

PRINCE OF WALES PRIMARY SCHOOL

Newsletter
2nd February 2024

Dear Parents/Carers, Governors and Friends,



The theme for this year's Place2Be's Children's Mental Health Week was **Your Voice Matters**. We believe that it is important that our children learn to speak out about the things that matter to them and to use their voice to champion our school values. The book 'Speak Up' was used to remind children of the different ways their voice could be heard - [Speak Up - Read Aloud](#). We linked this theme to this month's value, Nurture – see page 3 who received a certificate this Week.

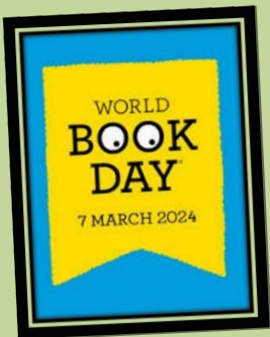
Children's mental health is also linked to the use of (or addiction to) smartphones which has been a news headline this week. In a poll by The Guardian, most parents said they were unhappy with the time their children spent online and the effect they believed it was having on their moods and concentration: [Kids are on their phones more than ever](#). As a school we can testify to numerous issues related to this, including poor communication between children and towards staff, tiredness and copying unsuitable behaviours seen on apps and games. With a holiday week ahead, the challenge is how much time we let our children spend on devices and how do we monitor whether the content they access or communicate is appropriate. Join the debate!

Enfield Parents Wraparound Care Survey

You are invited to share your experiences of accessing wraparound care:

<https://www.surveymonkey.com/r/SZKMJ5S>

We look forward to our children returning on Monday 19th February after a relaxing, healthy holiday, ready for the Spring 2 term.



Parent's Evening on 5th and 7th March 3.30 – 6pm
for all classes except 2C, 3F and 5W:

2C – TBC

3F – 27th and 29th Feb

5W – 7th and 12th March

Book your appointment(s) here: [SchoolCloud - PoW](#)

dentalartsstudio
www.dentalartsstudio.co.uk

WE WELCOME ALL CHILDREN

ACCEPTING NEW PATIENTS UNDER 18'S ON THE NHS

CALL TODAY!
02083623110

6-8 London Rd, Enfield, EN2 6EB

Attendance for week beginning 5th February 2024

Ash 92.08%	1B 93.39%	2C 96.43%	3F 86.07%	4A 92.96%	5G 91.11%	6C 95.83%
Birch 87.60%	1G 91.54%	2F 92.31%	3H 97.41%	4L 87.31%	5H 91.79%	6D 93.60%
Oak 95.42%	1S 93.04%	2G 97.97%	3S 97.93%	4T 92.96%	5W 92.96%	6F 93.91%

Well done to **Oak, 2C, 2G, 3H, 3S** and **6C** with attendance above 95%.

Overall attendance since September 2023: **93.30%**

SCHOOL YEAR 2023/2024 – upcoming dates



DATE	YEAR	EVENT
12/02/24 – 16/02/24	all	February Half Term Break – school closed
Wed 28 th February 8:40am	EYFS and KS1	Phonics and Reading drop-in @
Thursday 7 th March	all	World Book Day – dress up as story character
5 th and 7 th March	all	Parents' Evening 3:30 – 6:00pm
w/c 11 th March	all	Science week and Parent Cafés
Wed 13 th March	all	Red Nose Day incl Perfect Pizza Lunch
Wed 20 th March	Y2	KS1 SATs meeting for parents 2:30pm
Wed 27 th March	all	Last day Nursery before breaking up for Easter Break
Thu 28 th March	Reception, KS1, KS2	Certificate Assemblies – Y4,5,6 9:00am – Y1,2,3 10:00am Half Day, school finishes at 1:30pm
Fri 29/03/24 – Fri 12 th April	all	Easter Holidays – school closed
Wed 23 rd April	all	Parent Forum 2:45pm in Community Room
Mon 6 th May	all	May Bank Holiday – school closed
27/05/24 – 31/05/24	all	Summer Half Term Break – school closed
Wed 5 th June	all	Parent Forum 8:55am in Community Room
Mon 10 th June	Y1-6	M&M Theatre production The Railway Children
Mon 17 th June	all	INSET DAY – School Closed
Mon 24 – Wed 26 June	Y6	Residential Visit
Tghu 11 th July	Y2	Seaside visit
Fri 12 th July	KS1 & KS2	Sports Day & Picnic
Tue 16 th July	all	Summer celebration & PoW Carnival Parade
Thu 18 th July	Y6	Year 6 Disco
Mon 22 nd July	all	Parents Evening
Tue 23 rd July	Nursery all	Final School Day for Nursery Year group end of term celebrations
Wed 24 th July	Y6 all	Year 6 Leavers assembly 11am Half Day - finish at 1:30pm



In February we focus on
NURTURE



These pupils received a certificate this week:

Olek 1B, Erin 1G, Kejdi 1S, Inna 2C, Damla 2F, Aleyah 2G, Teagan 3F, Janelle 3H, Nicolas 3S, Nawal 4A, Christabel 4L, Rosie 4T, Olivia 5G, Hasanali 5H, Rayan 5W, Ayse 6C, Logan 6D, Bianca 6F

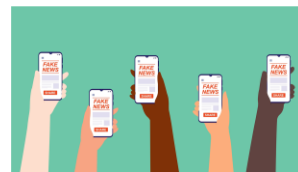


Most valuable PoW x-tables Rock Star Players





As part of Safer Internet Day on the 6th February, Y5 participated in a BBC live lesson about AI (Artificial Intelligence). We had to decide whether what we learned about AI was a fact or a lie.



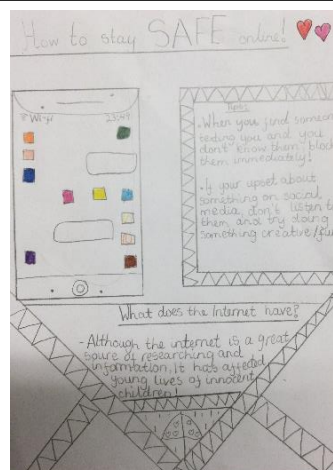
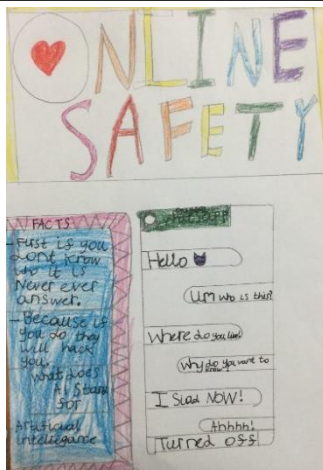
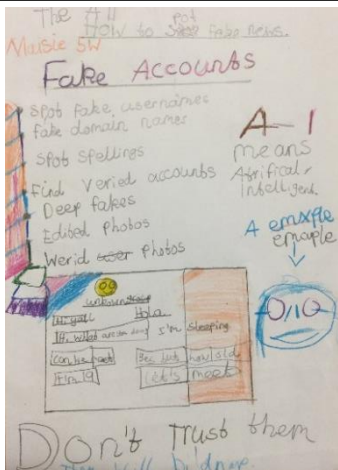
We learned about how to spot fake news and content. We also learned not to trust everything online and avoid clicking hyperlinks if we are unsure.



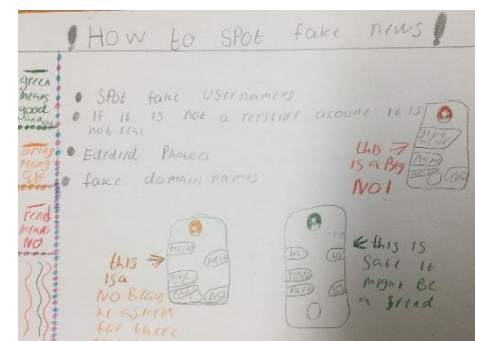
Remember AI is controlled by people, **Danny 5W**.

We learned how to spot fake news and Deepfakes (artificial intelligence making images of fake events), **Anna 5W**.

Remember not everything you see on the internet is true, **Kimberly 5W**. It could be propaganda or a deepfake, **Justin 5W**



We created posters about staying safe online in an AI world

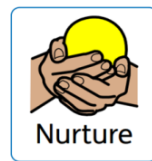




Well done to these Year 5 and 6 pupils who completed the January Family Learning Project about Resilience.

February Family Home-learning Project

Our school value for the month of February is Nurture. This value reminds us to show care, love and attention to each other and the world around us. We all need to be nurtured to help us grow successfully.



This month, we would like you to find someone or something in your life that is growing. Take notice of the small changes over time. What does your plant, person or animal need in order to grow well? How is it being nurtured?

You could focus on...

- If you have any seeds, or from a piece of fruit, have a go at planting it in a small pot at home
- A new member of the family, baby or younger sibling
- A family or friend's pet that you see often and can safely help take care of
- A plant or tree that you see on your way to and from school



As always, you can present your project however is best for you and your family!

- A written report
- Take photographs of the changes
- Record observations in a table to show what is changing over time
- Draw pictures to represent the growth that has taken place and what was needed
- A poster showing the cycle of growth
- Write a speech and record yourself
- A comic strip that shows the changes over time



Share your nurture example with us by the **1st March**



THIS MONTH

TIPS FOR FAMILIES



Place2Be's

CHILDREN'S
MENTAL HEALTH
WEEK

Talking to your child about mental health

Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe – "My Voice Matters".

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.



Here's what children and young people told us they need from you:

- 1 We don't need to have 'one-off conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
- 2 I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- 3 Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- 4 Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- 5 Don't compare my experiences to your own when you were a child.
- 6 Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
- 7 Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- 8 If you are open with me about your feelings, this can help me to be more open about mine.
- 9 Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school - because they 'get it'.
- 10 Sometimes a hug is all it takes to make me feel supported.



WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES

These wellbeing activities can help children and young people think about and share what matters to them.

📌 For primary children: bit.ly/3PzCGI8

📌 For secondary children: bit.ly/3LBD2wK



LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour. and act on their views.

📌 [PARENTINGSMART.ORG.UK](https://parentingsmart.org.uk)

DO YOU SOMETIMES WORRY ABOUT HOW YOU ARE FEELING?

If so, read on!



Here are some brilliant tips from children just like you*. These children have also had ups and downs with their mental health and want to pass on some ideas that have helped them:

- Ask for help – from a teacher, parent, brother, sister, or other family member. Keep telling until someone listens to you.
- Remember you are not alone – everyone goes through tough times. Be kind to yourself – everyone is perfect in their own way.
- Stay calm – take some breaths or find somewhere to sit quietly for 2 minutes.
- Go outside and get some exercise to make yourself feel stronger.
- spend time with your family and friends (or pets).
- It's okay to not always be okay.
- Think of your favourite thing and write it down.
- Keep a diary to track all your emotions.
- Stay positive and focus on things that make you happy. If you can't think of anything, maybe a friend can help you.
- Remember you are enough, and you are the only you.
- If you are being bullied, maybe the bully is being bullied or has something going on at home and they're taking it out on someone else. Tell an adult or trusted friend.



DO YOU SOMETIMES FEEL A BIT WORRIED ABOUT HOW SOMEONE ELSE IS FEELING?

If so, read on!

Things you can say to help support someone else:



*With thanks to the pupils at Seascape Primary School and Ark Globe Primary School.

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BEANO

place2Be's
CHILDREN'S
MENTAL HEALTH
WEEK



Enfield Town FC Football School



For all Primary School Boys & Girls – Ages 4-11

EVERY SATURDAY MORNING
WEEKLY FOOTBALL &
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BOOK NOW

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YEAR 2 & 3's: 10-11am
YEAR 4, 5, & 6's: 11am-12 midday

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For all Primary School boys & girls - Ages 4-11

RECEPTION & YEAR 1 - 9-10am
YEAR 2 & 3 - 10-11am
YEAR 4 & 5 - 11-12pm

FA QUALIFIED & CRC COACHES
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Donkey Lane, Enfield EN1 3PL

February 2024 Half Term Cycle Training

Join us this
half term



**journeys
& places**



Join us this half term

journeysandplaces.enfield.gov.uk



Journeys and Places are offering **FREE** February half term Learn to Ride and Basic Cycle Skills sessions for various age groups from Monday 12 February to Friday 16 February.

Sessions will take place at Raglan Primary School (Amberley Road Entrance), Wellington Road, Enfield, EN1 2NS.

For more information and to book your child's place please visit

www.bookwhen.com/enfieldcycling

**journeys
& places**



FREE BEE NETBALL FOR CHILDREN AGED 7-11



Join us for Bee Netball, a fun and nurturing programme for children at the beginning of their team sport journey.

Run by England Netball in partnership with the Tottenham Hotspur Foundation, it is designed to support every child's personal development on and beyond the court. Lace up your trainers and let's play!

Mondays

4:30 -5:15pm - Age 7-9

5:15 -6:00pm - Age 9-11

Location:

Edmonton County School, Little Bury Street, Edmonton
N9 9JZ

To find out more and to register for the sessions, scan QR code or email: THF.activities@tottenhamhotspur.com

Please scan the
QR code
to register your
interest



If you'd like to know more about the ways Tottenham Hotspur is supporting our local community, download the **Spurs Official App** or visit tottenhamhotspur.com/passionate-about-tottenham



School Aged Immunisation Team NMUH in the Community clinic dates
Academic year 2023-2024

Service Website: www.saisEnfield.co.uk

Telephone: 020 4553 3890

Email: northmid.enfieldimmunisationteam@nhs.net

DATE	Location	TIME	Appointments	VACCINATIONS
Monday 12 th February (Half term)	Ordnance Road Surgery	08:30am – 15:00pm	Pre-booked appointments only	HPV/DTP/Men ACWY/MMR/POLIO
Wednesday 14 th February (Half term)	Enfield Island Surgery	09:00 – 15:00pm	Pre-booked appointments only	HPV/DTP/Men ACWY/MMR/POLIO
Thursday 15 th February (Half term)	Bay Tree House	09:00am – 15:00pm	Pre-booked appointments only	HPV/DTP/Men ACWY/MMR/POLIO

MEASLES
Don't let your child catch it
- get them vaccinated with the MMR vaccine

NHS

- measles outbreaks happen when not enough children have been vaccinated
- measles can be a very serious disease, leading to ear and chest infections, fits, diarrhoea, and damage to the brain. Measles can kill
- your child is at risk of measles if he or she hasn't had the MMR vaccination
- 2 doses of MMR vaccine are needed to get the best protection
- if your child is due to have had 2 doses of MMR but has not yet received them, no matter what age they are, you should contact your GP to get them vaccinated as soon as possible*
- if you can't remember if your child has had any, 1 or 2 doses of MMR vaccine, check his or her personal child health record (the Red Book). If this doesn't help, speak to your GP
- if you don't know how many doses your child has had, it's better to have 2 doses of MMR vaccine now rather than risk leaving them unprotected

*In response to a local outbreak then the 2 doses can be given one month apart from the age of 18 months.

Answers to some common questions about measles and the MMR vaccine

Why are we seeing these outbreaks of measles?

Measles is a highly infectious disease, spreading quickly from person to person, especially in schools. A child with measles will infect almost all unprotected children they have contact with. Since the end of 2017 there has been an increase in measles globally which has affected the UK. This has resulted in some spread into wider communities, in particular in undervaccinated groups.

When are the MMR vaccinations usually given?

The best times are between 12 and 13 months of age and again at 3 years and 4 months, with one dose on each occasion. But, if your child wasn't vaccinated then, they can be vaccinated at any age with 2 doses one month apart.

Will there be any side effects to the vaccination?

Your child may get the symptoms of measles, mumps and rubella for up to 6 weeks after the vaccination but in a very much milder form. This proves that the vaccine is working and your child is building up resistance to future contact with the viruses that cause the 3 diseases. Not all children show these symptoms but that doesn't mean the vaccine isn't working.

Should parents in outbreak areas get vaccinated against measles?

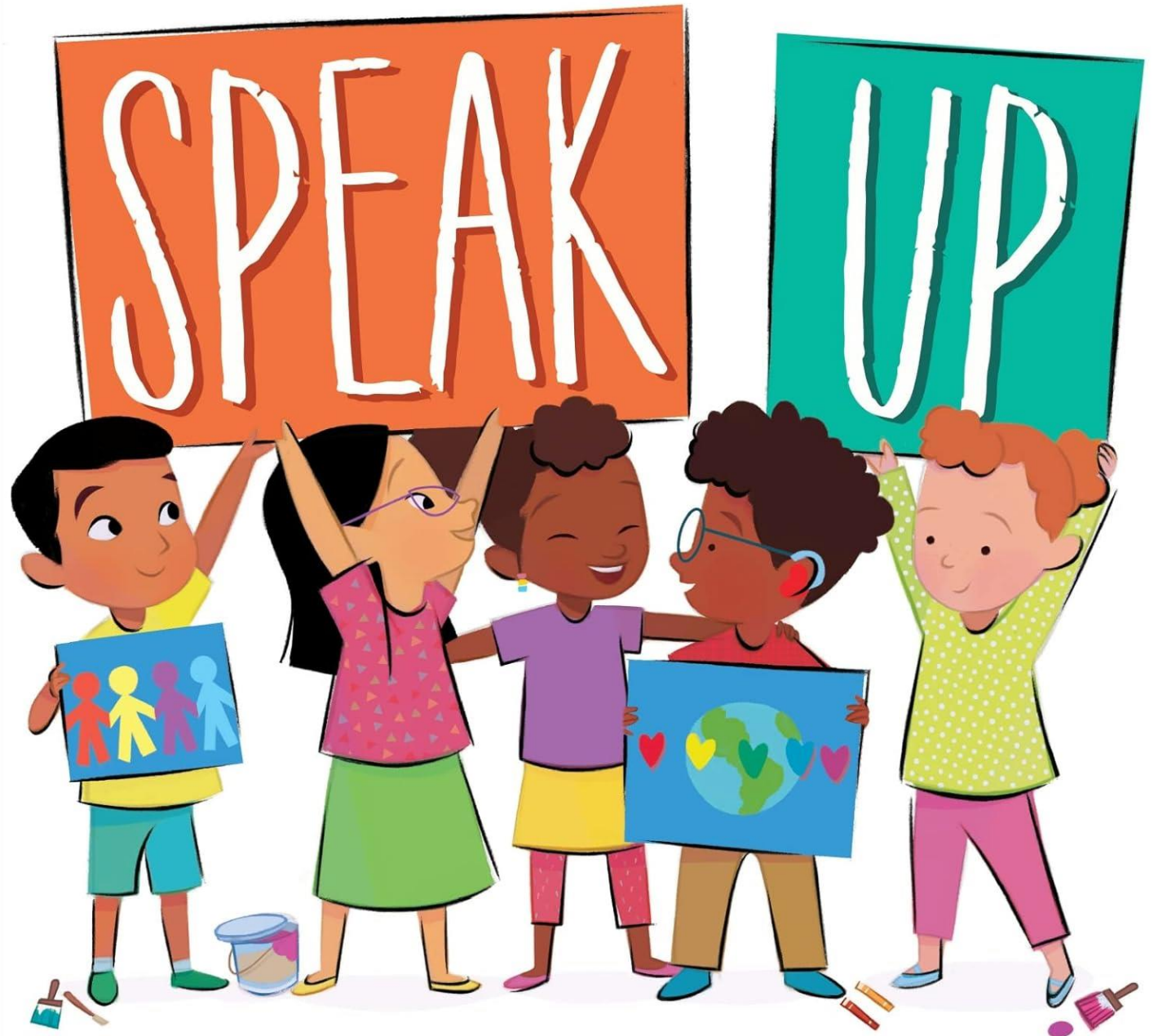
As with many diseases, once you have had measles, you don't catch it again because you have built up a natural resistance to it. So, if you've had measles or 2 doses of MMR vaccine you do not need to get vaccinated now.

For more information about measles and MMR go to www.nhs.uk/conditions/measles/

Translated Measles Information:

Please note that you can download the attached flyer in various languages including Afrikaans, Arabic, Bengali, Cantonese, Chinese (simplified), French, German, Hebrew, Hindi, Italian, Lithuanian, Polish, Portuguese, Romany, Romanian, Spanish, Swahili, Tagalog, Tamil, Turkish, Ukrainian and Urdu from the link below:-

<https://www.healthpublications.gov.uk/ViewArticle.html?sp=Smeaslesdontletyourchildcatchitflyerforschooltranslations>



written by **Miranda Paul** illustrated by **Ebony Glenn**