

## Thought of the Week

*You never know how strong you are, until being strong is your only choice.*  
- Bob Marley

## A message from our Executive Headteacher

As we approach half term, I wanted to take the opportunity to recognise every single parent and carer. You are either on the front lines as a critical / key worker or you are at home juggling the demands of working and home schooling. Home schooling is challenging, and I am sure there have been many occasions when you have thought 'I just can't do this,' but you can and you have! Well done to all of our amazing parents and carers.

This week was Children's Mental Health Week and by modelling healthy behaviour to our children, we teach them and help them develop the skills they need to maintain good mental health. Therefore, when you think 'I just can't do this,' know that it is okay. Take a moment, take a break, take a deep breath and know that we understand and are here for you if you need to talk.

The Department for Education (DfE) has confirmed that schools will be closed, as usual, for the February half term and we will not be expected to remain open to vulnerable children and the children of critical/key workers during that week. I am sure that staff, children and those delivering home learning will be grateful for the chance to pause and rest. Please note that if you are entitled to free school meals, you will receive your voucher through Wonde during February half term.

As always, thank you for the supportive emails and messages that have lifted the spirits of all the staff at DKH. This is truly a team effort and although it is a challenge, it continues to bring us together as a community and strengthen our home-school partnership. Keep going. We are getting through this together!

## Note from the Office

Please notify the school office if your contact details have changed, including address, telephone number or email. It is vital that we are able to contact you in the event of an emergency. Changes and updates can be made via email: [school@dkh.southwark.sch.uk](mailto:school@dkh.southwark.sch.uk) or by telephone: 0207 274 1829. Thank you.



## THE EMOTIONAL CUP

Some ways that children deal with having an empty cup:

- Steal from other people's cups
- Misbehave to get your attention and show that they need a refill
- Seem to have bottomless cups, or need constant 'topping off'
- Can't sit still for refills or actively refuse them
- Bounce off the walls when they approach 'empty'
- Think they have to fight or compete for every refill

What fills a child's cup:

- Play
- Friendship
- One-on-one time
- Love and affection
- Connection
- Succeeding
- Doing what they love



What empties a child's cup:

- Stress and strain
- Rejection by peers
- Loneliness and isolation
- Yelling and punishment
- Failing
- Fatigue
- Doing what they hate



## Anxiety presents itself in many different ways...

|  |  |   |   |  |   |
|--|--|---|---|--|---|
| The desire to control people and events  |  | Difficulty getting to sleep                                       |  | Feeling agitated or angry                        |  |
| Defiance and other challenging behaviors |   | Having high expectations for self, including school work & sports |  | Avoiding activities or events (including school) |  |
| Pain like stomachaches and headaches     |  | Struggling to pay attention and focus                             |  | Intolerance of uncertainty                       |  |
| Crying and difficulty managing emotions  |   | Over-planning for situations and events                           |  | Feeling worried about situations or events       |  |

## Art at DKH Meets International Women's Day

DKH will be taking part in the initiative, titled **The Great Big Art Exhibition** and using this to celebrate International Women's Day. **Stay tuned for more information about this exciting project!**





## Parent Meeting Links

Please find below links for the Spring Term virtual parent meetings. Please ensure you have pre-booked a meeting time with your child's class teacher.

|  |  |
|--|--|
| <b>Nursery</b><br>Mon, 22 February 2021    | <a href="#">Click here to join the Nursery parent meeting</a>    |
| <b>Reception</b><br>Fri, 12 February 2021  | <a href="#">Click here to join the Reception Parent meeting</a>  |
| <b>Cherry</b><br>Fri, 12 February 2021     | <a href="#">Click here to join the Cherry Parent meeting</a>     |
| <b>Willow</b><br>Mon, 22 February 2021     | <a href="#">Click here to join the Willow Parent meeting</a>     |
| <b>Elder</b><br>Fri, 12 February 2021      | <a href="#">Click here to join the Elder Parent meeting</a>      |
| <b>Palm</b><br>Mon, 22 February 2021       | <a href="#">Click here to join the Palm Parent meeting</a>       |
| <b>Beech</b><br>Mon, 22 February 2021      | <a href="#">Click here to join the Beech Parent meeting</a>      |
| <b>Eucalyptus</b><br>Fri, 12 February 2021 | <a href="#">Click here to join the Eucalyptus Parent meeting</a> |
| <b>Cedar</b><br>Mon, 22 February 2021      | <a href="#">Click here to join the Cedar Parent meeting</a>      |
| <b>Sycamore</b><br>Fri, 12 February 2021   | <a href="#">Click here to join the Sycamore Parent meeting</a>   |
| <b>Rowan</b><br>Mon, 22 February 2021      | <a href="#">Click here to join the Rowan Parent meeting</a>      |
| <b>Hazel</b><br>Fri, 12 February 2021      | <a href="#">Click here to join the Hazel parent meeting</a>      |
| <b>Elm</b><br>Fri, 12 February 2021        | <a href="#">Click here to join the Elm Parent meeting</a>        |
| <b>Maple</b><br>Mon, 22 February 2021      | <a href="#">Click here to join the Maple Parent Meeting</a>      |

## Star of the Week!



We would like to recognise the children who have been great examples of our school values and have shown true commitment to their learning, either in school or at home. Well done!

|            |   |
|------------|---|
| Nursery    | <b>Alice</b> , for working really hard on learning our sound of the week and impressing her teachers with her fantastic listening skills! |
| Reception  | <b>Elijah</b> , for doing some fantastic reading and for working really hard on his sounds in school.                                     |
| Cherry     | <b>Muhydeen</b> , for great independent working and modeling our school value of resilience.  |
| Willow     | <b>Tara</b> , for her brilliant writing this week!  |
| Elder      | <b>Wajid</b> , for being a very careful scientist this week and using some amazing scientific language                                    |
| Palm       | <b>Dylan</b> , for trying very hard and being focused with his work.  |
| Beech      | <b>Lily</b> , for always contributing excellent ideas during Teams Meetings and putting in maximum effort towards her home learning!      |
| Eucalyptus | <b>Aamyah-leigh</b> , for being resilient, hard working and a brilliant student. Thank you for being such a joy to teach.                 |
| Cedar      | <b>Josh</b> , for outstanding writing which was beautifully shared during his Teams meeting.  |
| Sycamore   | <b>Shyeme</b> , for his fantastic, positive attitude and his wonderful description a battle scene using powerful verbs and adjectives.    |
| Rowan      | <b>Elsa</b> for consistently working hard and for her eager participation during remote sessions.   |
| Hazel      | <b>Candace</b> , for her outstanding learning and effort and for her amazing interaction during the online sessions.                      |
| Elm        | <b>Alfie</b> , for working hard and acting on feedback to produce great report writing on WW2.  |
| Maple      | <b>Jia Tong</b> , for her brilliant factual report on The Blitz.  |

## Dates for the Diary

|            |                                    |
|------------|------------------------------------|
| 12.02.2021 | Virtual Parent Meetings            |
| 09.02.2021 | Safer Internet Day                 |
| 15.02.2021 | Half Term Begins                   |
| 22.02.2021 | Children return to remote learning |
| 22.02.2021 | Virtual Parent Meetings            |
| 04.03.2021 | World Book Day                     |
| 08.03.2021 | International Women's Day          |

## Children's Mental Health Week

This year, the theme for Children's Mental Health Week is Express Yourself. Every week we will include different ways to encourage your child/ren to express themselves. Please share your creative efforts with us. We look forward to seeing how you have expressed yourself!



|   |  |  |   |  |  |
|---|--|--|---|--|--|
| <p><b>1</b></p> <p>What makes you feel happy?<br/>Draw anything at all that expresses your happiness.</p> | <p><b>2</b></p> <p>Create a collage of calm by cutting out pictures that are calming for you. Stick them to a piece of card and hang up in your room</p> | <p><b>3</b></p> <p>Draw a large heart on a piece of paper and fill it with colour to represent how you are feeling right now</p> | <p><b>4</b></p> <p>If you could choose an animal to turn into for one day. Which animal would you choose and why. Draw it</p> | <p><b>5</b></p> <p>What is on your mind right now? Draw a huge thinking bubble and fill it with drawings</p> | <p><b>6</b></p> <p>Where do you feel the safest? Draw your safe place. It can be anywhere at all where you feel calm and relaxed</p> |
|---|--|--|---|--|--|

Look at some of the fantastic work the children of DKH have been completing at home!  
We think you will be impressed!

**Year 2** have been reading *Not Now, Bernard*. Some children have created puppets based on the story while other children have used their imagination to inspire new characters. They have also been writing diary entries in role.



Joel  
Year 2

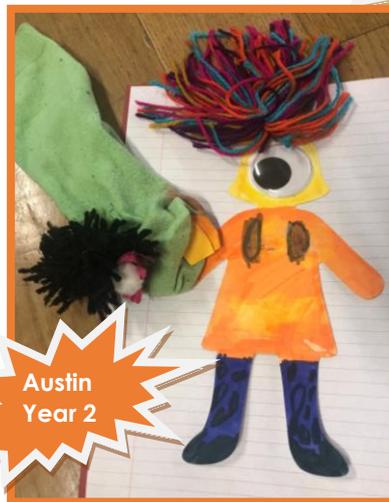
**Nursery** have been making wanted posters for Goldilocks.



Hasan  
Nursery



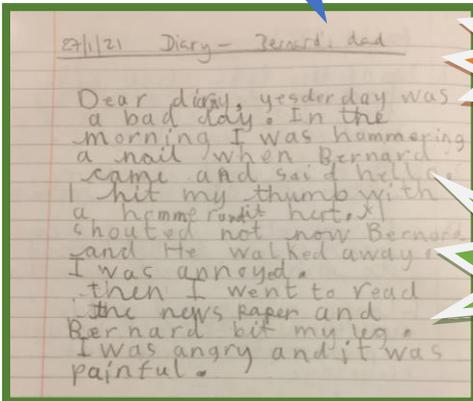
Owen M  
Year 2



Austin  
Year 2

Romy  
Year 6

**Year 6** have been learning about the Blitz and writing some brilliant reports.



Owen S  
Year 2

**REPORT ON THE BLITZ**  
The Blitz began on the 7th of September 1940 and ended in 1941. It was the German aerial campaign against the United Kingdom and it was named after the German military tactic of Blitzkrieg, or lightning war where the Nazi armies would heavily bomb their enemies before starting a ground war with soldiers. The blitz was a change of tactics after the Germans had lost the battle of Britain. This new bombing tactic was to destroy the British willingness to keep on fighting in the war and to bomb the British factories where they were building planes to continue fighting Germany.

**Damage/ Loss of life**  
As a result of London being bombed for 11 weeks, one-third of London was destroyed. In only the first night of the Blitz, 2,000 people were killed or badly injured. In total 32,000 people were killed and 87,000 seriously injured. Despite the Germans destroying so many buildings and there being so many deaths, this did not affect the British morale or ability to fight in the war.

**Air Raids**  
Heavy constant bombing attacks in London were going off frequently, nearly every day when enemies from the German air force performed air raids on cities docks and industrial areas. For 11 weeks, bombs were dropped day and night over the United Kingdom. The Germans began bombing in the broad daylight, but soon after they realized the British could see them easier in the day which meant the British would shoot down their planes) so the Germans began bombing in the night when it was darker so they could not be spotted as easily. When the British saw a German plane approaching, they would let off a loud siren in order for the British citizens to find shelter before the bomb hit them.

**Bombs used**  
In the first month alone, the German Air forces dropped 5,300 tonnes of high explosives on London alone. There were many high explosive bombs used, different weighted ones; The firebomb, as it caused a fire, and the oil bomb. One in every ten bombs was a 'dud' which means it lands without exploding. However, some of these were timer bombs, made to go off after a timed delay which made them very dangerous to approach.

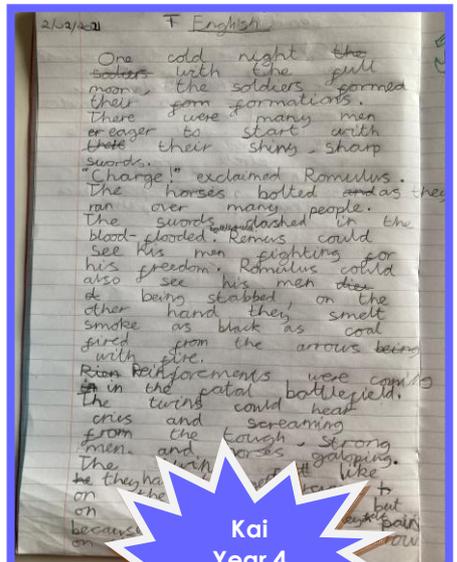
**Life during the Blitz**  
During the Blitz, life was at its toughest as citizens were living in shelters where they couldn't sleep as it was cramped and the thought of being bombed was always on their minds. Some people had shelters in their back gardens, one design was called 'The Anderson Shelter', in London people also sheltered in the London Underground tunnel. As well as that, when their city had a blackout, it was hard to see and you couldn't get around easily.

**The end of the Blitz**  
The Blitz ended when Germany decided to attack Russia and needed their air crafts, in that theatre of the war, ending the blitz.

**Year 4** have been learning about Romulus and Remus and writing Roman Battle scenes.



Aarush  
Year 4



Kai  
Year 4

Tuesday, 9<sup>th</sup> of February is...



## Safer Internet Day

You do not need to be an expert on the internet to help your child stay safe online. It can be as simple as having a conversation. It is important to chat with your children on an ongoing basis about staying safe online. Try these conversations below.

What sites do you like to visit? What do you do there?

How do you stay safe online? What tips do you have for me, and where did they learn them? What is OK and not OK to share?

If something online made you feel uncomfortable, where would you go for help? What would you do?

What do you do really well on the internet? Can you teach me? Is there something we could do on the internet together?



Scan this QR code to access more resources to help you support your child to have a happy and safe online experience.

Are you worried about online abuse or the way someone has been communicating with your child online?

[Click on this link to report](#) to report any concerns and keep a look out for the icon below.



[The THINK U KNOW website](#) offers advice and supports parents in helping their children get the most out of the internet. Use the link above to access their website.

On Tuesday, there will be a special Safer Internet book assembly on the website for children learning at home. Children in school will take part in a special Safer Internet book assembly in class.