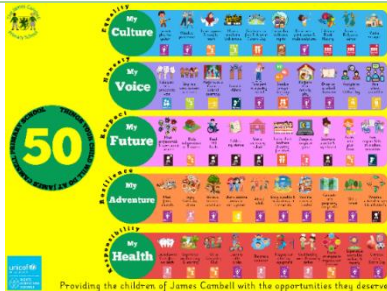




Contents

Message from the Headteacher	Page 1	Zones of Regulation	Page 5
CPC Update	Page 2	Year 1 Arctic Explorer Workshop	Page 6
Children's Mental Health Week	Page 2	Cambell Choir	Page 6
Shaking Up Shakespeare's Macbeth Performance	Page 2	Wellgate Community Farm Visit	Page 6
Year 6 poetry workshop	Page 3	Parenting Award update	Page 7
Safer Internet Day	Page 3	Gurdwara Karamsar	Page 7
Online Safety & Age-Appropriate Apps	Page 3	Global Schools Connect Awards	Page 7
Attendance Update	Page 4	Year 4 trip to the Natural History Museum	Page 8
Art Workshop	Page 5	PE & Sports Competitions	Page 8
Rocksteady	Page 5	Key dates for next term	Page 8
SEND update	Page 5		



Message from the Headteacher

Welcome to the February edition of the Cambell Newsletter. I hope you had a good half-term week.

Last half-term was a very busy one at James Cambell - and I am sure this one will be the same. You may well have seen the '50 things your child will do at James Cambell Primary' posters that have gone up outside and around the school. If not, you will get a chance to look at them during Parents' Evening on 5th and 6th March.

Since Christmas, the children have had lots of great opportunities - some of which appear on the poster. The children in Early Years and the CPC loved meeting the sheep, goats and other animals when Wellgate Farm visited, while other events have included visits to the Natural History Museum and the Gurdwara, Safer Internet Day and a performance of Shakespeare's 'Macbeth' for Years 5 and 6.

I also wanted to let you know about an external review which have praised the quality of education at the school. The review was carried out by Challenge Partners, a practitioner-led education charity with a national network of more than 575 schools and 150 school trusts, which works to improve standards and reduce educational inequality. We will shortly be sharing the report with you on the school website.

The reviewers highlighted the 'exemplary' behaviour of children at the school. Parents, carers and staff are the role models for this good behaviour and respectful attitudes and I am grateful to all parents who model high standards of politeness at the gates before and after school. I very strongly believe that children make the most progress when we work closely with parents and carers to support children's learning and development.

With best wishes,

Joe Wilson

Headteacher

CPC Update

CPC have been learning all about space this half term. The children have learnt about the Earth's rotation and orbit around the Sun and the position of planets in the solar system. When we went to the Science Museum we even saw a chunk of Moon rock! Here is some of the children's artwork using chalk and 3D elements to show their understanding of the solar system.



Children's Mental Health Week

We recently celebrated children's Mental Health Week. The theme was '**Know Yourself, Grow Yourself**'.

It is important for children to try different means of regulation in order to find what works best for them, growing their self-awareness and independence. Five key ways to try are: **journaling**, **reflection**, using **visuals**, practising **mindfulness** and finding the right way of **communication**.

There are more ideas at <https://here4you.co.uk/for-parents/> where you can also look under specific topics, e.g. autism, bereavement or social media.

Shaking Up Shakespeare's Macbeth Performance

On Wednesday 5th February, the children of Years 5 and 6 enjoyed a performance of Macbeth from Anthony Glenn. Here you can read the Year 6 children's own article about the show:

Usually people go to the theatre to watch Shakespeare's plays, but on Wednesday 5th February, James Cambell students in Years 5 and 6 were lucky enough to have the theatre come to them! Shaking Up Shakespeare (Anthony Glenn's one man acting company) certainly shook up our students, during this performance of Shakespeare's famous tragedy, Macbeth, which was organised to enrich the learning experience of Year 6 students who are currently studying the play in their English lessons and to give the students in Year 5 a taste of what they have in store next year.

*This unique performance was incredibly interactive. Anthony Glenn played the part of Macbeth while the children played **all** the other roles in the play, including Macduff, Lady Macbeth, Banquo, the witches and not forgetting the very wooden performances from the 8 children who played tree-riffic trees! Nobody was going to fall asleep during this show, which raised the roof with ear-burstingly loud and enthusiastic audience participation. Shouts of "Scotland" and "England" could be heard throughout Dagenham!*

As well as being great fun, the show also provided the children with a deeper understanding of the characters and events of the play - enriching their classroom learning and allowing them to experience the play in performance. After the show, children were able to put their own questions to Anthony, demonstrating a deep level of interest and engagement with the art of acting and the play's key ideas.

We would like to say a big thank you to Anthony for bringing his excellent show to our

school, and to our teachers for organising this great enrichment experience.

Written collaboratively by the Year 6 Greater Depth Writing Group



Year 6 poetry workshop

Our Year 6 students had an inspiring and exciting experience this term as they took part in poetry workshops led by the acclaimed poet Joshua Seigal. With his engaging style and passion for words, Joshua encouraged the children to explore their creativity, play with language, and express themselves through poetry.

During the sessions, students experimented with different poetic techniques, crafted their own verses, and performed their work with confidence. It was fantastic to see their enthusiasm and the wonderful poems they produced!

A huge thank you to Joshua Seigal for his time and energy—his visit has certainly left a lasting impact on our young writers. We hope this experience will continue to inspire them to enjoy poetry and creative writing in the future!

Safer Internet Day

On Tuesday, 11th February, we celebrated Safer Internet Day across the school, focusing on this year's theme: "Too Good to Be True?" The day encouraged children to think critically about the information they see online and how to recognise misleading content.

Each class took part in interactive lessons discussions, and activities to help them develop the skills to stay safe and make smart choices while using the internet. We also explored age-appropriate apps, online friendships and the importance of talking to a trusted adult if something doesn't feel right online.

We encourage parents to continue these conversations at home - asking your child what they learning and reminding them to be safe, kind and responsible digital citizens. Together, we can help them navigate the online world with confidence!

Online Safety & Age-Appropriate Apps

We want to take this opportunity to remind parents and carers about the importance of online safety and ensuring that children are using age-appropriate apps on their phones and tablets. Recently, we have seen an increase in incidents involving inappropriate use of certain apps, which can put children at risk.

Many popular social media and messaging apps, such as Snapchat, TikTok, Instagram, and WhatsApp, have a minimum age requirement of 13+, while others, like Discord, may expose children to unfiltered content and interactions with strangers. We strongly encourage families to check the apps their child is using, review privacy settings, and have open conversations about staying safe online.

To support online safety at home, we recommend:

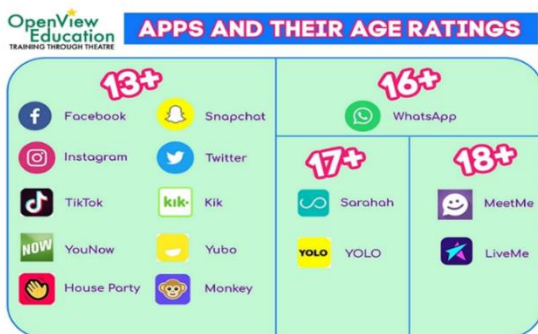
- ✓ Monitoring app usage and setting parental controls where possible.



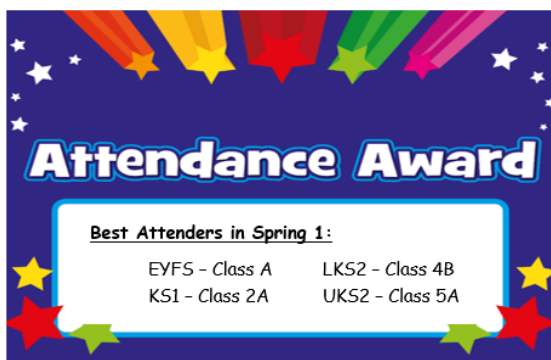
- ✓ Talking to your child about responsible online behaviour and who they are communicating with.
- ✓ Encouraging open discussions so your child feels comfortable reporting anything that makes them feel uncomfortable.

We will continue to discuss online safety in school, but we appreciate your support in reinforcing these messages at home. Please see the photo attached for further guidance on apps and their age ratings.

Thank you for helping us keep our children safe online!



Attendance Update



Education is a fundamental right for every child

Education is a fundamental right for every child, and it plays a pivotal role in shaping their future – Every school day missed is a piece of the puzzle lost, a thread of opportunity left unexplored. Consistency in attendance is more than a routine; it's a lifeline that connects a child to a world of possibilities. Think about it – each day presents a chance to learn something new, to engage in discussions that spark creativity, and to build skills that will shape a future.

Beyond the curriculum, school attendance cultivates discipline and responsibility. It teaches the invaluable lesson of commitment, preparing children for the realities of life where showing up, being present, and participating matters.

As parents, your role in nurturing good attendance is paramount. From establishing routines to communicating openly with the school, your guidance shapes your child's perspective on the importance of education and attendance. Here are some strategies and tips for parents to promote good attendance:

- **Establish a Routine:** Maintain a regular daily routine, including consistent wake-up times, mealtimes, and bedtime. Having a structured schedule helps children get ready for school and reduces the likelihood of lateness or absence.
- **Plan Appointments Wisely:** Whenever possible, schedule doctor's appointments and other family obligations outside of school hours. If it's unavoidable, try to schedule them during breaks or after school to minimise missed class time. The same is true of term time leaves. These are disruptive to your child's education.
- **Lead by Example:** Demonstrate the importance of education by showing enthusiasm for learning and valuing school attendance. Your attitude towards school can influence your child's perspective.
- **Set Expectations:** Clearly communicate your expectations regarding school attendance. Let your child know that going to school is non-negotiable unless they are genuinely sick or have an excused absence. Foster a positive attitude toward school by praising your child's efforts and achievements. Help them build positive relationships with teachers and peers.

- Talk about the Consequences: Discuss with your child the consequences of excessive absenteeism, such as falling behind in school, missing out on social interactions, and the potential impact on future opportunities.
- Communicate with the School: Establish open lines of communication with us. Inform us promptly if your child is going to be absent due to illness or other legitimate reasons.

Art Workshop

To enhance our art curriculum, some of our children in Years 4 and 5 had the chance to spend the day with a local artist creating a piece of landscape art.

The children gained a deeper understanding of colour theory; how to use warm and cool colours effectively while also learning about complementary colours. They learned about single point perspective and how to create a vanishing point to create a three-dimensional landscape. They also learned about landscape artist Leonid Alfremov. They then put their new skills to use and created their very own landscape art. We have some very talented artist at James Cambell!



Rocksteady

Children at JCPS have been developing their inner rock stars through Rocksteady. They look forward to their lessons each week and are gaining confidence in performing, while learning new skills.

[Click here to see a video of one of the bands practising.](#)

Keep your eyes peeled for our Rock Concert next half term. There are a few spaces still

available if you would like your child to begin lessons.



SEND update

At James Cambell we believe strongly in building a close partnership with parents and carers, so please do not hesitate to get in touch with us if you have concerns, queries or require further support. You can make an appointment with the SENDCo, Ms Thompson, by phoning the school office or emailing hthompson@jamescambellprimary.org.uk

We aim to identify the needs of all pupils as early as possible. This is part of our graduated approach, in which we Assess, Plan, Do, Review. This on-going cycle ensures effective provision is put in place and also removes barrier to learning. We have a range of interventions taking place daily in our school to meet the needs of all children.

Zones of Regulation

Emotions are a normal part of everyday lives. Everyone experiences them but for some, these emotions can seem overwhelming, and they feel out of control. These feelings can include guilt, sadness, frustration, anger, and low self-worth.

Emotional regulation is a term used to describe a person's ability to effectively manage and respond to an emotional experience. Some adults and children struggle to regulate their emotions, and this is called emotional dysregulation.

All adults and children feel, think and behave differently about different situations. However, it is important for children to

practise emotional regulation strategies so that they do not become overwhelmed.

Tips for regulating emotions

1. Take care of your physical needs
 - Good sleep and rest
 - Eating healthily
 - Exercising your body
 - Limited screen time
 - Get outside or get some fresh air
 - Breathing exercises

2. Engage in activities that build a sense of achievement and joy
 - Join a club
 - Practise a hobby
 - Set yourself a target
 - Bake a cake

3. Engage with others
 - Play with friends on bikes
 - Play a board game / card game with friends or family
 - Go for a walk with friends or family (take the dog if you have one)
 - Eat dinner as a family and talk about your day

If you would like any further information, please do not hesitate to contact us.

Year 1 Arctic Explorer Workshop

The children in Year 1 had so much fun being Arctic Explorers during their workshop on Thursday 6th February! They learnt how to move like different Arctic animals, how to walk through the Arctic and even had a go at some of the many jobs which people who live in the Arctic have!



Cambell Choir

The James Cambell Choir are very excited to show you their uniform. Thank you to Inprints Printers in Romford for bringing the vision to life.

JCPS choir have been working hard getting ready for the Barking and Dagenham music festival next month. Here is a sneak preview of the song You Raise Me Up where the children are singing and signing.



[Click here to watch a video of the Cambell Choir at practise.](#)

Wellgate Community Farm Visit

We were very lucky to have some animals from Wellgate Community Farm come 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 Jim 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. One of the chickens enjoyed their visit to James Cambell so much that they even laid an egg while they were here! Having the animals to visit has sparked lots of great talk within the early years.

Here are some quotes from our Reception children:

'I touch the chicken. It's soft. They have brown feathers all over their body'

'I like the rabbit. It's nibbling grass'

'I like goats. They're so big.'

What a great hands-on experience for our youngest learners!

If your child enjoys spending time with animals, Wellgate Farm is a free community farm who welcome visitors all year round and it is only a short ride on the number 62 bus. They would love for you to come down and say hello!



Parenting Award update

We are continuing to improve our communication with parents. Thanks to the members of the Parent Forum who came to school to look at our reception space, we have spruced up the seating and made it more spacious.

Our school have teamed up with the National Numeracy School's and Families programme. We will be working together over the next few months to host some workshops to support parents and children with maths.

Thank you to the parents who took part in the survey this week. The topic was concerning parents' experience at home time. A great suggestion was to ensure the gates were consistently opened shortly before the end of the day to ease congestion on the pavement. Let me know if you have any other great ideas.

Gurdwara Karamsar

Year 5 had a fantastic time at the Gurdwara learning all about Sikhism. They learnt about the 5 K's and the Golden Temple; about how Sikhism is a religion that serves humanity; and that everyone is welcome in the Gurdwara. Children were also treated to a free lunch of

chips and beans which they thoroughly enjoyed.



Global Schools Connect Awards

On Wednesday 12th February, James Cambell Primary received an award for its participation in the Global Schools Programme.

This programme brought together children from year 4 (now in year 5) with exchange students from Nigeria. Under the leadership of Cambell parent Angelina Ikeako and Year 4 lead Mrs Redmond, the children from the two countries jointly studied the UNICEF global sustainable development goal of life under the water. They researched the topic, created poems and musical instruments, and produced William Morris inspired art work. This is great for their future: sustainable development will only become more important as the children of today grow up.

It was a real privilege for the school to be able to welcome the Nigerian students. And they enjoyed it hugely too! They were totally immersed in our lessons, visited the Science Museum with the year 4s and cried when they had to leave James Cambell at the end of the week.

We will be displaying the global connect trophy proudly in the school!



Year 4 trip to the Natural History Museum

Year 4 travelled by train to the History Museum, where they were amazed by evolution of species. They explored the different rooms like the mammals and creepy crawly exhibitions. Year 4 also immersed themselves in a biodiversity workshop where they used microscopes to categorise insects. A fantastic day was had by all.



PE & Sports Competitions

What a busy and exciting term it has been in PE! Our students have been engaged in a variety of sports activities, showcasing their skills and sportsmanship.



Interclass Competitions

This term, we kicked off with our interclass competitions, where each class had the chance to compete against one another. The children embraced the friendly yet competitive spirit, demonstrating teamwork, effort, and determination. It has been fantastic to see them work together and strive for success!

Boccia

We've also introduced Boccia, a target ball sport, and the children have taken to it with great enthusiasm. They've shown excellent focus, coordination, and strategy, and we're incredibly proud of their efforts and progress. It's been wonderful to see everyone

supporting one another, no matter the outcome.

As we wrap up this term, we want to congratulate all the children for their hard work and dedication. Keep up the fantastic effort, and we look forward to another term filled with exciting sports activities!

Here's to more fun and learning in PE!

Key dates for next term

Monday 24 February 2025	First Day of Term
Monday 24 February – Thursday 27 February 2025	Reception height & weight checks
Wednesday 26 February 2025	6A Ben Kinsella Workshop trip
Thursday 27 February 2025	6B Ben Kinsella Workshop trip
Thursday 27 February 2025	Year 2 trip to Mosque
Friday 28 February 2025	6C Ben Kinsella Workshop trip
Wednesday 5 March & Thursday 6 March 2025	Bikeability cycle training for select pupils in Year 5
Wednesday 5 March & Thursday 6 March 2025	Parent's Evenings
Thursday 6 March 2025	World Book Day
Friday 7 March 2025	Nursery closed for parent meetings
Monday 10 March – Friday 14 March 2025	Year 5 at Trewern Residential trip
Thursday 13 March 2025	Class Photographs
Friday 4 April 2025	Last Day of Spring Term
Monday 7 April to Good Friday 18 April 2025	Easter Break
Easter Monday 21 April 2025	Easter Monday

Please note the Year 6 Black & White Ball will be held on Wednesday 16th July 2025. This is a change of date.