



Contents

Message from the Headteacher	Page 1	Year 4: Scientists for the Day	Page 4
Supporting your child's learning	Page 2	Safer Internet Day	Page 4
Record Reception numbers!	Page 2	Year 2 visit the Science Museum	Page 5
Art Day	Page 2	Year 5 & Year 6 Roots to Food Workshop	Page 5
Talking Therapies	Page 2	Year 5 Young Writers Competition	Page 6
Anti-Racism Workshop	Page 2	Year 5 Tender Workshop	Page 6
Shrek the Musical	Page 3	MMR Vaccine	Page 6
Attendance	Page 3	Importance of sleep for children	Page 6
Wellgate Community Farm visit	Page 3	Sip and Chat Coffee Morning Dates	Page 7
		Key dates	Page 7

Message from the Headteacher

Welcome to the February edition of the Cambell Newsletter. It has been a very positive half-term and I wanted to let you know about two external reviews over the last few weeks which have praised the quality of education at the school.

External experts from Partnership Learning Trust reviewed the quality of Early Years, phonics, reading, maths and a number of other subjects (RE, Geography and Computing), observing teaching, speaking to children and looking at their work. The reviewers were impressed by what they saw, including praise for the development of children's vocabulary and oracy, the training provided to staff to improve pupil outcomes and the good behaviours for learning of all children.

Meanwhile, the local authority conducted a review of the school's SEND provision in January. The report said that 'there is a clear vision for SEND shared by all school staff' and that 'behaviour for learning is a strength of the school. Pupils are respectful of others and there is a calm, purposeful atmosphere throughout the school.'

Parents, carers and staff are the role models for the good behaviour and respectful

attitudes of the children and I am grateful to all parents who model high standards of politeness at the gates before and after school.

Since Christmas, the children have had lots of great opportunities. The Early Years children loved meeting the sheep, goats and other animals when Wellgate Farm visited, while other events have included Year 2's visit to the Science Museum, Safer Internet Day and the 'Roots to Food' workshops.

A real highlight has been the children in Year 5 who will be having their writing published in April in a book called *Crazy Creatures – Amazing Stories*. What an amazing achievement!

I very strongly believe that children make the most progress when we work closely with parents and carers. Staff are often asked how they can best support children's learning at home and, in this edition of the newsletter, we have an article on five key things that research shows are vital to children's development and success.

I hope you all have a happy and relaxing half-term break.

With very best wishes, Mr Wilson



Supporting your child's learning

Children make most progress when the school and parents work together. Here are five key things that research shows can help your child succeed:

1. Get enough sleep
2. High Attendance
3. Read every day
4. Have breakfast before school
5. Complete homework, in particular times tables and spellings

You can read more about the first two later in this newsletter.

We understand it can sometimes be difficult to persuade your child to do these five things. If so, there are various ways we can help, including:

- parenting programmes
- our breakfast clubs
- advice from your class teacher about reading books or homework
- signposting to external agencies, such as Talking Therapies
- referrals to Early Help if you need a bit of support at home

Please speak with your class teacher or our wonderful learning mentor, Lisa Marshall, if you would like to find out more.

Record Reception numbers!

We are pleased to announce that a record number of parents have applied for Reception places at the school for September 2024.

Art Day

On 9th February, some of our Year 5 and 6's had the opportunity to work with a local artist. The purpose of the day was to give those students a taster for what would typically be experienced while studying Art at GCSE level.

This included experiencing the use of different materials and techniques: observational drawing using charcoal, painting with coffee, S'graffito, mono-printing and wax resist. Children looked at the work of Andy

Goldsworthy, Georgia O'Keefe and coffee artist, Hong Yi.

The chosen theme for this project was '**Natural Forms**' which is typically a broad theme that would be chosen for the coursework at GCSE.

They all had a great day and produced some amazing work!



Talking Therapies

Talking Therapies provide a wide range of treatments and services helping those concerned by their mental health and feeling distressed by difficult events in their lives. Their services are confidential, easy to access, and available to people with a registered GP in the London Borough of Barking & Dagenham.

Free Talking Therapies will be attending our coffee mornings on the 13th March, 17th April and 5th June. Come along and find out more!

Here's a link to their website:

[Welcome to our Talking Therapies service in Barking & Dagenham, brought to you by NELFT NHS Foundation Trust. | Talking Therapies Team](#)

Anti-Racism Workshop

Year 5 and 6 took part in an Anti-Racism workshop conducted by facilitators from the Diana Award Organisation. Children learnt a lot about recognising ways to deal with racism.

Many children offered thoughtful comments and asked important questions.



Shrek the Musical

In an exciting outing, our Year 6 students had the opportunity to visit our local secondary school, Jo Richardson, to witness a spectacular production of 'Shrek the Musical'. The enchanting tale came to life on stage, captivating our students with its vibrant characters, infectious music, and heart-warming story.

As they watched the talented performers bring the beloved characters of Shrek, Fiona and Donkey to life, our students were not only entertained but also inspired by the dedication and creativity displayed by their older peers.

Attendance

We are so proud of the amazing opportunities we give to our students at James Cambell but it goes without saying that if a child is absent they miss out on these opportunities. Often a child may seem tired and lethargic in the morning at home, but when they are in school they brighten up and enjoy a day of learning. Remember we will always call you if your child is unwell in school.

If you are unsure about whether you should keep your child home, the NHS has developed a guide for parents and carers. You can find it here [Is my child too ill for school? - NHS \(www.nhs.uk\)](https://www.nhs.uk/conditions/when-to-keep-your-child-at-home/)

There have been a few occasions when parents have used their own illnesses or appointments as reasons for keeping their child home. The Borough does not accept these as valid reasons for children to miss their schooling and so these absences will be

marked as unauthorised. Where possible please try and send your child to school if you are unwell – not only does it gives you a chance to recover, but it also ensures your child receives the education and social experiences that they deserve.

Good attendance is important because:

- Statistics show a direct link between under-achievement and absence below 95% (if a child misses a day's school, they not only miss that day's learning but also find it more difficult to access the learning when they return)
- Regular attenders make better progress, both socially and academically
- Regular attenders find school routines, school work and friendships easier to cope with
- Regular attenders find learning more satisfying
- Regular attenders are more successful in transferring between primary school and secondary school and eventually into higher education, employment or training.

Good school attendance is a great habit for the rest of life!

Wellgate Community Farm visit

On Monday 5th February, some animals from Wellgate Community Farm came to visit James Cambell. The children in Nursery, Reception, Rainbow Room and the CPC were able to get up close and meet the sheep, goats, guinea pigs, rabbits and chickens. The children were able to hold the rabbits, guinea pigs and chickens on their laps as well as feed the goats from their hands.

Farmer Rakhi talked to the children about what each animal eats, how to look after them properly and most importantly about having good hygiene and washing their hands after touching the animals.

Nursery thought it was really funny when one of the sheep tried to run away from Farmer Rakhi and one of the chickens enjoyed their

Having the animals to visit has sparked lots of great talk in Nursery. Some quotes from our nursery children:

worries them or that might be wrong, all they need to do is ask for help from a trusted adult. They could talk to you or to us, or they may feel more comfortable talking anonymously to Childline.



Year 2 visit the Science Museum

Year two have been learning about materials this half term. We were lucky enough to go to the Science Museum to see what different things are made of. We visited some exhibitions and thought about why certain things are made with their materials.

We even went back in time to look at some really old household appliances, and saw how they have changed over time. We all had a great day!



Year 5 & Year 6 Roots to Food Workshop

Year 5 had an amazing day cooking Chicken Chow Mein. We were thrilled to have Roots For Food deliver this cooking workshop. Children learnt vital cooking skills as well as how to cook a balanced, healthy meal.

The dish turned out to be delicious and all of Year 5 and some Year 6 pupils enjoyed cooking and eating their meal at the end of the workshop.

This immersive workshop, held on 2nd February, not only equipped our students with essential life skills, but also ignited their passion for sustainability and cultivating a deeper connection to the food they eat and the world around them. We extend our heartfelt thanks to the organisers for providing such a meaningful learning experience for our Year 6 students.



Year 5 Young Writers Competition

Well done to Gabi, Mehroz, Kai, Teagan, Michelle, Olivia, Aka, Artiom, Alex, Daamin, Ben, Anastasia and Amirah for entering their short stories in the Young Writers Competitions which will be published in a book. Well done, we're so proud of you.



Year 5 Tender Workshop

As part of the Inclusive and Nurturing Schools Programme, Year 5 enjoyed a really helpful workshop from Tender on how to take care of their wellbeing and finding different ways to relax and exercise.



MMR Vaccine

As you are probably aware from the news, there has been an alarming rise in the number of cases of measles. Measles can be a very serious disease, but is completely preventable.

The current MMR uptake levels in London are the lowest in a decade, with a high risk of outbreaks in under-vaccinated communities.

The best protection is to ensure your children are vaccinated. It is never too late to catch up: you can get both doses of your MMR vaccine for free on the NHS whatever your age.

Animal-product free and porcine-free vaccines are available on request.

The NHS is expanding their national invitation and reminder scheme in the next few weeks, by inviting those aged 6 to 11 years who are missing their first or second MMR vaccination. Over February and March, the NHS will be inviting around one million children via their parents and guardians.

Any child aged 4 – 16 years who has not already received two doses of the MMR vaccine is invited to receive a free vaccination on Friday 23 February at the Barking Sporthouse and Gym (Mayesbrook Park, RM8 2JR) between 10am and 4pm. Measles, mumps and rubella can be serious, and two doses of this vaccine gives lifelong protection.

There's no need to book an appointment – simply drop in between 10am and 4pm.

You can also contact your GP surgery to book an appointment for a vaccine.

Importance of sleep for children

Not having enough sleep causes more than yawns: it can harm brain development. A good night's sleep is vital to help your child to focus and learn in school. It's also important to ensure that there are no electronic devices beside your child's bed.

The amount of sleep kids need varies depending on their age.

	Age Range	Recommended Hours of Sleep
Early Years	3-5 years old	10-13 hours
Primary School	6-12 years old	9-12 hours
Teenager	13-18 years old	8-10 hours

Sleep is an essential part of a child's development and growth. [Sleep during childhood](#) supports important brain functions such as problem-solving and memory. As a result, children who regularly sleep fewer hours than recommended are more likely to experience difficulties with learning and daily tasks.

However, everyone's sleep needs are different. Parents and caregivers who are concerned about their child's sleep can discuss these concerns with their GP.

Sip and Chat Coffee Morning Dates:



- *28th February: Meet the LBBD Housing Officers.* For advice on Homeless Prevention.
- *13th March: Meet Shumalia Bux from Talking Therapies.* If you're feeling stressed, anxious or low they can help with this free service.
- *20th March: Meet Nrizari Vyas from Re:set Healthy relationships.* Information on how to support your children to have healthy relationships with themselves and each other.
- *27th March: Meet Phoebe Pratley from Barking and Dagenham Adult College.* To talk about free courses for Parents/Carers.

Key dates for next half-term

Monday 26 th February	First day of term for pupils in Reception to Year 6
Tuesday 27 th February	Nursery pupils to return to school
Wednesday 28 th February	5B trip to British Museum
Thursday 29 th February	5A trip to British Museum
Wednesday 28 th & Thursday 29 th February	Parents' Evenings
Friday 1 st March	5C trip to British Museum
Tuesday 5 th & Wednesday 6 th March	Bikeability for select pupils in Year 5 & Year 6
Wednesday 6 th March	Year 4 trip to Synagogue
Thursday 7 th March	Year 3 trip to Synagogue
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 21 st March	Class group photographs
Thursday 21 st March	Year 5 Wonderdome workshop
Thursday 28 th March	Year 2 Easter Assembly
Thursday 28 th March	Last day of term