

# THE HAMLET HERALD



'Outstanding learning, within a glittering curriculum, where everyone matters'

**ISSUE 24 | 15<sup>th</sup> March 2024**

Headteacher: Mrs Claire Purcell | Email: [office@dulwichhamletjuniorschool.org.uk](mailto:office@dulwichhamletjuniorschool.org.uk) | Tel: 020 7525 9188/9

## HEADTEACHER'S NOTE

It has been an incredibly busy week, with much going on behind the scenes.

Our Governors came together on Monday evening for our spring term meet. I was able to provide governors with a wide range of reports, covering attendance, behaviour and safeguarding data, updates towards our school development plan and school evaluation. As always, they took on their role as 'critical friend', I felt suitably challenged by the questions and insights posed by the governors; they know our school so, so well. Many thanks for Mrs Begley who accompanied me, and did a splendid job presenting our autumn term outcomes.

From Monday through to Wednesday, we welcomed our Challenge Partners Review Team. This provided a further opportunity to put all of our work under the 'spotlight'. Our middle and senior leaders welcomed this collaborative opportunity, engaging in shared learning and professional conversations. We will let you know when our report is published.

And today, we came together as a community to 'do something funny for money', all in the name of Red Nose Day-Comic Relief – a perfect way to finish the week! Many thanks to Miss Thomson for making all of our fun events happen. We loved watching the Sports Mentors v P.E. staff netball match, (which I have to say the staff took way too seriously!), everyone joined in a whole school dance in the playground under the expert direction of Mrs Swann, and all of this was followed by the Sports Mentors v Staff 'Question of Sport' quiz this afternoon. Continued...

## DOODLEVISION/TTRS

The top three classes with the highest % in 'the green zone' this week are:

**First place** (12 points): **3KS & 5A**  
**Second place** (11 points): **5B**  
**Third place** (10 points): **3RS**



Please keep on doodling everyone...!

**TTRS winners this week are... 3KS & 3RS!**



## KEY DATES

### Monday 18<sup>th</sup> March

Y6 Annual Reports Part 1 emailed to Parents and Carers  
Y6 Parent and Carer meets start from today (online booking)

### Tuesday 19<sup>th</sup> March

Open Classroom – 3:30-4:15pm

### Wednesday 20<sup>th</sup> March

Y3 visit to Butser / Y4 Parent & Carer Taster Lunch

### Thursday 21<sup>st</sup> March

Open Classroom – 8:25-8:55am

### Friday 22<sup>nd</sup> March

5B visit to Horniman Museum, morning visit

We finished the day reminding the children why all of our efforts are so important on Red Nose Day, enjoyed a carefully choreographed dance extravaganza video created by Mrs Swann featuring every member of staff, and sung the official Red Nose song. It really has been a blast of a day.

Thank you for your generous donations, which we are yet to finish counting. Even before the start of the day, we had exceeded our target of £500. At our last count, we have collected just over £1000 – incredible! It isn't too late to contribute – you can do this via our Just Giving Page:

<http://tinyurl.com/mrd33x3n>

We will share the total of your donations in the HH next week. For further information about Red Nose Day, you can go to:

[www.comicrelief.com](http://www.comicrelief.com)

## WEEKLY HOUSE POINTS

Topaz Water	Ruby Fire	Garnet Earth	Sapphire Air
Roll-over to next week			

## OPEN CLASSROOM

We hope you will join us next week for our second Open Classroom of the year. This is an opportunity for you and your child to engage in a reflective conversation about their learning. We know that the children enjoy sharing their work with you, especially celebrating their favourite pieces. Do have a good look through your children's books, they have been working incredibly hard.

Please arrive at the beginning of the session to maximise the time with your child. We will need to finish the session promptly at 4:15pm on the Tuesday, and we will obviously need to start registration at 8:55am on the Thursday morning.

We look forward to seeing you!

## SECONDARY TRANSFER OFFERS 2024

Y6 parents, we will keep reminding you! Please don't forget to keep us informed of the secondary offer you accept, whether that be from the state or independent sector. (We've currently got about 40 Y6 children with confirmed places on our list). You can do this by completing our google form:

<https://forms.gle/7S8tb7yhGSBbPLtb7>

It's a really quick job! Thanks in advance.

Families can find further information on waiting lists, appeals and a list of frequently asked questions on Southwark Council's website at

[www.southwark.gov.uk/schools-and-education/school-admissions/secondary-admissions/offer-of-a-secondary-](http://www.southwark.gov.uk/schools-and-education/school-admissions/secondary-admissions/offer-of-a-secondary-)



**EGG DECORATING COMPETITION**

We invite all Hamleteers to enter this fun competition.  
Bring your entry into school on  
Thursday 28<sup>th</sup> March 2024  
Please follow these instructions carefully.



**Entries should be:**  
**ONE** decorated egg, in a container no larger than 30cm x 30cm  
Attractive or witty  
Hard boiled or blown eggs  
Entered by **pupil** only, not parents or older siblings  
Labelled with pupil's name, class and house.

**Display:**  
Please take entries into class on Thursday 28<sup>th</sup> March 2024  
Class viewing (timetabled throughout the morning)

**Judged:**  
Judged after 9:00  
2 house points for each entry  
1<sup>st</sup> place 12 house points, 2<sup>nd</sup> place 10 house points, &  
3<sup>rd</sup> place 8 house points  
Winners announced in afternoon assembly  
Entries to be collected at the end of the school day and taken home

Easter prizes to be won!

## WELLBEING SIGNPOSTING: DEVELOPING HEALTHY SLEEP PATTERNS

Dreaming of a decent night's sleep? Many of us *are* – and it's a particularly pervasive problem for young people. Concerningly, research has suggested that around 70% of teens get less than the recommended 8–10 hours' sleep per night. The effects of poor-quality sleep on a developing mind, of course, can be harmful over a prolonged period. A significant portion of under-18s struggle for shut eye, there is plenty we can do to support them in getting the beneficial rest they need during those formative years. For some top tips on this subject, read on for a 'Developing Healthy Sleeping Habits' guide, created jointly by the National College the award-winning mental health charity Minds Ahead.

It's worth a look, especially as it is *World Sleep Day* today!

## PTA UPDATE

### Mother's Day Cake Sale – update on funds raised:

Thanks again to everyone involved in last Friday's cake sale - your efforts have raised an amazing £435 for the school!

### Helping with event planning:

We are still seeking parents who would like to get involved in helping us to plan and deliver one of our events. It's a great way to get more involved in helping to fundraise for the school without the need to commit to being a member of the PTA, and it is always fun!. Please get in touch if you'd like to know more.

### Save the dates:

Hamlet Disco - Friday 17th May 6 - 8pm (tickets will go on sale after the Easter holidays)

Summer Fair - Saturday 15th June 12.30 - 3pm

**Interested in joining the PTA?** We are always around for a chat over a coffee if you would like to know more about being involved in the PTA. Please contact us via [dulwichhamletpta@gmail.com](mailto:dulwichhamletpta@gmail.com)

## EASTER EGG COMPETITION

We are pleased to be launching our DHJS Easter Egg competition; a much-loved tradition of the Hamlet. We will share full information with the children next week, to get them thinking ahead.

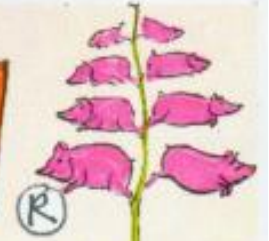
Please find attached the rules for this year's event. The eggs will be judged on Thursday 28<sup>th</sup> March, and we will make good use of the HH to share the children's creativity with you. Looking forward to an 'eggceptionally' good turn-out!





Calling all  
5-11 year  
olds!

# Arty Party



## Easter Workshops 2024

Tuesday 2<sup>nd</sup> - Friday 12<sup>th</sup> April  
9.00am - 3.00pm Daily

This Easter we'll be looking at the work of Edward Lear...  
From his nonsense poems, to bird paintings, 'The Owl and The Pussy Cat' to his luscious  
Landscapes. Help us unpack the wonderful world of Lear, and join us this holiday as we  
make...



**Perfect Pea Green Boats, Funky Fish on Stilts, Brilliant Birds-nest Beards,  
Amazing Animal Studles, Fabulous Flowers, Gorgeous Greek Landscapes,  
Lyrical Limericks, Laughable Luminous Noses, ... Ooooh and all the usual  
Fun & Games!**

In a week your child will make a wonderful array of creations using high quality artist  
materials. We'll be taking inspiration from contemporary artists & favourite children's  
stories.

Learning how to make 3D sculptures, observational drawings, painting with  
different mediums and techniques such as screen printing.

Arty Party will unleash your child's creative talents!

To Book Please Visit:

**[WWW.ARTYPARTY.CO.UK](http://WWW.ARTYPARTY.CO.UK)**

Cost £48 per day



Booking is for a minimum of 2 days

We accept childcare vouchers and tax-free Childcare

**5% discount of a full 5 day week**

Children must be 5 years & above

Please provide a 'nut free' packed lunch & an overall!

For any more information please email or call us:

**020 8675 7055 [john@artyparty.co.uk](mailto:john@artyparty.co.uk)**

### WHERE TO FIND US...

**Wimbledon:** The Lecture Hall, Lingfield Road, SW19 4QD

**Balham:** Endlesham Hall, 48 Endlesham Road, SW12 8JL

**Wandsworth:** Romany Scout Hut, 22a Lyford Road, SW18 3LG

**Clapham:** St Paul's Church Hall, Rectory Grove, SW4 0DX

**Blackheath:** St Michael's Church Hall, 1 Pond Rd, SE3 9JL

**Dulwich:** Dulwich Hamlet school, Dulwich Village, SE21 7AL

2<sup>nd</sup> - 12<sup>th</sup> April

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2<sup>nd</sup> - 12<sup>th</sup> April

2<sup>nd</sup> - 12<sup>th</sup> April (Not 5<sup>th</sup>)

2<sup>nd</sup> - 12<sup>th</sup> April



Book here!





# 10 Top Tips for Parents and Educators DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

## 1 MINDFUL TECH USE



Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

## 2 EFFECTIVE SLEEP PRACTICES



Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

## 3 HYDRATION HABITS



Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

## 4 CONSISTENT BEDTIME SCHEDULE



Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

## 5 OPTIMAL SLEEP ENVIRONMENT



Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

## 6 RELAXING EVENING ACTIVITIES



Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

## 7 PRIORITISING ADEQUATE SLEEP



Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

## 8 NUTRITIONAL BALANCE



Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

## 9 PARENTAL SUPPORT



Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

## 10 MILITARY SLEEP METHOD



Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

### Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



The National College

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**Dulwich Hamlet 'did something funny for the money!'**



