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# Kingsgate Primary School Newsletter

Friday 23rd November 2018

Dear parents and carers,

School progress scores for 2018 have just been published. We are very proud to tell you that children at Kingsgate again made progress well above national.

**Reading progress score well above national**

**Writing progress score well above national**

**Mathematics progress score well above national**

Thank you for all your support for the school. Together we are making sure that the children at the school are getting the best chance for their future.

Best wishes

Liz Hayward

Headteacher



## Helping your children build resilience and manage their stress—Gill Morris (Camden)

Lots of parents and carers came to this session and were very interested in what Gill said. Gill's powerpoint is on our website if you want to read it again.

Gill suggested trying some of these strategies to help your children cope better:

**Challenge unhelpful thoughts replace with positive thoughts**

**At the end of the day think of 2 things that went well**

**Encourage them to talk about their feelings**

**Read stories about coping well and talk about the characters and what they did**

**Talk about similar situations in which they have coped well**

**Give lots of praise for effort and value what your child can do**

**Provide a sense of security with consistent boundaries, rules and routines**

**Give time to play/read/do something together**

**Use resilient language "I can do this". "You put so much effort in!" "It's good to make mistakes, that's how we become even better!"**

**Yoga, Mindfulness, Meditation**

**Praise them when they cope well with a situation**

**Help your child relax/do things they enjoy**

**Do some relaxation and deep breathing**

**Take it seriously but also put it in proportion**

**Provide regular routines**

**Eat healthily and be physically active**

**Talk about times you have coped with difficulties**

**Help them make friends**

## How to talk to your child about sex and relationships

Coffee morning on 6th December in EYFS/KS1 training room.

## Headlice information.

Coffee morning on 29th November in EYFS/KS1 training room.

## Whisper Me Happy Ever After

Y5 and Y6 watched Face Front Inclusive Theatre performing a play on the theme of domestic abuse and violence in the home. It was funny but hard hitting too.

The play encouraged the children to do some thinking and problem solving about what they could do if they or a friend was in a similar situation.

## MOBILE PHONE NUMBERS

Please give the office your up to date mobile number. We need to be able to contact you if your child has an accident during the school day.

We also need 2 other emergency contact numbers to call if we cannot contact you.

## Understanding and supporting your teenage child (children aged between 13 and 18)

**Six week course starting Thursday 31st January 10am-11am. In EYFS/KS1 training room.**

Please come for information about the course and enrolment on 24th January at 9am. In EYFS/KS1 training room.

## KS2 Christmas Concerts

Wednesday 5<sup>th</sup> December 2.05pm

Y3 Mulberry, Y3 Maple, Y3 Plane, Y4 Plum, Y4 Oak, Y5 Cypress, Y6 Tamarisk & KS2 Choir

Thursday 6<sup>th</sup> December 2.10pm

Y3 Peach, Y4 Sycamore, Y5 Willow, Y5 Rowan, Y6 Lime & Y6 Olive

## Nativity concerts – EYFS/KS1

Monday 10<sup>th</sup> Dec 9.05am

Reception Elm, Y1 Cherry, Y2 Ash

Tuesday 11<sup>th</sup> Dec 9.05am

Reception Hawthorn, Y1 Bramble, Y2 Hazel

Friday 14<sup>th</sup> Dec 9.05am

Reception Apple, Y1 Briar, Y2 Honeysuckle

**Nursery concert 9.05am – Thursday 20<sup>th</sup> Dec**

**Soloists will perform at both concerts**



## Starting school in Camden 2019

The deadline to apply for a reception class place is **Tuesday 15th January**. Parents can choose up to six preferred schools, either in Camden or outside the borough. Many Camden schools are very popular, so it is best for parents to use all six preferences. Read our new guide to 'Starting school in Camden 2019', which is on our website.

We strongly recommend that parents [apply online](#). If they are unable to do so, or they have particular questions, they can email [admissions@camden.gov.uk](mailto:admissions@camden.gov.uk) or phone **020 7974 1625**.

Primary pupils in Camden consistently perform above the national average in test results for 11-year-olds. Our 2018 provisional results show that 73% of Camden pupils achieved expectations in the combined measure for reading, writing and maths - well above the national figure of 64% and the London results of 69%. Camden primary schools also offer a huge range of extracurricular activities - with access to world-class venues and institutions on their doorstep, ranging from the British Museum to the Francis Crick Institute.

For more details and how to apply, visit [www.camden.gov.uk/admissions](http://www.camden.gov.uk/admissions)