

16<sup>th</sup> November 2018

Dear Parents/Carers,

There has been lots of excitement in Year 4 & 5 this week, as Colin and Ali have been fitting the children's individual lockers. We are just waiting for the numbers to arrive and then they can start using them! The current cloakrooms are going to be turned into additional learning spaces. I would like to thank EPSA again for providing the funds to pay for them.

#### Christmas Card Competition

Please see the exciting competition our local MP and Governor Bambos Charalambous has set.

**It's that time of year again when the Festive Season will be fast upon us. As your MP for Enfield Southgate I would again like to do something special involving the wonderful children in my constituency.**

**I would like to invite some students, Year 3 and below, to enter into a Christmas/Seasons Greetings card competition. The winning art work will be my 2018 card that I will be sending to my constituents in mid December.**

**The deadline for receipt of your art work is 30th November at 5pm.**

**The prize for the winner will be a £20 WHSmith voucher.**

**I look forward to hearing from you and seeing some amazing pictures from your students.**

**Bambos Charalambous**

#### **A Huge Thank You!**

The EPSA each year make an astonishing amount of money! This is down to the endless amount of fundraising they do, but also Filiz Hassan who works for Barclays Bank. She and some of her colleagues have kindly supported the school with their opportunity to match fund. She has been doing this since 2015 for both the Christmas and Summer Fete. Over the last 3 years, she has raised £52,540! I am sure you would all like to join me in thanking Filiz and her colleagues at Barclays for the amazing support.

If there are any other parents who can help with match funding, please contact Anna Reekie or Michelle Marinos, the Treasurer by emailing [Info@enfieldepsa.org](mailto:Info@enfieldepsa.org)

#### **Goodbye**

This week we have said goodbye to Debbie Morris, who has resigned from her teaching post. We would like to wish her good luck for the future. 4M will be taught by Debbie Savage until Friday 21st December, when Dalilia Espindula will return from maternity.

We also say goodbye for a few months to Mrs Turner, as she goes off to have her baby. We would like to thank her for all the hard work she has given setting up the Forest School, training the netball team and teaching in 3BT on a Thursday and Friday. We hope she has a little time to rest before her new bundle arrives!

**Enjoy, Persevere and Succeed**

### **Cosmic Yoga**

There is a fantastic website that teaches yoga to children called 'Cosmic Yoga'. Below are the 8 reasons why we feel it is important:

- 1. Kids' Yoga Grows Confidence:** As children regularly practice yoga, mastering new poses and creating a flow between their body and mind helps build confidence. Even a simple step like a child being able to touch their toes after practicing each week, creates the feeling of achievement. Yoga allows every child to move at their own pace which helps mastering a pose to feel important and special. Thanks to the fact that each child can achieve at their own pace, the comparison to others that they may experience elsewhere is completely removed.
- 2. Kids' Yoga Promotes a Healthy Body:** Regular yoga practice helps promote a healthier body through poses that stretch, strengthen and build coordination too. Kids' yoga improves flexibility and increases blood flow, which in turn can help reduce the risk of injury during other physical activity.
- 3. Kids' Yoga Improves Concentration:** Part of the positive changes teachers have found from using yoga in classes is the improvement they see in concentration. After a kids' yoga session teachers have seen improvements in attention and even behaviour too. Using yoga as a short brain break between classes or subjects can help allow kids to better focus, which in turn means more learning! A teacher from our survey commented that 'my children's ability to focus and sustain attention to a task significantly increases after doing yoga'.
- 4. Kids' Yoga Helps Kids Manage Stress Through Breathing:** Controlled breathing can work wonders for stress and anxiety, helping to give us a sense of calm and reassurance. When these breathing techniques are taught properly, this is no different for children. Yoga helps kids understand how to use their breathing to reduce stress and feel in control when they feel anxious. Once they master this whilst practicing yoga they can take this technique away with them to use whenever they need reassurance. Frontiers in Psychiatry talk about yoga as a powerful tool to minimise anxiety and encourage self-regulation in children. Whilst research is still growing in this area, they have a brilliant article pulling together theories on the benefits of children's yoga for mental health further.
- 5. Kids' Yoga Promotes Inclusivity:** We all want our children to be healthy and activities like football, athletics or gymnastics are very popular for school age children to keep active. Not all children enjoy the competitive nature of sports though, and performing to win just doesn't suit all characters. Part of the reason yoga is so successful in schools is its inclusive nature. Yoga practice does not focus on levels of ability, winning or even being better than the person next to you. It instead encourages you to be the best you can be, putting the focus on the self. By promoting inclusive practice as a group, no matter what your level, kids' yoga is great for children who don't flourish in competitive environments.
- 6. Kids' Yoga Introduces Kids to Mindfulness:** Yoga helps to align the body and mind, meaning it can be a great introduction to mindfulness too. Children's yoga often uses stories to engage kids, usually with a mindful message to take away; whether it's about building confidence, finding inspiration or

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simply following your dreams! By using the whole body and thinking about our breath in each pose, children finish yoga feeling aligned, calm and happy.

**7. Kids' Yoga Teaches Through Stories and Song:** Yoga for kids usually includes songs, story-telling and wordplay for fun. This gives the opportunity for younger children to learn new words and help develop language alongside their pre-school learning. The benefit of adding songs means that the physical movements can combine with the cognitive process of discovering new words – a kinaesthetic process, which aids learning.

**8. Kids' Yoga Improves Coordination & Balance:** For grown-ups and children alike, yoga is a brilliant way to develop coordination. As yoga poses work to use a range of muscles, kids find their body working in symmetry, improving body coordination and encouraging motor development.

You can access Cosmic Yoga for Kids on YouTube.



I hope you all have a lovely weekend.

Best wishes,

Samantha Williams  
Headteacher

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### **Year 5 Poetry Workshop**

On Tuesday 12<sup>th</sup> November 6 pupils in Year 5 attended an all-day poetry workshop hosted at Eversley for more able writers from across Enfield primary schools. The workshop was held by the published poet Neal Zetter and was aimed at further improving the children's literacy, creativity, self-expression, confidence, and performance and presentation skills.



"My favourite part was writing our own metaphor poems about a season. ....then we extended the metaphors using different techniques such as adding adjectives" (Sofia 5B).

Samples of the children's poetry will be published on Pobble for everyone to read. (Ms Heiler)

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### **Anti-Bullying Week & Odd Socks Day**

We are pleased to announce Eversley Primary School raised a fantastic £290.82 for the Anti-Bullying Alliance.



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### Children in Need

A massive Thank You to everyone for dressing up and looking so marvellously spotty!!  
Your kind donations will go to helping under privileged children.



We collected an amazing.....

£1035.40

Many thanks for your continued support.

(Ms Lauder and the House/Vice Captains)



### Forest School

Our magical story continued in the beautiful Autumn sunshine this week. 20 were back in the enchanted woodland of Oakwood Park and continued to develop a vast range of Forest School skills. The children led their own learning and chose to work on shelter building, tool use, tying knots and more. Many children learnt to use peelers to whittle and sharpen sticks. Others learnt to use secateurs to take plant cuttings. Lots of children designed and constructed woodland shelters and some even made a wonderful swing rope. It was great fun!

It was my final Forest School session before commencing my maternity leave. It has been a pleasure to lead the Forest School programme in year 2 this term. Sessions will continue on Wednesday afternoons, run by our very passionate and experienced Forest School team. 2O will continue their sessions until Christmas. 2GW will resume sessions after February half term and 2F after the Easter holidays.

Special thanks to the wonderful Forest School team: Christina Kyrou, Naomi Greig, Helen Shore and Anna Reekie.

Mrs Turner

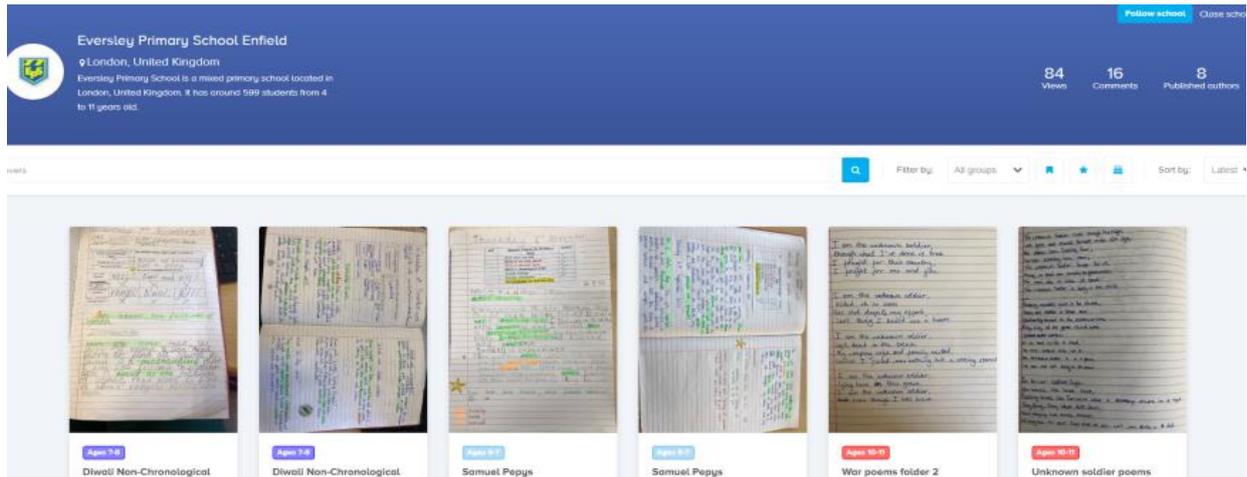


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### **Pobble Publishing....**

We have started publishing children's work this week using pobble. If you have not yet granted permission for your child's work to be published and would like their writing to be included this year please do so. To read their writing and give comments to encourage our budding authors please do take a look at the Pobble learning platform for Eversley School children's work.

(Ms Heiler)


**Don't forget our Stationery Shop is now open!  
Orders can be placed via the school website**

<http://www.eversley.enfield.sch.uk/school-stationery-shop/>



### **Reception 2019**

If your child was born between 1<sup>st</sup> September 2014 and 31<sup>st</sup> August 2015 you will need to apply for a reception place for September 2019. The Information booklet is currently available to view on line at [www.enfield.gov.uk/admissions](http://www.enfield.gov.uk/admissions).

- You may submit your application online at [www.enfield.gov.uk/admissions](http://www.enfield.gov.uk/admissions)
- Closing date to submit your application is 15<sup>th</sup> January 2019
- If you are applying under the sibling criteria, remember to state on the application that your child has a brother or sister already attending Eversley Primary School
- Please email Kate Michael at [kmichael@eversley.enfield.sch.uk](mailto:kmichael@eversley.enfield.sch.uk) to confirm you are applying under the sibling criteria. Please provide your child's name, date of birth and name of nursery/playgroup

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## Birthday Book Donations



We would like to wish Christine (1C), Andreas (1M), Ebuwa (1M), Jake (3BT), Emilia (3SK) & Matthew (5B) a very Happy Birthday



We hope you had a great day.

Thank you for donating a birthday book to your class.

### Attendance

Please see below your child's class attendance for the week commencing Monday 12<sup>th</sup> November till Friday 16<sup>th</sup> November 2018. The National target for attendance is 96%.

EYFS & Key Stage 1 Class	Attendance	Key Stage 2 Class	Attendance
Kingfisher	94%	3DC	95.3%
Nightingale	90.6%	3SK	98.3%
Woodpecker	95.6%	3BT	94%
1EM	93%	4TK	96.3%
1C	89.3%	4K	99.3%
1M	95%	4M	94%
2O	95%	5E	98%
2F	94.3%	5L	98.3%
2GW	98%	5B	97.3%
		6DS	94.6%
		6Z	89.3%
		6R	97.6%



**House Point Winners  
this week are Caxton**



Ici on parle français

### French phrase of the fortnight

- *Quel âge as-tu ?*

- *J'ai \_\_\_\_\_ ans. [cinq, six, huit, neuf, dix, onze]*

"How old are you?"

"I am \_\_\_\_\_ years old." [five, six, seven, eight, nine, ten, eleven]

Mrs Douglas-Saul

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## Superstar Tea

This week Ms Williams had the pleasure of hosting two Superstar Teas

Congratulations to the Superstars of the Week ending Friday 9<sup>th</sup> November

Superstars 09/11/2018			
1C		4M	Elliot
1EM	Bobby	4K	Alesja
1M	Chloe	4TK	Emilia
2O		5B	Andrew
2F	Klea	5E	Christopher
2GW	Niam	5L	Evie
3SK	Maria	6DS	Charlotte
3DC	Louis	6R	Ceyhan
3BT	Tejas	6Z	Nathan

Congratulations to Orla who was chosen by Ms Williams as her 'Superstar'



Congratulations also go to the Superstars of the week ending Friday 16<sup>th</sup> November

Well done to Phoenix, Alexi & Hasan who Mrs Williams chose as her 'Superstars'



Superstars 16/11/2018			
1C	Zoe	4M	
1EM		4K	Theo
1M	Ben	4TK	Sofia
2O	John	5B	Evie
2F		5E	Rebecca
2GW	Kimmi	5L	Deniz
3SK	Finn	6DS	Christine
3DC	Alicia	6R	Allanah
3BT	Ayush	6Z	Pacha



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 <b>Dates for your Diary 2018-2019</b>		
<b>Autumn Term - 2018</b>	<b>Time</b>	<b>Event</b>
22nd November 2018	9.10am	6R Assembly to Parents
23rd November 2018	9.15am	yr2 Singing Concert
<b>23rd November 2018</b>		<b>EPSA Christmas Fete Donation Day</b>
26th November 2018		yr4: The Verulamium Museum
29th November 2018	9.10am	6Z Assembly to Parents
<b>2nd December 2018</b>	<b>12pm-3pm</b>	<b>EPSA Christmas Fete (children/parents/carers welcome)</b>
4th December 2018	9.30am	yr1 Performance to Parents of 1EM
5th December 2018	9.30am	yr1 Performance to Parents of 1C
6th December 2018	9.10am	6DS Assembly to Parents
6th December 2018	9.30am	yr1 Performance to Parents of 1M
7th December 2018	9.15am	yr3 Recorder Concert
<b>11th December 2018</b>	<b>9am-3.35pm</b>	<b>EPSA Secret Santa (event in school for children only)</b>
12th December 2018		yr1 Trip to London Zoo
12th December 2018	2.15pm	Musical Concert (selected children only)
13th December 2018	9.10am	5L Assembly to Parents
18th December 2018		Carol Service at St Thomas's Church for yrs1-6. Yr6 parents are invited to attend
21st December 2018		School finishes at 1.30pm for the Christmas holiday period
22nd Dec 2017 to 4th Jan 2019	school closed	Christmas Holiday - School closed to pupils
7th January 2019		Children Back to School - Spring Term begins



It is extremely important that you do not park on the zig zag lines outside the school.  
Thank you for your continued support with this matter.

Our value of the month is **Resilience**

**Enjoy, Persevere and Succeed**



Eversley  
Primary School

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**Cookery Club – January 2019**

For ages 6 and up. The children will learn simple cooking skills, and cook a variety of interesting dishes with me each week. We will cover all the different food groups. They will learn about ingredients, and how to cook easy, healthy food. I currently teach in a number of schools in North London – where my lessons are popular and oversubscribed. I also run my own cookery school for adults.

I am running a new class on Fridays after school, in the Training Room. All equipment and ingredients provided.

Cost is £12 per lesson.

Please register your interest with Samina at [si.remote@gmail.com](mailto:si.remote@gmail.com) as soon as possible.

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