



Comber Grove Primary School Weekly Newsletter Summer Term 1

Friday, 19th May 2023

Quote for the week:

'Kindness is the ability to know what the right thing to do is and having the courage to do it!' - Raktivist

A message from the Headteacher:

Dear Comber Grove families,

Mental Health Awareness Week

Whilst we marked Mental Health Awareness Week at school this week, our children's mental and emotional wellbeing is at the heart of our everyday school life. We spend lots of time in school reading stories, talking, playing games and doing activities to encourage children to talk about how they are feeling, address any issues and take the time to slow down and reflect in what is usually a very busy school day!

Thank you to the MHST Groundwork Project Team for leading Anxiety Workshops, Sessions and Consultations with our children, staff and families this week.



Chicks in Nursery and Reception Class!

Children in Nursery and Reception have welcomed eight (8) chicks which have hatched in their class over the past few weeks.

The children have been learning all about the lifecycle of chicks from egg to hen, and they have experienced first-hand the hatching of chicks.

A very exciting time for our children and they are enjoying watching the chicks grow daily. They have even had the opportunity to stroke the chicks.

We will be very sad to see them go next week!

Community

Pride

Empathy

Happiness

Individuality

Creativity



Comber Grove Primary School

Weekly Newsletter

Summer Term 1

Friday, 19th May 2023

Kindness is more than just a 'nice thing to do'. It plays a crucial role in our well-being. Research has shown that kindness improves our physical and mental health – whether we're giving kindness, receiving kindness or even just witnessing kindness. How amazing is that?

Kindness can help us feel happier

When we experience kindness, a hormone called dopamine is released in our brain which gives us a feeling of elevation and lifts our mood – it's often referred to as 'Helper's High'.

Kindness is good for the heart

Have you noticed that when you are kind to someone that you feel good inside? Acts of kindness are often accompanied by a feeling of emotional warmth which in turn produces the hormone oxytocin in your body. Oxytocin causes the release of a chemical called nitric oxide, which expands our blood vessels, reduces blood pressure and protects our heart.

Kindness slows ageing

Kindness has been shown to slow down the ageing process. Remarkable research found that oxytocin can reduce levels of free radicals and inflammation (two main culprits of ageing) in our cardiovascular system, which slows ageing at the source.

Kindness improves relationships

We tend to like people who show us kindness. This is because kindness reduces the emotional distance between two people and makes us feel more 'bonded'. Our evolutionary ancestors had to learn to cooperate with one another. The stronger the emotional bonds within groups, the greater were the chances of survival and so 'kindness genes' were etched into the human genome. So today, when we are kind to each other, we feel a connection that strengthens our existing relationships and helps us to create new ones.

Kindness is contagious

Just as a pebble creates waves when it is dropped in a pond, so acts of kindness ripple outwards. When we are kind, we inspire others to be kind and studies show that it actually creates a ripple effect that spreads outwards to our friends' friends' friends – that's an amazing three degrees of separation! This means that when you are kind to one person, that one act of kindness will positively affect up to 125 people!

Wishing you all a very restful weekend,

Lorram Black and Staff Comber Grove Primary School

Community

Pride

Empathy

Happiness

Individuality

Creativity



Comber Grove Primary School Weekly Newsletter Summer Term 1

Friday, 19th May 2023

Southwark Jazz 2023

A celebration of Chevalier de Saint-Georges
with jazz musician Pete Letanka



Chevalier de Saint-Georges

- Born in the Caribbean in 1745.
- A virtuoso violinist and conductor.
- A composer in Marie Antoinette's court.
- Master swordsman of Europe.
- Contemporary of Mozart.

When: June 22nd 2023

Where: Southbank Centre

Time: 10am - 6pm

Other: Jazz musician Pete Letanka will lead five weekly workshops in your school. Your students will explore composition and improvisation both vocally and instrumentally. The

students will compose their own music to tell the story of Chevalier de Saint-Georges. This will culminate in a performance at the Southbank Centre with professional musicians from the Pete Letanka Trio and members of the Chineke Orchestra.

Comber Grove **Primary School has been invited to** participate in this year's Southwark Music Jazz Festival. The rehearsals are being led by virtuoso pianist and composer Pete Letanka, and will culminate in a performance at the Southbank Centre on **Thursday 22nd June 2023** at the Festival Hall, Southbank!

Community

Pride

Empathy

Happiness

Individuality

Creativity



**Comber Grove Primary School
Weekly Newsletter
Summer Term 1**

Friday, 19th May 2023



Attendance Winners

School Target: 95.6%	This week's attendance: 93.4%
Years R, 1, and 2	Year 3, 4, 5 and 6
<u>Well Done:</u> David Attenborough 93.9%	<u>Well Done:</u> Mo Farah 96.3%
Class:	Attendance:
Reception Maggie Aderin-Pocock	92.7%
Year 1 Benjamin Zephaniah	91.2%
Year 2 David Attenborough	93.9%
Year 3 Mo Farah	96.3%
Year 4 Marcus Rashford	94.5%
Year 5/6 Mae Jemison	95.1%
Year 6 Olive Morris	88.5%

Community

Pride

Empathy

Happiness

Individuality

Creativity



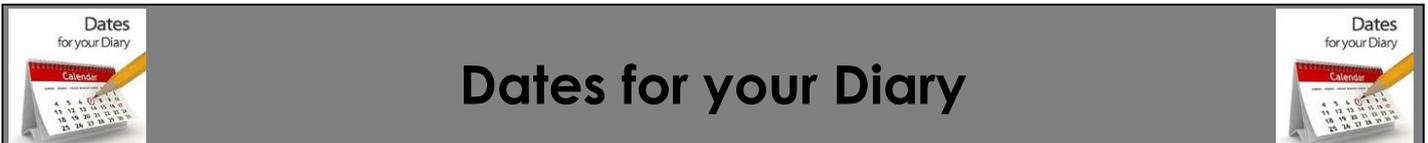
Comber Grove Primary School

Weekly Newsletter

Summer Term 1

Friday, 19th May 2023

School Information and Events



Dates for your Diary

MAY 2023

Monday, 15 th May 2023	Beginning of KS1 SATS
Thursday, 25 th May 2023	Governing Body Meeting at 5pm
Friday, 26 th May 2023	End of Spring Term 1 (school closing at normal times)

Half Term (School closed): Monday, 29th May 2023 to Friday, 2nd June 2023

JUNE 2023

Monday, 5 th June 2023	INSET DAY for staff (School closed to pupils)
Tuesday, 6 th June 2023	First day after Half term (Summer Term 2- pupils return to school)
Wednesday, 7 th June 2023	Local Authority PRM with school leaders and governors
Thursday, 8 th June 2023	KS1 Sports Day
Thursday, 8 th June 2023	Governing Body Staffing Committee Meeting at 4:00pm
Friday, 9 th June 2023	KS2 Sports Day
Monday 12 th to Friday, 16 th June 2023	KS1 Phonics Screening Check
Monday, 19 th to 23 rd June 2023	Year 4 Multiplication Tables Check (MTC)
Thursday 22 nd June 2023	Southwark Jazz Festival- Southbank Centre
Friday, 30 th June 2023	Year 5 and Year 6 Day Trip to Mersea, Essex
Friday, 7 th July 2023	SUMMER FAIR (3:00-5pm)
Monday, 10 th July 2023	Year 6 Performance to Parents (5:30pm)
Thursday, 13 th July 2023	Whole School Awards Assembly at 2pm
Friday, 14 th July 2023	Year 6 Award Ceremony and prize-giving at 2pm

July 2023

Friday, 14 th July 2023	Families receive End of Year Reports for 2023
Friday, 14 th July 2023	Year 6 PROM (5-7pm)- School Hall
Monday, 17 th July 2023	Children 'Meet New Teacher' sessions
Tuesday, 18 th July 2023	LA PROGRESS REVIEW MEETING at 8:30am
Wednesday, 19 th July 2023	'Carnival of Cultures' and international food festival/ End of Year Class Parties
Friday, 21 st July 2023	Last day of Summer Term. School closing at 2pm

SUMMER HOLIDAYS:

Monday, 24th July to Friday, 1st September 2023

Monday, 4th September 2023- INSET Day 1

Tuesday, 5th September 2023- INSET Day 2

First day of Autumn Term 1: Wednesday, 6th September 2023

Community

Pride

Empathy

Happiness

Individuality

Creativity



Comber Grove Primary School Weekly Newsletter Summer Term 1

Friday, 19th May 2023



THE NEST PRESENTS SOUTHWARK'S PARENT/CARER CHAMPION NETWORK

Want to find out more ? sign up, to join us for our Parent Carer
Champion training on Saturday 10th and 17th June, 2023
at St. Mary's Church from 10:00am to 15:00pm



SOME OF THE SERVICES THAT YOU WILL ENCOUNTER OVER THE EVENT :

CITIZENS ADVICE BUREAU

HOMESTART

PECKHAM STUDIO

STREET LEAGUE

WALK WITH ME

TALKING TO TEENS

FAMILY EARLY HELP

SIRG

HEAD OF YOS

MIFTA-YOUTH INC

WELLBEING HUB

FUTURE MEN

BRIDGE THE GAP

WANT TO FIND OUT MORE?

We would love to hear from you.
Get in touch with Parent/Carer
Champion Coordinator, Allison Bishop

allison.bishop@groundwork.org.uk
07912 274700

Or, if you're already sold on the course,
register your interest by clicking this link:

[Click here to sign up](#)



VRU

MAYOR OF LONDON
VIOLENCE REDUCTION UNIT

Community

Pride

Empathy

Happiness

Individuality

Creativity



Comber Grove Primary School Weekly Newsletter Summer Term 1

Friday, 19th May 2023

Looking After Your **WELLBEING ONLINE**

We all know that taking care of our minds and bodies is essential to keep us feeling happy and healthy. The thing is, we spend so much of our time online these days that it's also important that we remember to look after ourselves in the digital world, too. Our poster has got some simple but useful tips for supporting your wellbeing while you're gaming, on social media or just using the Internet.



@natonlinesafety

/NationalOnlineSafety

@nationalonlinesafety

@national_online_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 17.05.2023

Community

Pride

Empathy

Happiness

Individuality

Creativity