



DKH Newsletter 7th February 2025

A Message from our Deputy Headteacher

Dear Parents and Carers,

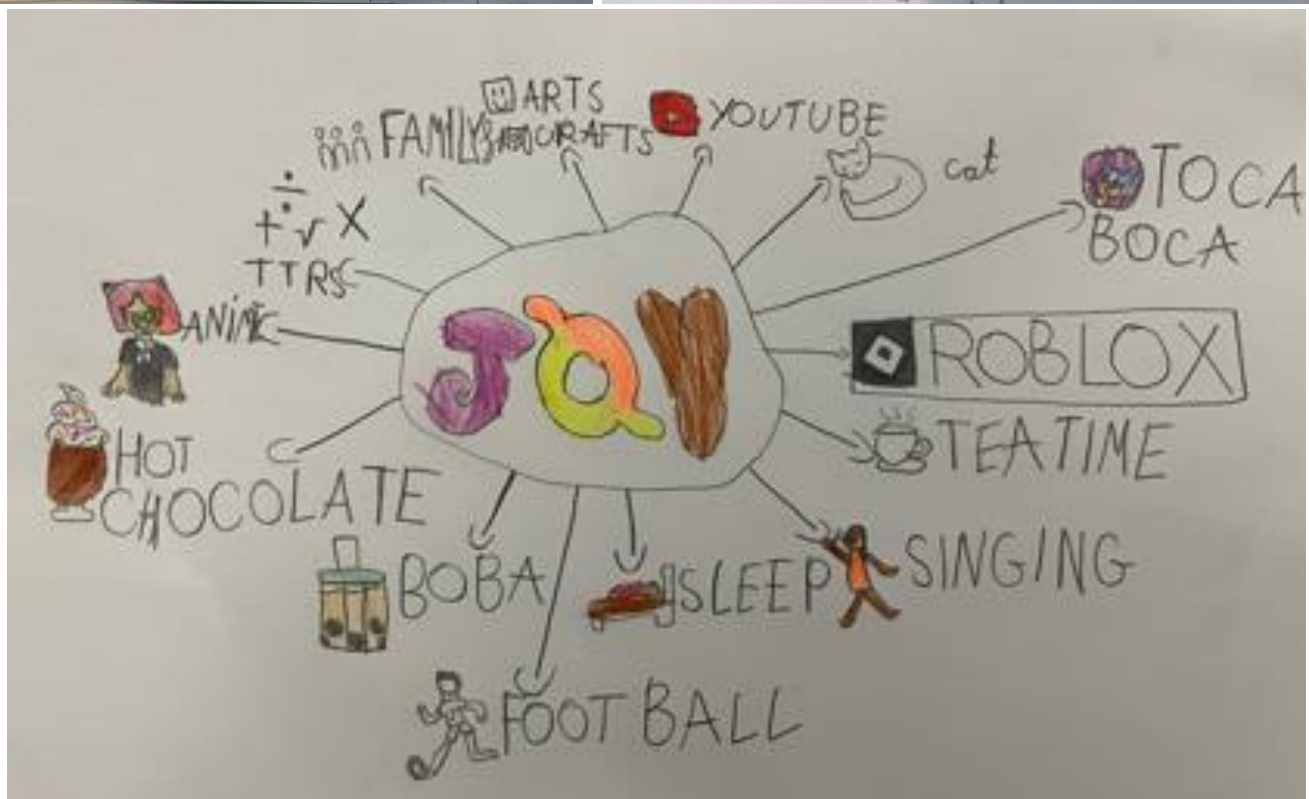
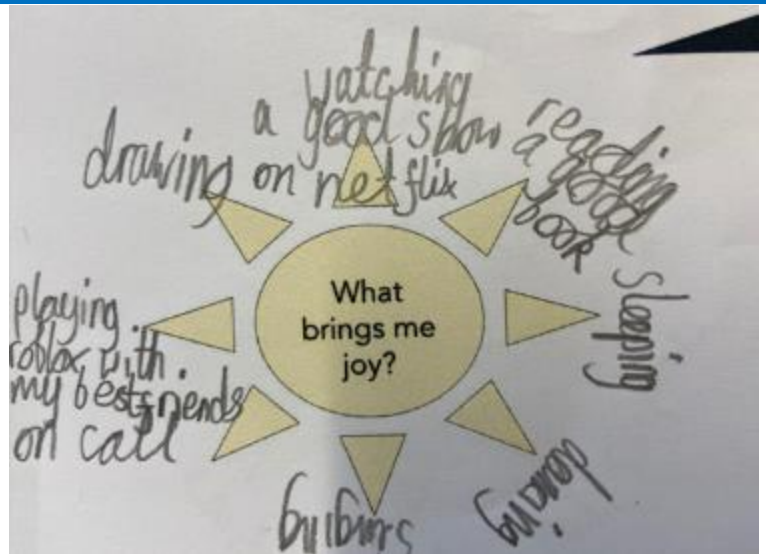
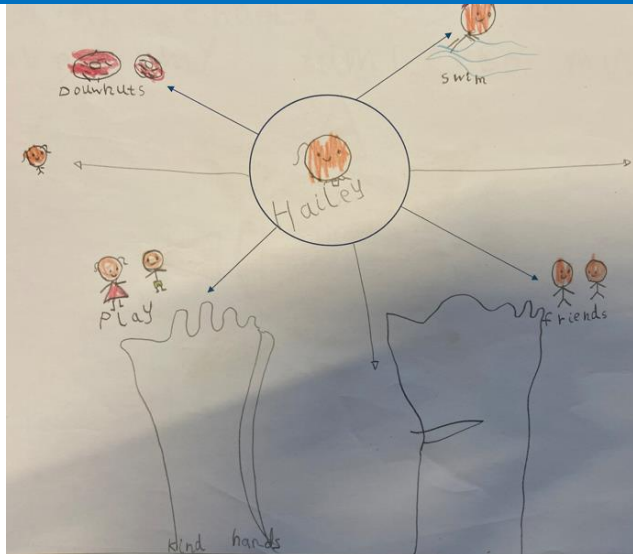
This week, was Children's Mental Health Week! We started off with an Assembly led by the School Council discussing what Mental Health is. We looked at ways in which we could improve our mental health, starting with small things such as thinking about finding the 'glimmers' in our day! We also spoke about the theme of Children's Mental Health, '**Know Yourself, Grow Yourself**', which would be explored further through various activities in class during the week.

In one activity, children were asked to write down all of the things that bring them joy. This was to support them in finding moments of joy throughout their day, every day! Focusing on gratitude in this way is a tool to support a positive mindset. In another activity, children were asked to write down all the things they are good at and what qualities about them they think are positive. Classes also had the opportunity to watch videos of children sharing their experiences and they discussed who they would go to if they felt low.



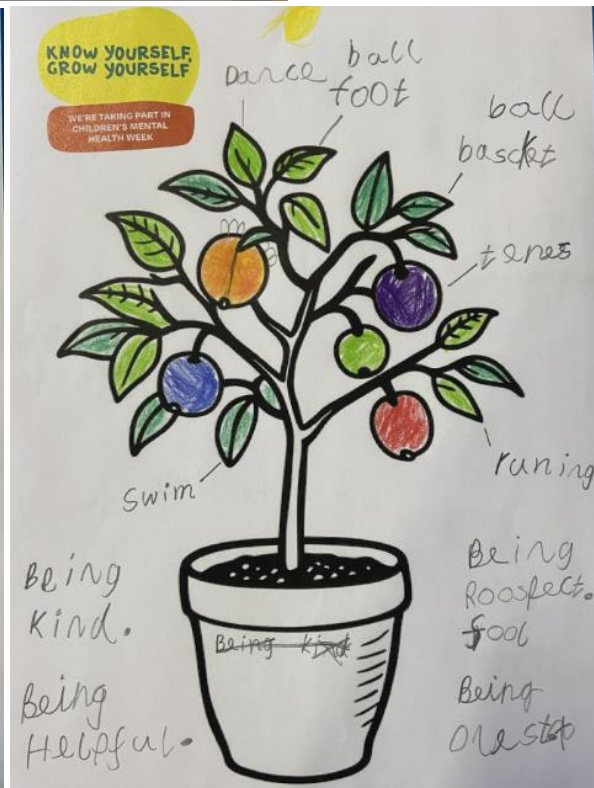
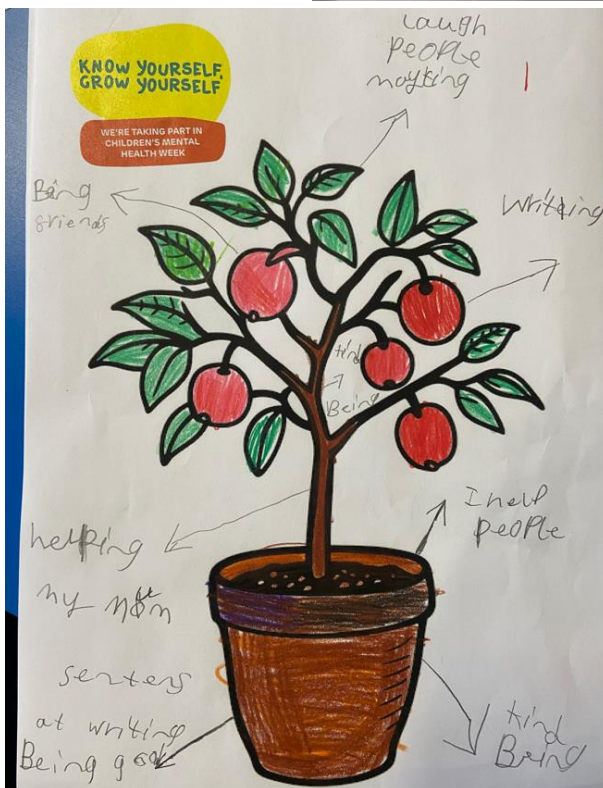
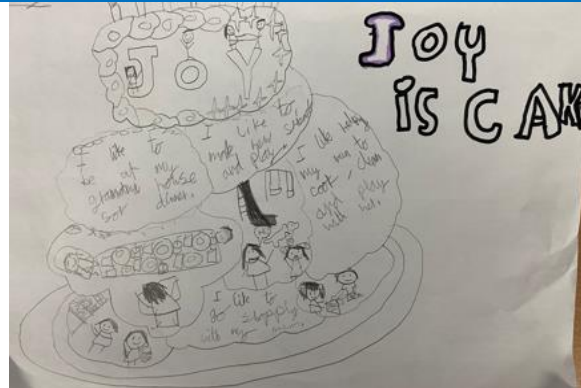


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Maestro Music Services



Today at Dog Kennel Hill Primary School, we joined Adam of Maestro Music Services, who offers private music lessons to pupils on a one to one or group basis. Lessons are offered for a number of instruments, including piano, guitar, drums and wood instruments to name a few.

To find out more, visit their website www.maestromusicservices.com or talk to a member of staff in the school office.

Watch the video: <http://bit.ly/4jGaTUR>

Attendance

Caterpillar	88.4%	Willow	95.9%
Elder	91.7%	Beech	93.9%
Cedar	93.7%	Hazel	96.7%
Maple	98.1%	Oak	96.1%



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London Bubble Theatre show with Year 6



PLAYING SAFE

A drama-based approach exploring serious youth violence and safety in your local community

Parents and carers of year 6 students are invited to join us for a special FREE performance and conversation after school

- See a short performance of 'Playing Safe' by London Bubble Theatre
- Discuss its themes with our creative team
- Meet professionals from across Southwark's Family Help and community support services

This event will last approximately 55 minutes with time to ask questions.

Registered Charity number: 264 359



On Friday 14th February, London Bubble Theatre will be showing performances of their 'Playing Safe' show to both Maple and Oak Classes. We would also like to invite parents of children in Year 6 to watch the performance yourselves from **3:45-4:45 in the Lower Hall**, so you can further discuss some of the issues around serious youth violence and safety in your local community with your child. Your child (Year 6 only) may attend again if they wish!

Book Fair



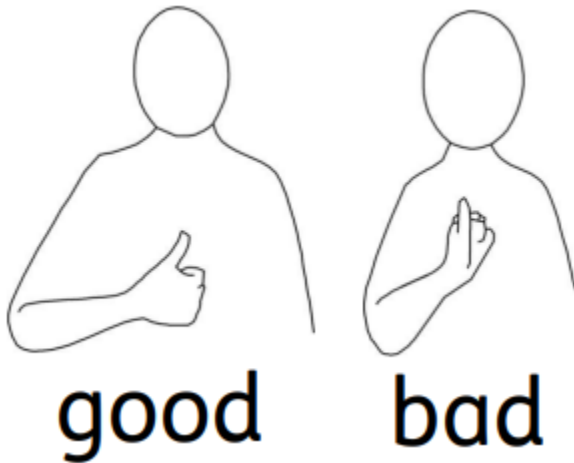
This Friday week the Book Fair arrived! Until Wednesday 12th February next week, you will have the opportunity to purchase current best-selling books! We will be opening it after school in the Lower Hall from 3:30 PM to 4:30 PM on Monday, Tuesday and Wednesday. All purchases made will be via card payment- we will not be accepting cash.



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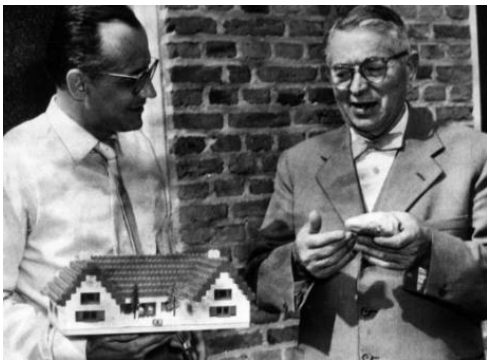
Makaton Sign of the Week

Makaton is a language with speech, signs and symbols used to support people who have difficulty communicating. We teach it to all of our children and staff so that we can become even more inclusive as a school. This week our Makaton sign is "good and bad".



Charles' Friday Fact

Did you know that Lego blocks originated in the Billund Denmark workshop of Ole Kirk Christiansen, who began making wooden toys in the shape of bricks!



Stars of the Week



We would like to recognize the children who have been great examples of our School values and have shown a true commitment to their learning. Well done!

Reception	Effie for writing independent sentences during morning work. Demetra for writing independent sentences during morning work.
Willow	Hailey for working hard to use kind hands all the time, and making some great friends in Willow Class. It has been lovely to see you be so happy with your friends. Nova for working hard to write independent sentences during our writing lessons. Nova you are doing such a great job and I cannot wait see your writing by the end of the year!
Elder	Daniella for a positive attitude to her learning :) Keep it up! Ariana for persevering with her Maths work...with great results!
Beech	Alice for your vivid descriptions of the volcanic eruption in our story using expanded noun phrases and powerful verbs. Your writing shows emotion and engages the reader! Ariyah for your consistent hard work and dedication when working independently, during music with the recorder and when practising your routines in dance lessons. You approach every task with focus, effort, and enthusiasm.
Cedar	Evanny for putting 100% effort into drawing an amazing Nordic landscape picture. Brilliant! Kamron For your resilience in understanding improper and mixed fractions. Well done!
Hazel	Yva for using a protractor to draw angles accurately Adam for always having the courage to take considered risks in whatever he does
Maple	Kaychanel for always demonstrating the qualities of a respectful, kind and supportive person! You make a fantastic role model in our DKH community! Trevor for his great participation in his learning this week, you have been consistently engaged, and it shows in the wonderful work you have produced!
Oak	Uthman for having a positive and mature approach this week. Amazing! Keep it up. Asia for amazing writing in English and even doing extra writing at home. Keep it up



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Dates for your Diary

7/02/2025-12/02/2025	Book Fair open 3:30-4:30 in the Lower Hall
10/02/2025	Year 3 (Beech Class) trip to South East Hindu Association
11/02/2025	Safer Internet Day
14/02/2025	London Bubble Performances with Year 6 AM and PM and afterschool with Year 6 Parents and children only in Lower Hall 3:45-4:45
14/02/2025	Last day of Term. Children finish at 3:30
15/02/2025-23/02/2025	School closed for Half Term Holidays
24/02/2025	First Day back of School
27/02/2025	Swimming Starts for Cedar Class
4/03/2025	Half of Year 5 (Hazel Class) to attend Millwall Football Lunch Time Taster Session 12:30-1:30
11/03/2025	Half of Year 5 (Hazel Class) to attend Millwall Football Lunch Time Taster Session 12:30-1:30



Breakfast and Afterschool Club



Come and join us for our Breakfast and Afterschool Clubs!

Breakfast club will start at 7.45am- This will include breakfast of cereal or toast and will cost £5.00 per day

After School club- Light snack and sports activities and games and will cost:

1 Hour £6.00

2 Hour £12.00

Full session (2 1/2 hours) £15.00

Snacks will only be offered to children staying over 1 hour.

We are able to offer a discount to families that wish to book a full week after school club and this is charged at £65.00 per week.

Wraparound Care (ASC) will not be suitable for Nursey pupils (5 years old+).

Please see Carrie in the Office for more information!

Club Donations

We would really welcome donations of games and jigsaws for our clubs! Please drop any off to the Office!



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We need you to support families in Southwark and Lewisham!

Spring Volunteer Preparation Course 2025

Tuesdays
4, 11, 25 February
4, 11, 18 March

10am - 2pm

Deptford Family Hub
Clyde Nursery building
Alverton Street
SE8 5NH

These sessions cover all aspects of family support so volunteers are ready to empower parents to give their children the best start in life.



Reasons to start volunteering

Helps you make new friends

Helps you stay active

Teaches you new skills

Can be relevant work experience

Can help you grow

Can help improve social skills

Helps you expand your network

Can teach you what truly matters



For more information and to apply, please scan the code:





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VOLUNTEERS NEEDED

in Southwark and Lewisham

- Make a difference to the lives of parents and children under 5
- Enhance your well-being
- Access free, high quality training

If you could give as little as two hours a week to support a parent and their children, then please get in touch.

info@homestartsouthwark.org.uk
020 7737 7720

Please head to our website to find out more:
www.homestartsouthwark.org.uk/volunteers





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**South London Children and
Young People's Community
Immunisation Service**

Missed your flu vaccine?

**Live or attend school in the boroughs of
Lambeth or Southwark? Aged 2-19?**
Come down to a flu catch-up clinic and
protect yourself this winter!

**Monday 17 February, 10:00 - 14:00
Stockwell Children's Centre, SW9 9TG**

**Wednesday 19 February, 10:00 - 14:00
Stockwell Children's Centre, SW9 9TG**

**Thursday 20 February, 10:00 - 14:00
Rye Oak Childrens Centre, SE15 3PD**

**Friday 21 February, 10:00 - 14:00
Rye Oak Childrens Centre, SE15 3PD**

**Our clinics are walk-in, so no need to book
an appointment.**

Call 020 8614 5495 for more information



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February 2025

Newsletter

Thursday
20th Feb
19:00 - 20:00
FREE



FREE SESSION Supporting Healthy Screen Use

A range of steps that can help minimise the harms from screens

Monday
3rd Feb
10:00 - 11:30
£24



Supporting a Child with ADHD

Challenging the stereotypes and giving practical interventions. Clear explanation of the condition in all its forms and extremely useful advice.

Tuesday
11th Feb
19:00 - 20:30
£24



Facing Defiance

Specific strategy to help parents manage defiant and challenging behaviour, especially aimed at ADHD, ODD and PDA conditions, 5 to 12 years old.

facefamilyadvice.co.uk

info@facefamilyadvice.co.uk



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Understanding Anger	10 FEB 7pm
Supporting Healthy Screen Use	11 FEB 10am
Facing Defiance	14 FEB 7pm
Raising Self-Esteem	27 JAN 7pm 25 FEB 10am
Supporting Healthy Sleep	28 JAN 7pm 24 FEB 10am
Supporting a Child with ADHD	3 FEB 10am 3 MAR 7pm
Improving Family Communication	3 FEB 7pm 4 MAR 10am
AUTISM: Improving Communication	4 FEB 10am 4 MAR 7pm
Understanding Addictive Behaviour	4 FEB 7pm 3 MAR 10am
Anxiety-Based School Avoidance	10 FEB 10am 10 MAR 7pm
What is ACT?	17 FEB 10am 17 MAR 7pm
Introduction to OCD	17 FEB 7pm 18 MAR 10am
Anxiety Explained	18 FEB 10am 18 MAR 7pm
Cannabis & Ketamine Awareness	18 FEB 7pm 17 MAR 10am
Decreasing Depression	24 FEB 7pm 25 MAR 10am
Understanding the Teenage Brain	25 FEB 7pm 24 MAR 10am



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**SATURDAY
PLAYSCHEME
FOR
CHILDREN
WITH SEND**

FREE

DATES:

- 8th Feb, 2025
- 15th Feb, 2025
- 22nd Feb, 2025
- 1st March, 2025
- etc,

**EVERY SATURDAY @ KETRA COMMUNITY
HALL, TELFER HOUSE, SEELEY DRIVE,
KINGSWOOD ESTATE.
SE21 8QW**

FROM 1PM - 3PM

**To Register
Contact:
02080797290
07958 064597**



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**FEB 2025
HALF TERM**

**MULTI-SPORTS
CAMP WEEK**

**LEWISHAM LIONS
CENTRE**

10AM - 3PM

**£12 PER DAY OR
£50 FOR THE
WHOLE WEEK**

BOOK NOW





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London Wildlife Trust
**Centre for
Wildlife Gardening**

Half Term Family Workshops

At the Centre for Wildlife Gardening, 28 Marsden Road, SE15 4EE



Nature Detectives

Monday 17th and/or Tuesday 18th February 10am-3pm

Tune up your senses with fun activities discovering the clues about the animals that live around us. On Monday try out all your sense and set footprint and other traps to gather information. On Tuesday make plaster casts of footprints and make your own trails.

And after half term

Afterschool Bushcraft

Thursday 27th February -20th March 3.40 - 5pm

Practise different survival skills each week on this 4 week course for families.

Pond Life Sunday 30th March 10am till 3pm

Find out what lives in and around our ponds.

Fun workshops for families living in Southwark suitable for all ages funded by Southwark Council run by London Wildlife Trust. Booking essential.

Booking fee £3 but let us know if that is too much for you (email dwallace@wildlondon.org.uk)

To book: <https://www.wildlondon.org.uk/events>

Funded by





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Scan QR code to register your interest or contact wilson@pesn.org.uk for more information.

SOUTHWARK JAGUARS

OPEN TRIALS


MONDAY 19TH MAY 2025

GIRLS FOOTBALL





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UNDER 8s & 9s GIRLS OPEN TRAINING SESSIONS

ATHENLAY FOOTBALL CLUB ARE LOOKING FOR GIRLS
IN YEARS 3 AND 4 TO JOIN A NEW U9 GIRLS TEAM.
NO EXPERIENCE NEEDED, JUST ENTHUSIASM!

FREE WEEKLY TRAINING SESSIONS
FOR INTERESTED GIRLS WILL START
ON TUESDAY AFTERNOONS
FROM 14TH JANUARY, 4.30-5.30PM.

ATHENLAY FOOTBALL CLUB, HOMESTALL ROAD, SE22 ONP



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BARRACUDAS ACTIVITY DAY CAMPS

AT A SCHOOL NEAR YOU IN **2025!** EXCLUSIVE PARENT DISCOUNT

USE CODE **SCHOOL20** FOR AN
EXTRA £20 OFF YOUR BOOKING!

*Minimum 2 days. *Not to be used in conjunction with other offer codes

- ⦿ 4½ to 14 year olds!
- ⦿ 80+ Activities!
- ⦿ Choice each session!
- ⦿ Specialist Courses!
- ⦿ Flexible bookings!

HIGHLY RATED
School Holiday
Camps!!!



SCAN ME!



✓ OFSTED REGISTERED

barracudas.co.uk
 01480 467 567





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SCAN ME!
To see more info about our camps!

How many emojis can you see?

ASK A FRIEND?

ASK A FRIEND? (4 instances)

WORD SEARCH

L	F	T	A	T	L	S	A	R	E	E	H	A	I
C	Y	R	U	N	A	L	L	C	E	T	R	X	
S	C	A	R	E	D	O	T	S	H	A	P	P	Y
Y	S	Y	A	T	R	H	E	D	Y	E	E	X	E
R	S	I	D	E	R	S	T	E	R	C	T	X	L
L	F	A	S	T	E	M	P	S	H	T	E	A	C
R	X	T	S	M	U	S	S	C	B	D	B	L	S
F	H	U	D	S	M	N	C	I	A	E	E	E	P
F	O	S	E	L	D	F	L	Y	C	H	M	I	T
H	D	S	N	D	O	R	M	C	A	B	C	B	C

ANSWERS

Count the = 19

DID YOU KNOW...

- Your brain is like a supercomputer - it sends messages faster than a race car!
- Your brain never sleeps! Even when you're awake, it's busy making memories and learning.
- Music makes your brain happy! It helps you feel good and can help improve your mood.
- Your brain loves energy! It uses about 20% of your body's energy even though it's small!
- Your brain is really bright! When you learn at a new school, your brain is working super hard!

BREATHING

Place your finger on the 10, slowly release it. Move your finger to the 9 and continue to slowly count down to 1. Don't forget to take a slow deep breath with each dot.

MINDFUL DOTS

10 9 8
7 6 5
4 3 2
1

MIND MAZE!



DRAW SOMETHING THAT MAKES YOU HAPPY!



HEY! I'M BILLY BARRACUDA!
I'm BILLY BARRACUDA!
Remember you're strong, loud, and never afraid! Keep shining bright!



Fun Fact
Researchers believe there are 27 or even more emotions. What emotion are you feeling right now?

Visit barracudas.co.uk
or call 01480 467 567