Unique and Valued by God

The St Mark's Fortnightly Newsletter

20th September 2024

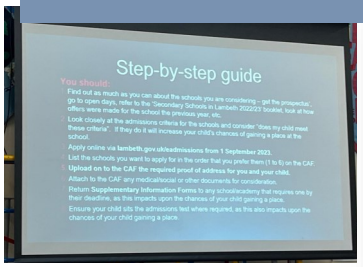
'A school where children develop the passion to learn, the skills and knowledge to succeed and the confidence to take Christian values into our diverse society.'

The children have settled well into their new classes and have responded well to the exciting learning opportunities that their teachers have prepared for them. It was good to see a number of parents present during our 'Meet the Teacher' meetings and we hope that you can come into school again during the last week of this term to find out about your child's academic progress. Please see the diary dates on page 6 to find out more about the plans for the rest of the term.

Meet The Teacher

Thank you to all parents that were able to come to the Meet the Teacher meetings. It was a great opportunity to get to know the teacher and obtain useful class information.

SECONDARY TRANSFER PARENT WORKSHOP



Lambeth

Starting secondary school in Lambeth
2025/26

Information for parents/carers of children born between 01/09/13 and 31/08/14, or taught as a year 6 child during the 2024/25 academic year, who will be transferring from primary to secondary school in September 2025

If your child is currently in Year 6, you MUST apply for a secondary place for the following September 2025.

The deadline for applications is midnight on THURSDAY 31st October 2024.

Applications are made online on the EAdmissions website.

Click here for Lambeth information on applying for a secondary school

VALUE OF THE WEEK

Hard Work

BIBLE VERSE

"Never be lazy but serve the Lord enthusiastically."

Ecclesiastes 9:10

ATTENDANCE & PUNCTUALITY

OUTSTANDING LEARNING AT ST MARK'S

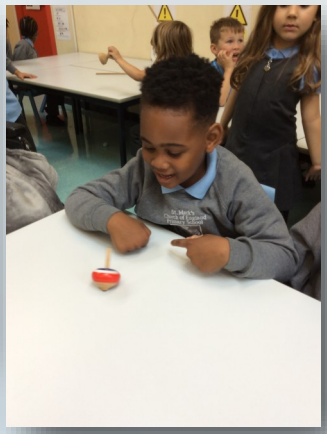
WILLOW CLASS

Last week, Willow Class had the opportunity to make pizzas and eat them after! They loved becoming pizza makers!

OAK CLASS

In the summer term, the last Year 2 class (the current Year 3 class) wrote anonymous letters to someone who would be starting in Year 2 to help them to feel brave and to give them some advice. This week, the Year 2s opened their letters! Year 3 were very excited to reveal themselves to their mystery friends from Year 2. After they read their letters and reflected on their first week back at school, each pair had fun partner reading and showing their partner around their new classrooms!

OUTSTANDING LEARNING AT ST MARK'S

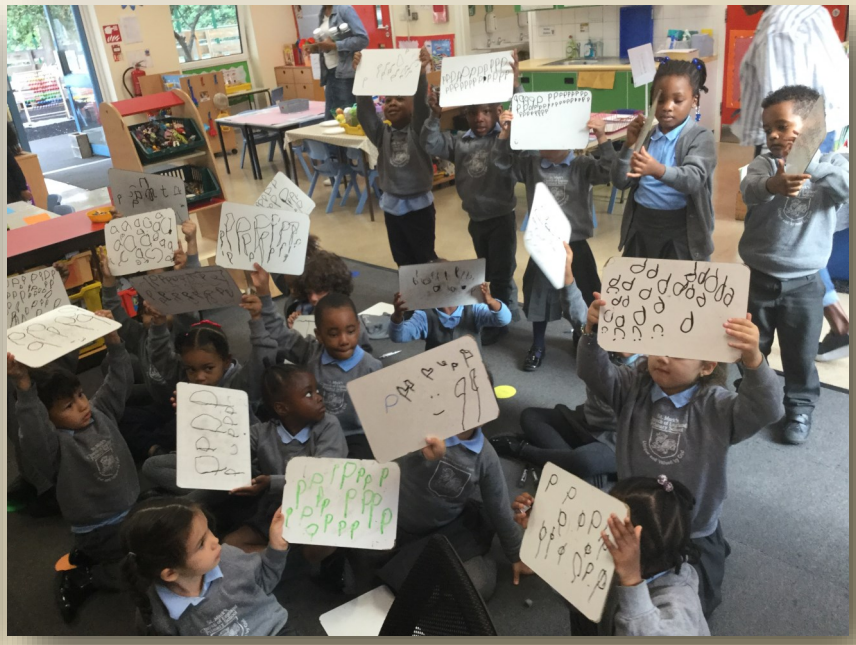


JUNIPER CLASS

In History we are learning about toys. To learn about our toys compared to toys from the past we set up a Toy Museum in our classroom! We brought in our favourite toys from home and explored some toys from the past. We explored toys from the present, the Victorian era and toys from the `1990's. We also enjoyed talking about why our toys were special to us.

EBONY CLASS

Reception have started phonics this week and have made a fantastic start. They have been learning the sounds **s,a,t,p** and produced some good letter formation. Well done Reception!



Outstanding Learning at St Mark's

SYCAMORE CLASS

Children in Year 5 went to our traditional two days residential trip to Christian Youth Enterprises. The children enjoyed time together while experiencing adventurous activities such as sailing, canoeing and tunnelling.

PALM CLASS

Year 4 created some Kandinsky inspired artwork for our displays this week. We listened to classical music, drew the shapes we felt through the music and painted the backgrounds of our artwork with watercolour paints. We then stuck photographs and some important facts about ourselves onto the artwork.

After School Clubs

Autumn Term 2024

Monday 23rd September to Friday 13rd December

11 weeks of clubs

Due to low intake, Basketball and Dodgeball clubs have been cancelled.
If you are affected, please contact school office. Thank you

DAY & CLUB	AVAILABLE TO YEARS	Places Available	Club Cost
MONDAY			
BASKETBALL	**CANCELLED**		
COOKING	Years 1 - 3	12	£33.00
TUESDAY			
DODGEBALL	**CANCELLED**		
ARTS & CRAFTS	Years 1 - 6	18	£33.00
WEDNESDAY			
MULTISPORTS	Years 1 – 3	20	**PE KIT** £33.00
*TAEKWONDO (KS1 & KS2 places available)	**3:30pm – 4.25pm**	**PLEASE BOOK DIRECTLY WITH AMANDA ON 07733 747 879**	
THURSDAY			
CHESS	Years 3-6	20	£33.00
GYMNASTICS	Years 1-3	18	**PE KIT** £33.00
FRIDAY			
FOOTBALL	Years 4 – 6	20	**PE KIT** £33.00
HOMEWORK	Years 2 – 6	15	£33.00

Payments for clubs are NON – TRANSFERABLE or REFUNDABLE:

- **If your child changes his/her mind.**
- **If clubs are CANCELLED due to staff absence.**

NO REFUNDS WILL BE MADE AS ALL CLUBS ARE ALREADY SUBSIDISED

Diary Dates Term 1 2024

Monday 23rd September 2024	Swimming begins with Year 4 Olive Class	See separate details
Monday 23rd September 2024	After School Clubs start	Pay in advance via ParentPay
Tuesday 24th September 2024	Coffee and Cake Welcome Morning	9.00 am – School Hall Led by Natasha
Tuesday 24th September 2024	Sycamore Class start at the Kia Oval for weekly cricket coaching and computing	
Friday 27th September 2024	Year 2 Oak Class involved in Fire of London workshops 9-12pm	
w/c 30 th September 2024	Harvest Festival Week	Collection of food to donate to local food banks
Wednesday 2nd October 2024	Action Tutoring for Year 6 begins	8.30am
Monday 7th October 2024	Autumn walk Rec	9.15 am
Friday 11th October 2024	Year 3 Olive Class Roman Banquet	Dress as Romans for the day
Monday 14th October 2024	Focus Week Intro University YR 6 including trips	9.30 – 2.30 all week
Wednesday 23rd October & Thursday 24th October	Parents' Evening	School hall 3.00 pm to 5.30 pm Electronic sign up
Thursday 24th October 2024	Parent and Staff Football	9.00 am at the school gate
Friday 25th October 2024	Culture Day Culture Day Children to wear cultural clothing or the national flag colours.	After school event involving food and music from aro
w/c 28th October – 1st November 2024	Half Term	
Monday 4th November 2024	Term 2 Begins	

School Days

Breakfast club
8.00 am to 8.50 am

After School clubs
3.30 pm to 4.25 pm

School Starts / End:

ONE WAY SYSTEM IN OPERATION

School gates open: 8:45 am

EYFS & KS1: 8:55am - 3:20pm (Monday to Friday) KS 1 Parents are to remain with children until the bell sounds

KS2 : 8:55 - 3:25 pm (Monday to Friday) Please be on time!

Health & Safety requirement:

When dropping off and collecting your child, please do not stop at any time by the entrance gates, keep moving, as it is blocking the way to others and it is against H&S, which we all have to adhere to.

Absences & Sickness:

If your child is unwell, please notify the school via phone or email and state the reason for the child's absence.

Join the St. Mark's Family
A very limited number of Nursery Spaces available September 2024

If you are interested in a free, full-time Nursery Class place or to find out more about the school, please contact us to arrange an informal tour of the school.

NOTICES

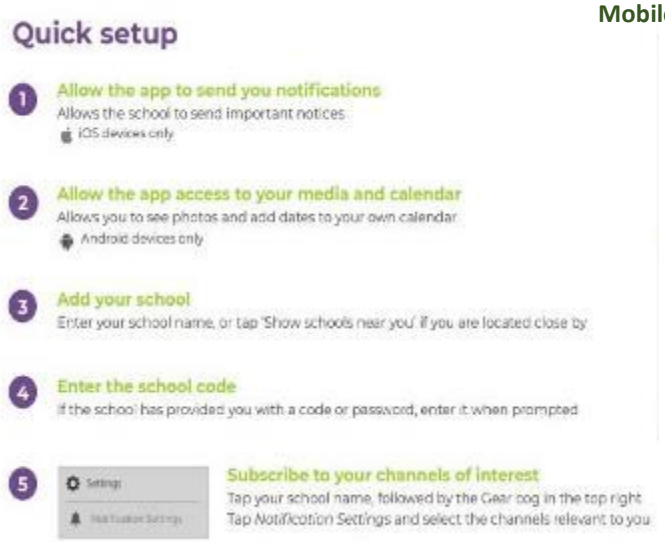
ST MARK'S MOBILE APP

We hope this will enable facilitate communication with Parents.

Among the great futures of the Mobile App:

- **To easily report child's absence**
- **To have direct access to letters**
- **To receive push notifications**
- **Key information, e.g. term dates, galleries, newsletters, calendar and contact**

You can download it directly from our school website – Mobile App—Code 1467



OVAL RESIDENT COMPLAINT—

Since Lambeth council implemented the time restrictions to roads around the Oval area, specifically outside your school, parents are now using Oval way to drop off and collect their children,
This morning there were 7 cars parked in the road whilst they take the children into school. Consequently residents on Oval way are unable to access the road, parking spaces and drives. As it's a one lane road the amount of cars all at once causes a jam and people use the pavement to drive on to get around. This isn't safe as the other parents and children as both your school and Lilian Baylis use the pavement too.

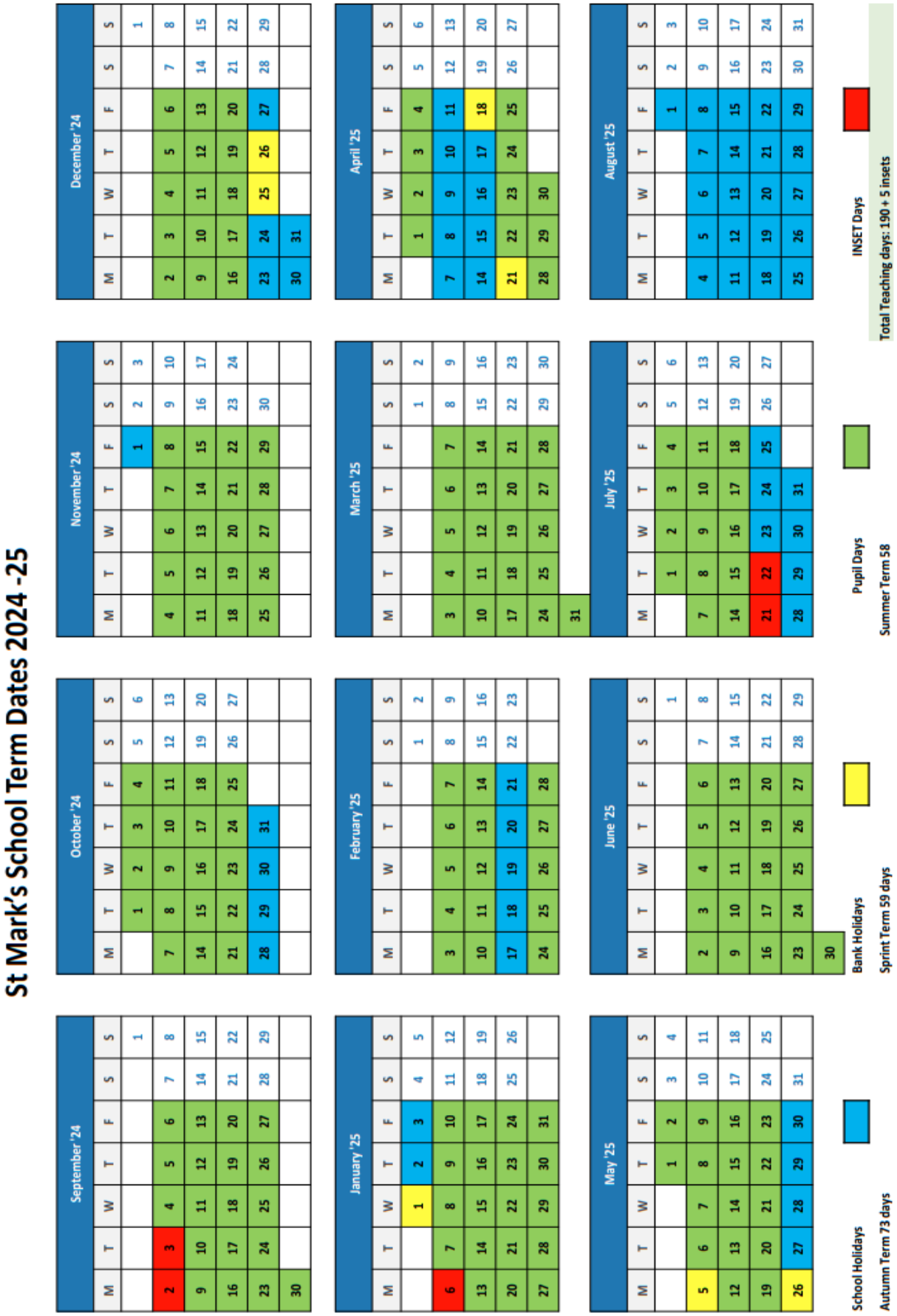
Dear Car Drivers, PLEASE DRIVE AND PARK RESPONSIBLY IN THE LOCAL AREA TO AVOID. Thank you Mr Ingram

Prayer Requests & Prayer Meeting

If you have a prayer request, post it in our prayer box on the table in the reception area or come along to pray with others **every Friday morning after drop-off**.

Term Dates for 2024-25

Please find the term dates for the academic year. Please avoid taking holidays during term time as it can impact on children's progress.



Low Cost/No Cost Family Fun in London

Please look at the organisations' websites to double check times and arrangements

Bat Walk Brixton Windmill FREE

Join Lambeth environment and bat expert Dr Iain Boulton for an evening of bat discovery. Bat detectors will be supplied. Please wear stout footwear and warm clothes. Everyone welcome.
Wed 18th, 7.10pm - Free Bat Walk in Windmill Gardens
Windmill Gardens, Blenheim Gardens, Brixton, London, SW2 5DA
https://www.brixtonwindmill.org/events/free-bat-walk-with-dr-iain-boulton-3/

Longfield Hall Puppet Festival £6

Fridays 5.30pm on 18th September, 27th September, 25th October and 22nd November
Longfield Hall Trust, 50 Knatchbull Road, London, SE5 9QY
www.longfieldhall.org

Fenwick Coding Club FREE

12-week learning to code Programme for Ages 7-12.
Wednesdays 4pm – 6pm from Wednesday 18th September
Fenwick Hall, 128 Willington Road, SW9 9ND
book via www.southwyck.co.uk

The Lookout FREE

The Lookout is an observation viewing gallery that boasts panoramic views of the city. Suitable for all ages. Children under the age of 16 must be accompanied by an adult aged 18 years or over.
Level 36, 6-8 Bishopsgate, 8, 150 Bishopsgate, Leadenhall St, London EC2N 4BQ
https://booking.8bishopsgate.com/book

Paddlesport sessions at The Pirate Castle FREE

Sundays, 2pm to 3.30pm, from 4 February until 27 October 2024 (including school holidays)
Max 16 spaces available per session, pre-booking essential.
The Pirate Castle, Gilbey's Wharf, Oval Road, London, NW1 7EA.
These sessions are targeted at young Londoners aged 8 to 17 who meet Go! London's eligibility criteria. Email info@thepiratecastle.org or call 020 7267 6605 for more information and to book.

Family bike ride, starting in Burgess Park, SE5 FREE

A FREE slow-paced ride, suitable for anyone who can cycle one mile or more independently. Bikes available to borrow or bring your own.
Saturdays and Sundays in September 13:30 - 15:00
The ride starts and ends in Burgess Park, Albany Rd, London SE5 0AH
The meeting place is the waste ground behind Giraffe House next to the BMX track. Please be aware that the training location is hidden behind one of the hills in the park!
https://www.eventbrite.co.uk/e/southwark-family-bike-ride-starting-in-burgess-park-tickets

Coming Up

Brixton Windmill – Harvest Festival Sunday 29 September, 1pm to 5pm Harvest Festival Live music, food, beer, free family arts & crafts, nature and baking workshops. Milling demonstrations and more! . https://www.brixtonwindmill.org/events/harvest-festival-2024/

27 Sept 2024 – Welcome to **Culture Clash**: The Next Chapter! Friday 27th September 2024 ; Time: 5:30 PM - 11PM ; Location: **Vauxhall Gardens Community Centre**
https://www.eventbrite.co.uk/e/culture-clash-the-next-chapter-tickets-1014543034527

Please contact Isla, Brixton Learning Collaborative (brixtonlearningassistant@gmail.com) or Rachel Thomas, Windmill Cluster (rthomas@sudbourne.com) if you have a low cost no cost event that you would like us to feature.

Windmill Cluster of Schools

OVAL LEARNING

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.

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