



## Thought of the Week

*Everyone has inside of them a piece of good news. The good news is that you don't know how great you can be! How much you can love? What you can accomplish and what your potential is! – Anne Frank*

## A Message from our Head of School

Dear Parents and Carers,

The 27<sup>th</sup> of January was **National Holocaust Memorial Day** and on Monday, Mr Lalchan, our History and Geography Lead, delivered the whole school assembly. Pupils thought about why it is important to remember the holocaust even though it happened almost 78 years ago. Holocaust Memorial Day is a time for us to stop to remember the millions of people who have been killed or whose lives have been changed as a result of genocides. We also think about those who survived to make sure that we learn from their experiences, when it comes to the decisions we make today.

In other news, Dog Kennel Hill is committed to increasing sustainable and active travel to and from school and would like to invite parent, carers and pupils to join Southwark in shaping our new **Sustainable Transport Strategy**.

Please share your views on [Southwark's Sustainable Transport Strategy](#). The importance of the plan cannot be understated. It aims to encourage greener, healthier and fairer transport and movement, benefiting people who travel to, from and around the borough. **Please note, the survey closes this Sunday**. Make sure your views are heard!

Children and young people under 25 can [Take the 4 minute youth survey here](#). Five young people who complete the survey will be randomly selected to win a **£20 voucher**. Parents and carers can [read the Strategy and respond to a 10 minute survey here](#).

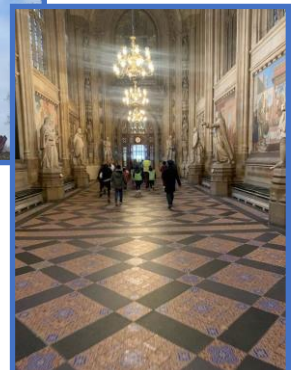
Finally, we are delighted to welcome back **Edible Rotherhithe** who are working with **Eucalyptus Class** this term. You can see more [HERE!](#)

Wishing you a peaceful weekend.

**Barbara Ghezzi**

## News from our School Council

School council past and present were lucky to visit the **Houses of Parliament** last Friday. We arrived in Westminster and were taken on a special tour including seeing House of Lords, the King's Robing Chamber and the Monarch's Staircase. We then had an audience with Baroness Crawley, who spoke to us all about how laws are passed and her role in the House of Lords. The children showed impressive knowledge and asked thoughtful questions - their behaviour was praised by the staff at the venue and our fellow bus passengers.



## Did you Know?

**Social media** has its benefits for connecting with friends, sharing experiences and widening users' understanding of broader issues beyond their local community. The challenge with connecting and sharing experiences via social media is that these shared experiences are often via images. For young people, wanting to fit in and caring about their physical appearance is a perfectly normal part of adolescence. However, with the easy access of **image-altering software and filters**, the **physical appearance we see online is often not the reality** - further increasing the pressure for young people to gain or to portray unreal perceptions.

In the guide on page 4 you'll find tips on avoiding potential risks such as filters, 'airbrushing' and damage to self-esteem.



# DKH Newsletter 3<sup>rd</sup> February 2023



## Dates for the Diary



06.02.23	Design Technology Week Begins
07.02.23	Safer Internet Day
09.02.23	Hazel Class Assembly
13.02.23 – 17.02.23	Half Term
20.02.23	Children return to school
22.02.23	Year 6 Junior Citizenship Scheme
23.02.23	Percussion Festival
23.02.23	Hazel Class start swimming
01.03.23	Palm Class Assembly
03.03.23	Eucalyptus Class Assembly
08.03.23	Beech Class Assembly
09.03.23	Sycamore Class Assembly
10.03.23 – 17.03.23	British Science Week
15.03.23	Elder Class Assembly
16.03.23	Willow Class Assembly
29.03.23	EYFS Assembly
30.03.23	Parents Evening
31.03.23	Last day of the Spring Term – Finish at 2pm
03.04.23 – 14.04.23	End of term holidays
17.04.23	Teacher Inset Day – No Children
18.04.23	Children return to school
18.04.23 – 21.04.23	Year 3 and Year 4 Bikeability workshops

## Attendance

Caterpillar	85.7%	Eucalyptus	98.1%
Willow	100%	Sycamore	92.48%
Elder	92.38%	Hazel	93.33%
Palm	93.81%	Elm	97.25%
Beech	92.35%	Maple	92.59%

## 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. Well done!

Nursery	<b>Lianne</b> , for her creative approach to learning. <b>Nova</b> , for being a kind friend.
Reception	<b>Sadie</b> , for making such fantastic progress so far this year with her communication and language skills! <b>Rudi</b> , for working so hard on his blending and reading skills!
Willow	<b>Alice</b> , for her continued resilience with her work in all subjects. <b>Mzee</b> , for writing independently and showing that he is using his phonics knowledge and applying it to writing.
Elder	<b>Hannah</b> and <b>Damiah</b> , for working hard to improve their writing with fantastic results. Keep it up!
Palm	<b>Muhydeen</b> , for incredible resilience to complete his work to the best of his ability. <b>Diana</b> , for putting in extra effort to improve her handwriting and spelling.
Beech	<b>Layla</b> , for her never ending enthusiasm for learning in Maths and Reading. <b>Alicia</b> , for her positive attitude in writing and maths - well done!
Eucalyptus	<b>Lenny</b> , for the maturity he has shown in his role as Lunchtime Play Leader. <b>Omar</b> , for his great focus and concentration in lessons.
Sycamore	<b>Lady</b> , for her incredible dedication to improving her handwriting. Well done for achieving your goal! <b>Sahalia</b> , for her wonderful focus and for being proactive in her learning. Fantastic work!
Hazel	<b>Mia</b> , for her fantastic work on angles in maths! <b>Jackie</b> , for his tremendous enthusiasm during rehearsals for our class assembly!
Maple	<b>Safi</b> , for dealing positively with any changes and always determined to improve. <b>Hannah</b> , for using an information text to research different air raid shelters.
Elm	<b>Arazu</b> , for consistently being respectful and helpful to everyone. <b>Isis</b> , for always doing her best in class and for taking on board advice given to improve her learning.

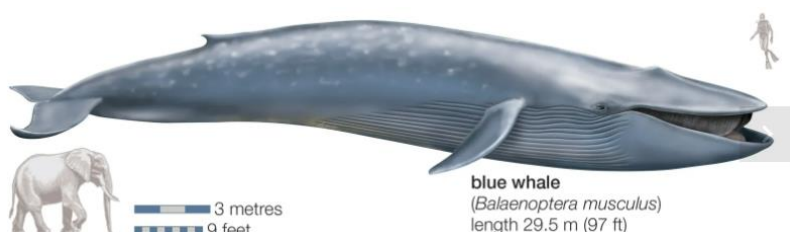
## Charles's Friday Facts By Charles, Year 4

**Did you know** that a blue whale is between 24 and 33 metres long?

**Did you know** that they can weigh as Much as 30 elephants?

Click here to learn more about blue whales [HERE!](#)

If your child is good with deadlines and would like to contribute to the newsletter, please speak with Barbara Ghezzi, Head of School.



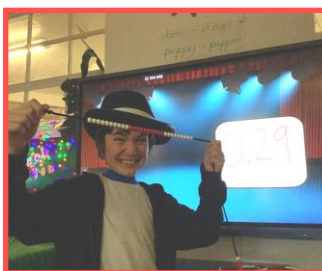
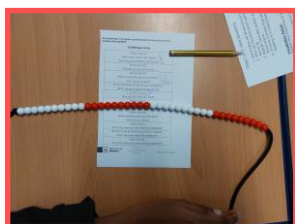
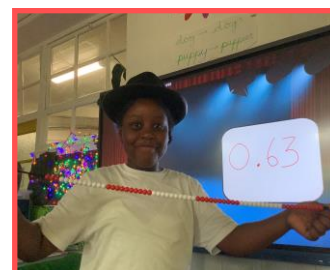


## We love LEARNING

In computing, Year 3 and Year 4 have been learning that to create the illusion of moving pictures they need to make multiple frames. You can see the concentration and focus as Eucalyptus Class work on their project.



Children in Year 4 have been representing fractions and decimals with bead strings and multilink cubes. If you take a look at Palm Class's work on the left, you will see that if the bead string represents one whole, then each set of ten coloured beads represent a tenth and each individual bead represents a hundredth.



### SEN Parent Workshop

**When? Wednesday 8th February, 8:45am-9:15am**

**Where? Cherry Class**

Please join our **SEND**CO, Miss O'Reilly, for an SEN parent workshop. We will be discussing the following:

- Identifying children with additional need
- Support for children in the school
- External agencies that can support children
- Where to find support as parents/guardians



Please email [vo'reilly@dkh.southwark.sch.uk](mailto:vo'reilly@dkh.southwark.sch.uk) if you would like to attend.

### Safety First

Please remember that the car park gate is not to be used for pedestrian access. Using this gate for pedestrian access puts both pedestrians and drivers at risk.



**Please support us in keeping everyone as safe as possible.** If you need to access breakfast club, use the buzzer and please wait for the pedestrian gate to be released. Using this gate is the safest way to enter the school.





Social media has its benefits for connecting with friends, sharing experiences and widening their understanding of broader issues beyond their local community. The challenge with connecting and sharing experiences via social media is that these shared experiences are often via images. Wanting to fit in and caring about their physical appearance is a perfectly normal part of adolescence. However, with the easy access of image changing software and filters, this physical appearance is often not the reality, further increasing the pressure for young people to gain or portray unreal perceptions.



## What parents need to know about SOCIAL PRESSURES LINKED TO 'APPEARANCE'



### ONLINE APPEARANCE AND MENTAL HEALTH

The opportunity to change physical appearance through social media apps is creating a high level of perfectionism for children to portray themselves faultless and compare themselves to images which are sometimes unreal. This can lead to anxiety, depression and poor self-image and an overall sense of never feeling good enough. Having poor self-image can affect the way that your child interacts with others and how we care for ourselves.

#### AIRBRUSHING

Refers to the retouching done to an image that changes the reality of the photo. It may include removing people, objects, altering body shapes or erasing blemishes like acne or scars. The digital technology to enable airbrushing is now widely and easily available for desktop computers and social media apps. It is sometimes known as 'Photoshop'.



#### FILTERS

Filters applied to manipulate a photograph are another way of creating a delusion of what is real. Software within social media apps reconfigure your face and skin to look more aesthetically pleasing. As innocent and fun as these filters may seem, they are sending a message that we are more attractive when our features are modified.



#### APPS WHICH CHANGE APPEARANCE

These relate to free downloadable apps or options within social media apps which create a fun and easy way to alter your appearance. They are designed to be fun and can become addictive because once an altered image is used, it is very difficult to revert back to an unaltered version of themselves.



#### MULTIPLE PHOTOS FOR THE PERFECT IMAGE

Taking multiple shots to capture the perfect image to put onto social media is another way of disguising reality. Creating an image which receives approval from peers through multiple comments and likes exacerbates the desire for a perfect picture and the approval for continuing to achieve the perfect image.



### Safety Tips For Parents

#### QUESTIONS TO CONSIDER BEFORE TALKING TO YOUR CHILD

- Do most of their social media photos have a filter/image changing app on them?
- Do they often talk about wanting to gain comments and 'likes'?
- How often do they talk about their physical image in a negative way?
- Are they excessively anxious about their physical appearance, to the point it impacts on their every day life?

If you have answered yes to most of these questions, then it would be a good idea to have a discussion about their use of image altering app's.

#### DON'T GO COLD TURKEY

Talk with your child about taking one unfiltered image of themselves and sharing it with family first and then posting on social media. Perhaps ask other members of the family to send or post on social media unaltered pictures of themselves.



#### BE COMPLIMENTARY

Whilst improving body image starts with the child's image of themselves, complimenting them daily on their personality and qualities will provide external, positive encouragement about themselves, away from just their physical appearance.



#### DAILY APPRECIATION

When we have the sense that we are not good enough, we can feel like we are always falling short. You and your child together might want to create a gratitude journal, board with post-it's or wipe board where you write down things that you are grateful for or appreciate. This could range from the weather to a kind deed or to a piece of work that went well.

#### CHANGE THE STORY

We all have a narrative or a story we've created about ourselves that shapes our core self-image. Sometimes automatic negative thoughts like 'you're fat' or 'you're ugly' can be repeated in your mind so often that you start to believe they are true. These thoughts are learned, which means they can be unlearned. You can start with helping your child reframe the story into a more positive assertion or story. This will link to complementing and daily appreciation.



#### WHEN TO GET HELP

If your child becomes overly despondent, withdrawn or there is a change in behaviour over a prolonged period of time, they may need some professional support to help them.  
<https://www.bacp.co.uk/search/Therapists>  
<https://www.themix.org.uk/> is good organisation as a source of support if your child wants to reach out for support themselves



#### Meet our expert

Anna Bateman is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.





**Half Term Family Activities at the Centre for Wildlife Gardening  
28 Marsden Road, SE15 4EE**

*Have fun on these on this 2 day course for dads, mums and children of any age with the London Wildlife Trust. Southwark residents only.*

*Free - booking essential. [www.wildlondon.org.uk/events](http://www.wildlondon.org.uk/events)*

## **Nature Detectives**

**Monday 13th and Tuesday 14th February  
10am till 3pm**

A fun two day course for parents and their children living in Southwark. Use clues around you to find out about the wildlife living on your doorstep. You will explore animal sounds, footprints, make a cast, set up footprint, moth and pitfall traps and tune into your senses with activities and games.



To find out more and for booking visit [www.wildlondon.org.uk/events](http://www.wildlondon.org.uk/events) or contact Diana



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