



Quote of the Week

I am lucky that whatever fear I have inside me, my desire to win is always stronger. — Serena Williams

A Message from our Head of School

Dear Parents and Carers,

This week started with a special assembly for **World Mental Health Day**. We explored what makes us special and unique. Our diverse qualities not only make each one of us extraordinary but also contribute to the incredible tapestry of our school community. During the assembly, we thought about the idea that despite our apparent differences, we often share more in common than we realise. It's a reminder that beneath the differences on the surface, our similarities unite us. One universal thread that binds us together is our emotional well-being; we all possess mental health. **Just as we care for our physical health, nurturing our minds is equally crucial for overall wellness.**

In this **digital age**, our children love technology. However, it's our duty to guide them in its responsible usage. **Cyberbullying** can be a concern, so it is important to have conversations at home, with our children about using technology wisely and what steps to take if they encounter distressing situations. Please see the **guide on page 4** of this newsletter for more information.

Year 6 children in Elm Class took part in a pilot project with TfL this week. The children were able to input into the TfL *Streets for People Engagement* and share their views and feelings about changes to their streets, neighbourhoods and transport that they would like to see. Pupils shared they had a great time and enjoyed sharing their views on their community. You can see more by clicking [this link](#).

Rowan Class have been enjoying learning to play the xylophone in their music lessons with Mr Dixon. You can see more [here](#).

Wishing our school community a happy weekend.

Barbara Ghezzi

**BLACK
HISTORY
MONTH
2023**



Note from the Office

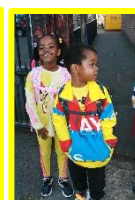
Just a friendly reminder that DKH is a debt free school. To keep things running smoothly, please make sure to pay for all clubs in advance. This helps us avoid any accrual of debt, which could potentially affect your ability to book clubs in the future. Thanks for your cooperation!



Hello Yellow!

Well done DKH! The school sparkled with different shades of yellow on Tuesday. You can see more [HERE](#). Your collective efforts

raised an impressive
£135.30
for Young
Minds!



YOUNGmINDS
fighting for young people's mental health

DKH School Council

School council elections took place this week and as part of the process, Year 6 candidates, shared with the school what they would accomplish, should they be elected to the role. You can see their speeches on our website or by clicking the following link: [Year 6 Speeches](#)

I think you will agree that they each thought carefully and spoke eloquently about what they could contribute to the school. They were fantastic role models for our school values of courage and ambition. Voting took place on Thursday and the votes have now been counted! **We are very pleased to introduce our 2023 - 2024 School Council.**

School Council Executive Committee

Lansana
Ameen
Illy
George



Class Representatives

Elder: Ariyah and Athen
Beech: Scarlett and Damiah
Rowan: Hanah and Seyram
Hazel: Uthman and Fawaz
Elm Year 5: Charles and Jazmine
Elm Year 6: Ameen and Ella
Maple: Lady and Aaron



DKH Newsletter 13th October 2023



Dates for the Diary



19.10.23	Year 4 Art Workshop at Somerset House
19.10.23	Year 2 and Year 5 Fire Safety Workshop
19.10.23	Year 4 visit to Courtault Gallery
20.10.23	Year 6 Fix-a-Bike workshop
23.10.23 – 27.10.23	Half Term
02.11.23	Year 4 start swimming
03.11.23	Year 1 and Year 2 Multi-Skills event
06.11.23	Nursery Parents Evening
07.11.23	Parents Evening
08.11.23	Parents Evening
08.11.23	Year 4 Money Twist Workshop
13.11.23	Anti-Bullying Week Begins
20.11.23	British Maths Week Begins
21.11.23	Year 6 Junior Citizenship Scheme Trip
23.11.23	Flu Vaccinations
27.11.23	Alley's Drama workshop with Year 4 starts
01.12.23	Winter Fair
11.12.23	EYFS Christmas Performance
11.12.23	Year 1 and Year 2 Christmas Performance
12.12.23	Year 3 and Year 4 Christmas Performance
13.12.23	Year 5 and Year 6 Christmas Performance
19.12.23	Class Parties
20.12.23	Last day of Autumn Term

Attendance

Caterpillar	89.3%	Rowan	95.68%
Willow	96.14%	Hazel	97.94%
Elder	97.86%	Elm	95.82%
Beech	98.02%	Maple	96.88%

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	Zion , for trying so hard to develop his scissor skills and not giving up even when finding things hard!
Reception	Noah , for his fantastic attitude towards his learning this week. You have blown us away! Aliyah , for her perseverance and determination in developing her balance when using the climbing frame.
Willow	Isha , for trying her best when she finds something tricky. Tobi , for working hard and using his sounds to write independent sentences.
Elder	Ariyah , for persevering with neat joined up handwriting and reducing the size of her letters. Garsha , for persevering with improving his handwriting, trying hard to improve the neatness and correct size of letters.
Beech	Jaydon , for challenging himself always. Samuel , for his resilience in swimming.
Rowan	Fahiz , for showing resilience in his independent work, always trying his best and focusing to achieve his best. Wilton , for brilliant maths work-methodical and helpful to others in the lessons.
Hazel	Vanessa , for always giving new learning opportunities a go and trying her very best! Liya , for being such a helpful member of the class!
Maple	Jackie , for using strategies to solve short division calculations in a problem-solving context. Illy , for always dealing with challenges and change in a positive manner.
Elm	Qing , for her incredible efforts during maths lessons; never hesitating to share her knowledge and skills with her peers. Ella , for her amazing English writing, using the success criteria well.

Charles's Friday Facts *By Charles, Year 5*

Did you know that the ichthyostega was one of the first four-legged animals on planet Earth?

Did you know that the ichthyostega lived about 370 million years ago? You can learn more about the ichthyostega [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 their music lesson this week, Beech Class practised their rhythmic skills by dancing along to rock and roll music. They moved like different animals and they then picked an instrument which they thought would best make sounds for their chosen animals.



What Parents & Carers Need to Know about HOW TO COMBAT ONLINE BULLYING



Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health ... so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.

1. GET CONNECTED

Playing online games together with your child or connecting with them on social media (providing they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.

2. KEEP TALKING

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people we know and trust, and why passwords should always remain secret (even from our best friends).

3. STAY VIGILANT

Observe your child while they're using technology and just after they've used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, jumpy or anxious, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is OK.

4. MAKE YOURSELF AVAILABLE

If an online bullying incident *does* occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to in case they feel too embarrassed to tell you directly.

5. BE PREPARED TO LISTEN

When conversations about online bullying *do* take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism – even if they haven't dealt with the situation in exactly the way you would have hoped.

FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.

Childline: talk to a trained counsellor on 0800 1111 or online at www.childline.org.uk/get-support/

National Bullying Helpline: counsellors are available on 0845 225 5787 or by visiting www.nationalbullyinghelpline.co.uk/cyberbullying.html

The NSPCC: the children's charity has a guide to the signs of bullying at www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/ and can be reached on 0808 800 5000

6. EMPOWER YOUR CHILD

Depending on their age, your child might not want a parent 'lighting their battles for them'. In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on). By allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

7. REPORT BULLIES ONLINE

Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.

8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyberbullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.

9. SEEK EXPERT ADVICE

Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.

10. INVOLVE THE AUTHORITIES

If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



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UPCOMING DKH FRIENDS EVENTS

AUTUMN TERM

20

OCTOBER

CELEBRATION
OF BLACK
CULTURE

3

NOVEMBER

DKH APPLE
DAY

10

NOVEMBER

DKH SCHOOL
DISCO

15

NOVEMBER

DKH FRIENDS
AGM

1

DECEMBER

DKH WINTER
FAIR

IF YOU WANT TO GET INVOLVED DROP US AN EMAIL
FRIENDS@DKH.SOUTHWARK.SCH.UK



WILD ROOTS FOREST SCHOOL



Climb
trees



Explore
nature

HALF TERM HOLIDAY CLUB

23rd–25th October, 10am–4pm, 5–11 year olds
Lettsom Gardens, SE22



Make
crafts



Have
fun

Contact kath@wildrootsforestschoool.co.uk to book your place
www.wildrootsforestschoool.co.uk @wildroots_forestschoool_se15

Flu Vaccine

Your child's annual flu vaccination is now due. This vaccination is recommended to help protect your child against flu. Flu can be an unpleasant illness and sometimes causes serious complications. Vaccinating your child will also help protect more vulnerable family and friends by preventing the spread of flu.

Your child can receive the flu vaccine at school on 23rd November 2023. You can read more about the flu vaccine by using these links: [Letter from Southwark](#) and [Protect Against the Flu Flyer](#)

Please use the link below to access the electronic consent form or scan the QR code.

[Link for Electronic Consent Form](#)

Please complete the consent form even if you decide you do NOT want to vaccinate your child against flu this year.



Half Term Family Courses

At The Centre for Wildlife Gardening

28 Marsden Road, SE15 4EE

For Southwark residents / free (refundable booking deposit required)

Bushcraft with Diana

Monday 24th and Tuesday 25th October

10am till 3pm

A two day family workshop helping you to improve your survival skills. It can be booked as a single day or both days. On Monday you will try out shelter building and water filtering and on Tuesday you will be foraging for food and fire lighting. Crafts and stories too. Aimed at primary aged children but you are welcome to bring your older and younger ones too.



Tremendous Trees with Dhush

Thursday 26th October

10am till 3pm

Discover the trees in our wildlife garden, how they benefit wildlife and how to identify them. Games, nature art and fun activities. Suitable parents and their children of any age but particularly primary aged children.



**Protecting
London's
wildlife for
the future**

To find out more about these events and
book your space please visit
www.wildlondon.org.uk/events

