health. We would ask that you too carefully follow advice in light of our recent half term where your family may have travelled. In classes this week, teachers have been talking about the importance of handwashing in helping to stop the spread of infections and germs. Next week, the school nurse will talk to the children about this in assembly. In the meantime, we will all keep practicing good hygiene!



Remember to come and collect your prize of **free book of your choice** from Ms Luzmore!



This week's **HEROs:**

Rec: Chloe

Year 1 - Epaphodite

Year 2 - Isla

Year 3 - Kerim

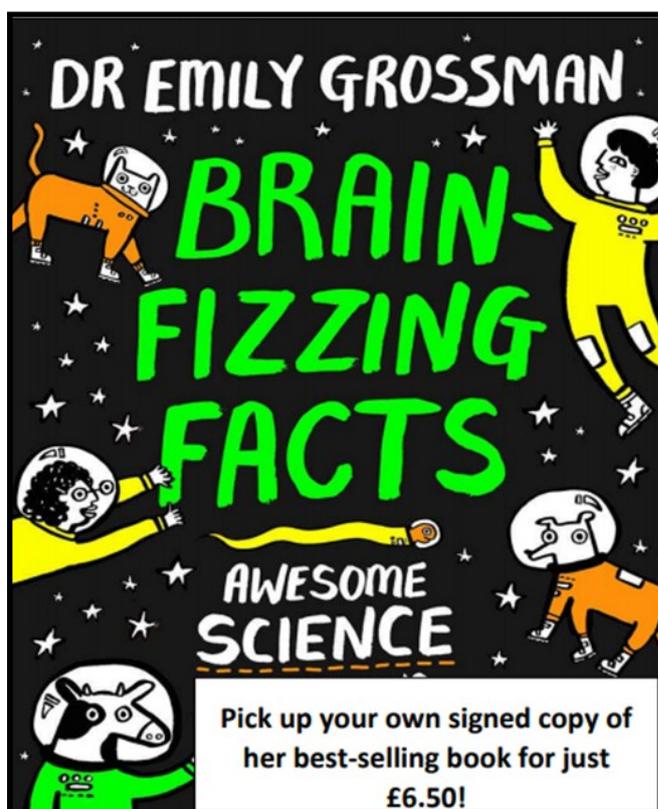
Year 4 - Frankie

Year 5 - Isla

Many thanks to those who attended **the CAMHS parent meeting on Monday**. As well as learning about the process for how and when CAMHS support pupils, the school and families, we were encourage to think about mental health. Below are some key messages that we felt would be helpful for those unable to attend:

- w all have mental health
- We all have feeling that come and go everyday
- Big feelings are ones which go on for a very long time and stop up doing what we want in life. They can affect our mental health
- Make conversations about mental health a normal part of life—talk in the car, walking, cooking.
- Give your full attention, but it may be that children will talk more easily if you are playing a game together or doing an activity
- Try to make your body language open and relaxed
- Offer them empathy at first rather than solutions—respect and values their feelings even if they are different to yours
- Look for clues about feelings listening to words, tone of voice and body language.
- Some ways of starting a conversation about feelings might be:
 - ‘I’m happy to listen if you need a chat’
 - ‘You don’t seem your usual self. Do you want to talk?’
- If you are worried about your child having these big feelings a good first step is to talk to a professional who knows them well. This might be the teacher or a GP. They will be able to offer advice and tell you about services which may be able to help. IN our school, you can talk with Ms Luzmore as a first step.
- Ruth Dawson is our schools CAMHS clinician and referrals usually come through school though it is possible to speak to her without a referral
- Some common concerns about referrals to CAMHS are
 - ‘they diagnose children and give them a label
 - It’s only for people who are very unwell
 - Feeling criticised or like a failure.

All work with CAMHS is done alongside the family and with their consent. It is a service to support with early intervention and clinicians are not there to judge a family. This is a joint process with confidential work.



SMMA PTSA presents

A Science Show

By Dr Emily Grossman

Thursday 5th March (KS1)
Thursday 12th March (KS2)
-3.45-5pm-

£3.50 per SMMA child
*Pre-book your place with Donna or pay by cash/card on the day.
Parents & siblings are welcome for free.*