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Message from the Headteacher

It has been great to see so many of you in the run-up to Christmas, whether at the Christmas Fair, the bedtime story reading sessions or at the nativities and Carol Concerts at St Alban's Church. I hope these events have put you in the Christmas spirit and I would particularly like to thank the amazing PTA for all their hard work and dedication in organising the Fair earlier this week.

The Christmas events have provided an exciting end to an incredibly busy term. Children across the school have had a wide variety of learning opportunities, experiences and visits – and you can read about some of them in this newsletter. You can also find out some other projects in the school, such as the Tender Healthy Relationships programme.

One of our top priorities is developing a love or reading amongst our children. This is so important, not only because reading is a source of enjoyment, but there is evidence that reading is the most important factor in a child's future success. We are giving all the children in the school a book as a Christmas present, which we hope they will enjoy and encourage them to do lots of reading over the holidays.

On behalf of everyone at James Cambell Primary, I would like to wish you a very merry Christmas and a happy New Year. We look forward to seeing you all back at school on Monday 8th January 2024.

Thank you,

Mr Wilson



The Mayor of Barking and Dagenham visiting the school on Christmas Jumper Day (7th December)

Tender Healthy Relationships Programme

Tender Education & Arts has been delivering Healthy Relationships education across London since 2003, and nationally since 2012. This year, we are delighted that Tender are delivering the programme at James Cambell. Some of you heard all about it at a recent Wednesday coffee morning.

The aim is to support students in developing positive, healthy attitudes towards relationships. This is achieved through open, creative workshops that explore the healthy and unhealthy aspects of relationships, empowering students to consider their attitudes and behaviour in a mature and safety-conscious way.



During the project, students will:

- Identify key elements of healthy and unhealthy relationships
- Recognise early warning signs of unhealthy relationships
- Explore the importance of equality and respect
- Understand personal boundaries and consent
- Increase self-confidence and empathy for others
- Develop awareness of where to seek or signpost support.

Tender has undergone professional external evaluations showing a powerful impact on behaviour. The work empowers children to become advocates of respectful, thoughtful behaviour within their schools, peer groups and communities.

If you would like any further information about the project please do not hesitate to contact the project lead, Nirzari Vyas, at nirzari@tender.org.uk

Bedtime Story Reading

On Wednesday 13th December, children across the school put on their pyjamas, drank hot chocolate and enjoyed some wonderful bedtime stories.

Thank you to all the parents who attended the sessions. Your encouragement of reading at home is vital in developing your children's love of reading.



Anti-Bullying Week

This year, the theme of Anti-Bullying Week, 13th-17th November, was 'make a noise about bullying'.



Unfortunately, bullying happens in all schools and all walks of life. At James Cambell, all staff have been trained by the Anti-Bullying Alliance and we are working on the Gold Award (we already have the Silver Award). We have student ambassadors trained by the Diana Award. Each junior class will soon have a pair of 'Defenders' and we will train these children to look out for signs of bullying in their year group.

We started off the week by wearing odd socks, to celebrate that we all are different. The children have been learning about the roles in bullying. This really helps everyone when we have to investigate incidents.



We are a 'telling' school and we constantly remind our children about the ways they can report any incidents. They can speak to a trusted adult, Lisa Marshall our learning mentor, pop a note in the class worry box or use the online worry box Tootoot.

Our school uses the definition of bullying from the Anti-Bullying alliance.

What is bullying?

The ABA (Anti-Bullying Alliance) defines bullying as:

The repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power.

Bullying can be physical, verbal or psychological.

It can happen face-to-face or online.

Repetitive → Hurtful → Intentional → Power Imbalance

If you would like to know more, or have any concerns, please speak to your child's class teacher or contact Mrs Macleod, Assistant Head, who is responsible for Behaviour and Anti Bullying.

Safe Internet Usage

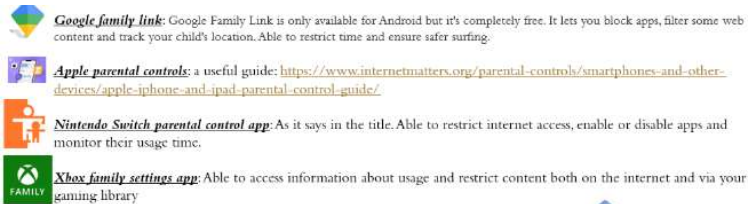
Our children grow up with technology and it brings many benefits, but also needs to be used safely. As Christmas approaches, we wanted to help you navigate the pitfalls of e-safety. With the increase in various ways of getting online, it can sometimes be daunting for parents.

The guide below, along with the most recent presentation from our e-safety coffee morning (which you can find on our [website](#)), will help you make sense of the changing landscape. The apps are simple to use and allow for complete parental control.

Talking regularly with your child is the greatest tool to help them keep safe online. You can find out more about this on the NSPCC website at <https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-child-online-safety/>

Parents/carers are responsible for what their children access at home. It is therefore very important to be aware of age restrictions (most social media sites and many games have minimum ages and are not suitable for primary school children) and also how to use parental control apps.

Here are some free effective parental control apps:



Google family link: Google Family Link is only available for Android but it's completely free. It lets you block apps, filter some web content and track your child's location. Able to restrict time and ensure safer surfing.

Apple parental controls: a useful guide: <https://www.internetmatters.org/parental-controls/smartphones-and-other-devices/apple-iphone-and-ipad-parental-control-guide/>

Nintendo Switch parental control app: As it says in the title. Able to restrict internet access, enable or disable apps and monitor their usage time.

Xbox family settings app: Able to access information about usage and restrict content both on the internet and via your gaming library

There are parental apps for most electronic items these days, the above are only a few,



Year 3 Stone Age Workshop

This half term, Year 3 have enjoyed learning about the Stone Ages. Year 3 had an exciting Stone Age to Iron Age workshop. They travelled back in time to discover how man lived and evolved over time. They even hunted a woolly mammoth!



Police Assemblies

We were fortunate to have the Met Police come in and talk to our children.

Year 1 - Stranger Danger

Year 2 - What do the police do for us?

Years 3 - Stranger Danger

Year 4 - Crime and Consequences

Year 5 - Gangs - please can you have your playtime afterwards

Year 6 - Knife crime

The children enjoyed the talks and asked lots of interesting questions.



Nativities and Carol Concerts

The Nativities and Carole Concerts marked a wonderful start to the festive season.



Early Years and Key Stage 1 put on an amazing performance of the 'Bossy King' at St Alban's Church on 5th and 6th December. The children sang beautifully, while the Year 2 children displayed their acting skills. They all worked so hard to learn their songs and their lines.

On Thursday 7th December, it was the turn of Key Stage 2, with the children singing some beautiful carols and some very clear and confident readings. On their return to school, the children enjoyed their Christmas lunch with the kitchen team cooking over 500 Christmas dinners!



We really appreciated the amazing audience we had for these events. It was standing room only for the year 5 and 6 Carol Concert, which was also attended by the Mayor of Barking and Dagenham!

Our thanks to Reverend Faye Bailey for hosting the nativities in the church. We are looking forward to next year's performance already!

Mental Health Support Team

Every Thursday we have members of the NHS Mental Health Support Team coming in to the school to support wellbeing. Their aim is to support parents and schools in building children's emotional wellbeing and resilience.



They work with parents and carers whose child may be struggling with behaviour or mild anxiety. If you would like to find out more please speak with our Learning Mentor, Mrs Marshall or scan here to visit their website:



Nut-free school

A reminder that, for safety reasons, James Cambell is a nut-free school.

All children in the school are eligible for free school meals, which do not contain any nuts. If your child has a packed lunch, please ensure that it contains no nuts. Nut allergy reactions can be very serious, even life threatening.

You can find guidance on healthy packed lunches on our school website at https://www.jamescambell.com/?page_id=11918

We are becoming a Unicef UK Rights Respecting School!



We are a school where children's rights are at the heart of our ethos and culture, to improve well-being and to provide every child with the opportunities

that they deserve. As part of this plan we are working towards recognition as a 'Rights Respecting School', an award given to schools on behalf of Unicef UK.

Unicef is the world's leading organisation working for children and young people and their rights. In 1989, governments across the world agreed that all children have the same rights by adopting the UN Convention on the Rights of the Child (UNCRC). These rights are based on what a child needs to survive, grow, participate and fulfil their potential.

Pupils at James Cambell will learn about their rights by putting them into practice every day. A Rights Respecting School models rights and respect in all its relationships.

You can find out more about the Convention on the Rights of the Child by visiting [unicef.org.uk/crc](https://www.unicef.org.uk/crc).

James Cambell pupils wow Citibank with amazing artwork!

James Cambell pupils' artwork was selected to be displayed in the offices of Citibank in Canary Wharf. This was part of Citibank's #eforeducation campaign, in conjunction with Teach First. Children were asked to create a drawing of what job they aspire to have when they are older. It was wonderful to see so many different career paths – from a henna artist to a lawyer!

Here are a few of the artworks:



Ralphie joins James Cambell

We have an exciting new member of our James Cambell family – Ralphie – who joined us this term. He is working directly with pupils, providing all the benefits that interacting with a dog offers. Lots of our pupils have been excited to meet him and we are looking forward to see the impacts that his visits will have. We are lucky to have a wonderful volunteer – one of our parents – who is looking after him during the days when he visits.



Owls visit Cambell

On Monday 27th November, Nursery, Reception, Year 1, Year 2, Rainbow Room and CPC children all had the amazing experience of meeting live owls when 'Nite Owls' came to visit.

The children enjoyed a flying demonstration and an informative talk about the different owls they met. They even had the opportunity to have Dotty the Barn Owl perch on their shoulder for a photo! Everyone thoroughly enjoyed meeting the owls and learnt a lot from this great experience.



Road Safety Assemblies

Penny Taberman the Borough's Road Safety Education officer visited use this term and talked to the children about keeping safe on the roads. Nursery and Reception learned about when 'Teddy takes a tumble' and the importance of walking across roads and not running. Year 1 and Year 2 practised on a mock zebra crossing in the hall. Years 3 and 4 learned about staying safe when travelling and the correct use of seatbelts. Meanwhile, Years 5 and 6 learned facts about road safety and discussed an incident at Dagenham Heathway.

For more information have a look at <https://www.brake.org.uk/>



After collecting your child from the teacher at the end of the day, it is your responsibility to ensure that they stay safe and behave appropriately.

This is extremely important as the gates are open so your child could run out of the gates and onto the road if left unsupervised.

Thank you for your help in keeping the children safe.

Starting Reception in September 2024

If you have a child that was born between **1 September 2019 and 31 August 2020** they may start school full time in September 2024. This move is not an automatic process and you will need to apply for a place at the schools you would like your child to go to. You must apply for a place at Reception in James Cambell even if your child is already in our nursery or has a brother or sister at school.

Please note the closing date to apply for a place is 15th January 2024.

If you haven't applied already, please could you ensure you do so by clicking on the following link and logging in or registering:

<https://www.eadmissions.org.uk/>

If you have any queries regarding your application please speak to Miss Finn at the school office.

Year 2 visit the Tower of London

This half-term the children in year 2 have been learning about the Great Fire of London. We took a visit to The Tower of London to find out more about it.

During our visit, we had a fantastic workshop where we travelled back in time. We then had some time to explore the historic royal palace. We even saw the world famous Crown Jewels and watched the guards protecting them.

Thank you to all the parents who supported with the trips!



RE at James Cambell Primary

Each year group visited a different place of worship.

The Year 6 classes have recently visited the London Buddhist Centre in Bethnal Green. The children are learning about the similarities and differences in the world religions and world views. The children impressed everyone with their detailed knowledge about Buddhism.



Year 1 have been learning about how Christians celebrate Christmas and have interviewed our local vicar Faye Bailey at St Albans Church in Becontree.



The children in Year 3 have been learning about Diwali and performed an amazing assembly to parents and the pupils in the school retelling the story of Rama and Sita. Thank you to everyone who attended. We hope you enjoyed it!

Year 4 returned to Shree Sanatan Hindu Mandir, which is a Hindu temple in Wembley. It took 14 years to build in India, then it was shipped to London and rebuilt on the site. The children and staff were amazed at the beautiful building and learned a lot about the Hindu faith and culture. They also had the opportunity to interview a Hindu follower via a Zoom call.

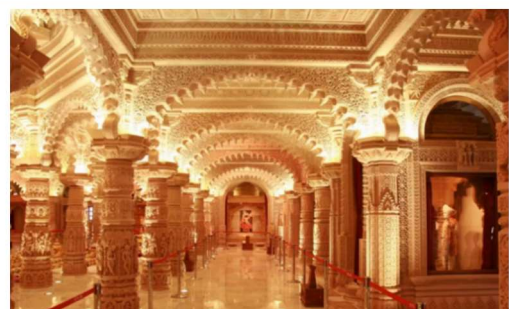
Our trip to the temple

Year 4 spent Autumn term learning about how Hindu's worship.

We went to Shri Sanatana Hindu Temple where we were amazed by the beauty of it. The building had lots of elaborate decoration both inside and outside.

When walking around admiring the shrines, we were able to identify some of the gods and goddesses we learnt about. We were also fortunate to see food trays as offerings to the gods and goddesses as well as prayers being said.

Year 4 were extremely inquisitive and asked lots of thought-provoking questions to members of the temple community.



Key dates

Monday 8 th January	First day of term
Tuesday 16 th January	Year 5 & Year 6 Anti-Bullying session from the Diana Award
Thursday 18 th January	Year 5 Ways to Well-being Workshops
Tuesday 6 th February	Safer Internet Day
Monday 19 th – Friday 23 rd February	Half Term Holidays
Wednesday 28 th & Thursday 29 th February	Parents' Evenings
Thursday 7 th March	World Book Day
Monday 11 th – Friday 15 th March	Year 5 at Trewern
Monday 18 th March	Red Nose Day
Thursday 28 th March	Year 2 Easter Assembly
Thursday 28 th March	Last day of term