



WEEKLY NEWSLETTER

19 Greencroft Gardens, London NW6 3LP Tel: 0207 328 4280 www.broadhurstschool.com

Upcoming Events

Monday 9th Dec-
Responses from Parent Survey to be completed

Wednesday 11th Dec-
Children's parties in class

Thursday 12th Dec-
Christmas Concerts, visit to Father Christmas and end of term.

Tuesday 7th January-
Spring term commences

Parent Survey

We have had a good number of responses to our parent survey but would still be interested to hear from more parents by Monday, which is the deadline for responding. Please follow the link to complete the survey which should take less than ten.

<https://www.surveymzmo.eu/s3/90193238/Broadhurst-School-Parent-Survey-2019>

Christmas Drinks Parties

We thoroughly enjoyed hosting our Christmas parties this week and thank you to everyone who was able to join us.

Christmas Raffle

The raffles were an enormous success, thanks to the very generous donations we received and purchase of raffle tickets. Money raised totalled £1102 over both nights and this has been split evenly between our two chosen charities, Place2Be and Alzheimer's Society.



Place2Be provides emotional and therapeutic services in primary and secondary schools,

building children's resilience through talking, creative work and play. Place2Be works with over 600 schools, supporting a school population of over 350,000 children and young people, helping them to cope with wide-ranging and often complex social issues including bullying, bereavement, domestic violence, family breakdown, neglect and trauma.

Alzheimer's Society is the only UK charity that campaigns for change, funds research to find a cure and supports people living with dementia today.



Morning drop off on the stairs

I have been informed by a parent that there have been a small number of parents, when dropping off their children to the upper floor classrooms, having cross words in front of the children about the congestion. We understand that it is tight on the stairs when parents are making their way up and down, but I do ask that everyone remains as patient as possible in these circumstances and that this patience is modelled to the children. Thank you.

Class 7 News

Class 7 have been very busy exploring the Arctic and getting ready for Christmas! We have been looking at what happens to ice when you add warm water and salt. We tried to see if we could only melt certain sections to make an ice boat. We have also been using playdough to create our own Christmas pictures such as reindeer and snowmen.

As it has got colder outside, we have been practising doing up our zips and wrapping up warm outside. Lots of us have been having fun creating our own role play stories outside, using what props we can find. "Look we're witches and we are good witches. Let's make potions."

We are getting excited for our Christmas concert next week and cannot wait to sing all the Christmas songs we have been practising.

Curriculum News from Miss Belzer Screen Time

It has recently been reported that more than a quarter of three-year olds spend up to four hours a day in front of television, smartphones or tablets.

Interventions to reduce screen time may have a better chance if introduced early. Looking at screens for extended periods of time may have an impact on children's intelligence, sleep, mental health, diet, behaviour and vision. It has been advised that children do not use screens at meal times or before bed.

Recommendations have also been formulated by the first ever WHO guidelines on physical activity, sedentary behaviour and sleep for children below the age of five.

Aged up to one

'More is better' for physical activity, 30 minutes of daily tummy time

No sedentary screen time (watching TV, videos)

Between 12 and 17 hours of sleep – including naps

Aged one

No sedentary screen time (watching TV, videos)

180 minutes of daily physical activity

Between 11 and 14 hours of sleep – including naps

Aged two

No more than one hour of sedentary screen time.

180 minutes of daily physical activity

Between 11 and 14 hours of sleep – including naps

Aged three to four

No more than one hour of sedentary screen time.

180 minutes of daily physical activity

Between 10 and 13 hours of sleep – including naps

Photos from Class 7 this week



I wish you all a lovely and relaxing weekend. We look forward to seeing the children back at school on Monday for the final week of term.

With best wishes

Mrs Sylvester

Proprietor: Mr Brian Berkery