



## Lambourne End

Throughout September children from Reception to Y6 have been visiting Lambourne End in Essex to take part in a variety of different activities. The younger children have been visiting the farm, petting animals, including rabbits and goats, and taking part in activities such as pond dipping and bush craft. The older children in KS2 have been taking part in team building activities including swamp crossing, wet 'n' wild, escape to victory, Lord of the Rings, Earth Ball, marble run and egg cup! It was a brilliant way to start the year with all the children having a fantastic time building fond memories of great experiences together! Thank you to Mark for organising the trips and to all the staff and parent/carer volunteers who helped to make the days such a success.



Kench Hill

Year 6 had an action-packed week during their residential trip to Kench Hill earlier this month. They met animals, built rafts, swam in the sea, had a campfire, tried archery, created shelters, and looked for bats. All of Year 6 had a great time!

## A Message from Mrs Hewins

Welcome to the Autumn term! We are all delighted to be back in the swing of things, especially as we had to wait a little longer than expected to start in September. The children have settled back in with energy and enthusiasm, as ever! I'd like to extend a warm welcome to all our new families joining us this year. I'm so looking forward to meeting more of you at our Welcome event on 7th October, after school. Please come along!



# Parent/Carer Appointments for Reception to Year 6

We will close early on 23<sup>rd</sup> November at 2pm, to allow time for teachers to hold parent/carers appointments. Children from Reception to Y6 will need to be collected at 2pm, or book into Playcentre, which runs as normal on this day. The appointments will be held in person at school. If you are unable to attend in person, please request a virtual meeting or phone call with your child's teacher by emailing [admin@jubilee.hackney.sch.uk](mailto:admin@jubilee.hackney.sch.uk).

Please book your slot on Parentmail. Slots will be available to book after half term.

*Please note: Nursery will not close early and will stay open until 3:15pm as normal.*

**INTERNATIONAL WELCOME EVENT**  
**7TH OCTOBER 3:30-5:00**  
**JUBILEE PRIMARY KS2 PLAYGROUND**

**PLEASE BRING ALONG FOOD/SNACKS/TREATS FROM YOUR CULTURE TO SHARE WITH THE SCHOOL!**  
**SET UP STARTS AT 2:00, PLEASE GET INVOLVED AND HELP US CELEBRATE!**

**DRESSING UP IN CULTURAL ATTIRE OPTIONAL BUT ENCOURAGED!**

THE INTERNATIONAL WELCOME EVENT HAS BEEN RUN ANNUALLY TO CELEBRATE THE DIVERSITY WITHIN OUR SCHOOL COMMUNITY. IT'S A GREAT OPPORTUNITY TO MEET EACH OTHER AND ENJOY MUSIC AND FOOD FROM AROUND THE WORLD. WE LOOK FORWARD TO SEEING YOU THERE!

## Pupil Photos

Individual and sibling photos will be taken on Tuesday 5<sup>th</sup> October. Please make a note of this day to ensure children look super smart on the day.

**WAMHS**  
Wellbeing & Mental Health in Schools

**We all have mental health. Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act.**

**Who are we?**

**Dr. Hannah Morgan**  
I am the WAMHS worker in Jubilee

**Sadia Khan**  
I am an Educational Mental Health Practitioner, which is part of the Mentally Health Schools project in Hackney

*To speak to us, please contact Shaun Acharya, SENCO, or Salima Dowe, Learning Mentor, at Jubilee Primary School*

**WAMHS**  
All schools in Hackney are part of the WAMHS programme

Our job is to help schools think about the wellbeing of their children (and staff)

**How can we support you?**

- You can book in to speak to us about any concerns you may have about your child
- Look out for the workshops and coffee mornings we run for parents- we run workshops on many different topics asked for by parents
- We run workshops with children in school

For more information about WAMHS please visit: <https://www.hackneylocaloffer.co.uk/kb5/hackney/localoffer/advice.page?id=DUgw56mZ6k>

**5 Ways to Wellbeing** firstSTEPS

**CONNECT** **KEEP LEARNING**  
**BE ACTIVE** **GIVE** **TAKE NOTICE**

- 1. Connect with other people**  
Good relationships can: help build a sense of belonging and self-worth; provide opportunities to share positive experiences; provide emotional support
- 2. Be physically active**  
Being active is great for: raising self-esteem; helping to set goals or challenges; releasing hormones that improve mood
- 3. Learn new skills**  
This can help: boost self-confidence; help build a sense of purpose; help us to connect with others
- 4. Give to others**  
Acts of giving and kindness can help: create positive feelings and a sense of reward; give a feeling of purpose and self-worth; connect with others
- 5. Pay attention to the present moment (mindfulness)**  
Mindfulness helps connect us to the present moment and understand oneself better. It can change the way we feel about life and how we approach challenges.