



# Ark Priory Primary Academy

Explore

Endeavour

Excel

Courage to  
fly!

## Happy New Year!

Dear Parents and Carers,

Welcome back! We have had a great first week back to school! Over the coming weeks, we have many exciting things planned- all classes will be going on a trip to complement their topic work and KS2 will be heading out altogether to watch a classical concert at the beginning of February. Please check your emails and the newsletter for more information about these visits. We always need more parent volunteers so if you would like to help, please contact Mrs Harper to discuss this- thank you!

For your information, we will be finishing school for Spring half term on **Friday 15<sup>th</sup> February at the normal time of 3pm**. However, for the end of the Spring term for our Easter break, we will close the school at **12pm on Friday 5<sup>th</sup> April**. This will follow the same pattern for the Summer term (half term break: 3pm finish on Friday 24<sup>th</sup> May and end of Summer term: 12pm finish on Tuesday 23<sup>rd</sup> July). Some parents have asked about the holidays for the next school year 2019-2020. At the moment, as this is planned centrally by Ark, it is not available. Once I have the information, I will email this to parents/carers. Please see our school calendar for all other events etc over the coming weeks and the 'Key Dates' information.

Many thanks for your continued support and all the best for the new year.

Miss Grasso

### Changes to school parking

From January 2019, the council have informed us that they will remove the school parking concession in Controlled Parking Zones (CPZ) that has previously allowed parents a 10 minute grace period in resident parking bays. Based on the Mayors Transport Strategy, the removal of the concession will enable the Council to meet objectives in modal shift by reducing car journeys and promoting active travel. The removal of the concession will improve air quality near school sites by reducing car journeys, increasing active travel and reducing vehicular emissions.

Parking Services will be issuing warning notices to vehicles parking in contravention of the restrictions in place, for a period of two weeks. Thank you.

### EYFS Rubbish Request!

Please send your rubbish like empty cereal boxes, milk cartons, egg boxes etc to Reception and Nursery classes please. They need as much as possible for junk modelling in the coming weeks.

Thank you!



*Ark Priory Primary Academy is committed to safeguarding and equality*

@arkpriory

02031100717

[info@arkprioryprimary.org](mailto:info@arkprioryprimary.org)

### PSHE News

We have been encouraging children to use different mindfulness techniques throughout the school day and it is having a great impact.

Below are 4 fun mindfulness exercises to try at home:

Try practicing these simple mindfulness exercises with your child - make sure to turn off any distractions like televisions or iPads so you can focus on completely relaxing.

#### **1. Tummy breathing exercise**

This is great for children that have trouble sleeping or feeling calm. Ask your child to lie flat on their back and put their hands on their stomach. As they breathe in and out, ask them to notice how their hands move up and down. Ask your child to focus all of their attention on the movement of their tummy and hands; let everything else fade away, and instruct them to pay attention to their breathing.

#### **2. The happiness jar**

This can be any kind of jar or box. Each time something good happens that puts a smile on your child's face, ask them to write it down on a brightly coloured piece of paper, fold it up and pop it in the jar. Younger children can join in too by asking you to write their 'happy' down for them. It can be as simple as capturing when someone says or does something nice for them. See how quickly you can fill up the jar.

Whenever your child feels down, annoyed or negative, dip your hand in the jar, read a 'happy' note and put a smile back onto their face.

#### **3. Digital detox**

One way to explore mindfulness is a very simple and easy experiment: ask your child to go one full evening without digital devices. Spend that time engaging with your child - whether that's helping them to learn a new hobby or simply reading a book side by side.

#### **4. The glad exercise**

At the end of each day, just before bed, ask your child to reflect on five things that they're glad about from that particular day. If they can think of more than five, keep going! But you they have to find at least a handful of things they are grateful for so that they can go to bed feeling positive about the day.

Above all, remember to have fun and keep it simple - the idea is that your child looks forward to these small moments of peace and reflection, rather than viewing them as a chore.

Not only will they benefit little ones, you'll also be adding some helpful practices to your own toolkit in the process

## Thank you!

Miss Holden's friend, Michaela Alexander is a children's author and she kindly donated two of her new book 'A to Z' as a Christmas gift for the children of Ark Priory. We would like to say a big THANK YOU to her!



## Lunch time

We have started to improve our lunch times by introducing a few changes from the first day back this week. Children will now play first and then eat their lunch before going back to class to start their learning. This is to support children to have some calm time, to be focused and ready to concentrate before the afternoon's lessons start. We also aim to develop good table manners and discussions between the children on their tables as they no longer can eat quickly to rush off to play as they have a set time to eat.

I will keep you updated about how this is working as it is being closely monitored with the aim to continue to improve and develop. In the coming weeks, our School Council will be creating a questionnaire to ask their peers about school lunches, likes and dislikes and what would make it better. From this information, school council and I will start to develop a new school menu, based on the children's preferences and likes. We also plan to have some themed food weeks, like International Food Week where we will encourage the children to try new foods. Our APPA committee have purchased a lot of new outdoor equipment for the children to use during playtimes. A big THANK YOU for this - more photos and information to follow in next week's newsletter.

*Ark Priory Primary Academy is committed to safeguarding and equality*

@arkpriory

02031100717

[info@arkprioryprimary.org](mailto:info@arkprioryprimary.org)

## Parent Corner

Elevate Arts is a local dance school that some of our parents and pupils attend weekly. Here is a blurb about the school and their website link in case you and your family would like to try something new for the New Year!



<http://www.elevateartsuk.co.uk/aboutus/>

Elevate Arts all began with just a handful of children, in a school sports hall in Acton on a Saturday morning. Since then, we have partnered with various local schools and have introduced additional community classes, teaching over 200 children and young people on a weekly basis. We have also introduced our popular Urban Dance Camps which run during the Easter and Summer school holidays, regularly facilitate specialist workshops with top professionals and run 2 dance crews, Eximius and TRNSCND, whom have both won and placed top 3 in various London based and National competitions.

Our students have also performed at various events including the International Youth Arts Festival, Move it (Excel), Streetdance XXL (Wembley), Acton Carnival, Bermondsey Carnival, Ignition festival (Lyric Hammersmith), Inspire (Clapham Grand), The Great Big Dance off (Oxford) UDO, Da Clash Showdown, London Youth Games and Featherstone sports partnership awards ceremony.

**Our aims are to nurture and grow young talent, increase lifelong dance participation, and provide young people with a safe, positive outlet in which they can express themselves. We focus on all round training, including learning the history and culture of various styles, technique, cool routines, freestyle development, battle technique, performance skills and creative tasks where students have opportunities to choreograph and lead.**

*Ark Priory Primary Academy is committed to safeguarding and equality*

@arkpriory

02031100717

[info@arkprioryprimary.org](mailto:info@arkprioryprimary.org)

## APPA NOTICES

**Is APPAA reaching you?** Ark Priory Primary Academy Association (APPAA) is the Parents Association for all parents and carers of children at Ark Priory - all parents are all automatically members. Our aims are to fundraise for the school to buy additional equipment and experiences that a state school budget cannot afford, and to strengthen links in our community.

**'What's App' Groups:** We run a 'What's App' group for each year group, where we can share notices and reminders about school and APPAA business. If you are not a part of it please consider joining! Get in touch with your class rep or email [appaacommittee@gmail.com](mailto:appaacommittee@gmail.com)

**'What's App' Guidelines:** We have compiled a set of guidelines around the usage of our 'What's App' groups. They can be found on the school website, please take a moment to read them: <http://arkpriory.org/sites/default/files/%27Whats%20App%27%20Usage%20Guidelines%20%20V4.pdf>

**APPAA Database:** We hold a database of parents email addresses and occasionally send email correspondence about events and fundraising initiatives. If you would like to receive APPAA emails, and have never submitted your details, please get in touch at [appaacommittee@gmail.com](mailto:appaacommittee@gmail.com)

**APPAA on Twitter:** We work with many businesses in the community to obtain sponsorship in various forms. Please follow APPAA on Twitter @APPAA\_ArkPriory to help us thank and support these businesses.

**APPAA Committee Meeting 10 Jan 2019:** Thanks to Miss Grasso and all who attended. Minutes to follow next week.

**Wishing Tree:** Donations towards the wish lists of each class and school department have totalled £2079 since September in this school year. Remaining items are listed below, please contact Charlotte Newlands via [appaacommittee@gmail.com](mailto:appaacommittee@gmail.com) if you wish to donate.

**Year 1 Bakesale - Friday 18 Jan 2019 at 3pm - all donations of nut free cakes and bakes welcome.**

*Ark Priory Primary Academy is committed to safeguarding and equality*

@arkpriory

02031100717

[info@arkprioryprimary.org](mailto:info@arkprioryprimary.org)