



Weekly Newsletter # 11 – 22 November 2024

Curriculum in Action – PSHE

Curriculum in Action – PSHE & Well-being



This term, each class has taken part in workshops run by The Nest. People at The Nest work with children to help them deal with their feelings. The theme was...

The ZONES of Regulation

Blue Zone Sad Bored Tired Sick	Green Zone Happy Focused Calm Proud	Yellow Zone Worried Frustrated Silly Excited	Red Zone overjoyed/Elated Panicked Angry Terrified

The Zones of regulation can help us to manage big feelings. All the zones are ok! There are no good and bad zones to be in. Although all the zones are okay, being in the BLUE, RED or YELLOW zones could get in the way of us learning. There are things you could do to help you get back into the GREEN zone, so we can feel calm, happy and able to concentrate.

Key Stage 1 and year 3 made bracelets with the The Zones of Regulation and key stage 2 made an emotion thermometer thinking about ways in which we could bring ourselves back to the green zone.



John Ruskin Primary School & Language Classes

We are an Ofsted Outstanding School

Outstanding results in all Key Stages Nursery to Year 6

www.johnruskin.southwark.sch.uk

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I love it when The Nest come

Green is happy.

Our emotions go up and

I can take deep breaths when I am



The Nest taught us about our



They always ask us what they could improve, but it's

How do I contact The Nest?

- When children get to be 11 years old, they can come and talk to someone at The Nest in Peckham.
- You can also find out more about us on our website: <https://thenestsouthwark.org.uk/>

If you need help contacting The Nest, see Miss Duffner or Miss Cane for details.



John Ruskin Primary School and Language Classes
John Ruskin Street | Camberwell | London | SE5 0PQ
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Headteacher: Miss C Tayton



Curriculum in Action – Maths

Curriculum in Action – Maths

On Thursday 3rd October, the whole school dressed up as rockstars to celebrate World Poetry Day. Children were encouraged to use Times Table Rock Stars at home and competed against their Year Group classmates. Everyone had a great day and we hope that the children will continue to use Time Table Rock Stars for the rest of the year.



We love singing number rhymes. Our favourite is Five Little Frogs - Reception



To double a number all you have to do is times by 2 - Year 2

We really enjoyed the competition - Year 4



Best Day Ever! I can't wait to keep practising at home - Year 6



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Poppy Appeal 2024

The school raised £147.08 for the Poppy Appeal 2024. Thank you to everyone who bought a poppy for Remembrance Day.

For more information about the Royal British Legion, visit: <https://www.britishlegion.org.uk/>



ROYAL BRITISH LEGION

Sign of the Week

The Sign of the Week is 'Find'

[Signing 2024-25](#)



Southwark Council Newsletter

[Read here](#)



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Flu Vaccinations – Catch Up Sessions



Missed your flu vaccine?

Live or go to school in the borough of
Southwark? Aged 4-16?

Come down to a flu catch-up clinic and
protect yourself this winter!

Saturday 23 November, 10:00 - 14:00
Big Yellow Storage, Southampton Way,
SE5 7SW

Saturday 30 November, 10:00 - 14:00
Big Yellow Storage, Southampton Way,
SE5 7SW

Saturday 7 December, 10:00 - 14:00
Big Yellow Storage, Southampton Way,
SE5 7SW

**No need to book an appointment.
Call 020 8614 5496 for more
information.**



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Term Dates 2025-26

Autumn Term

INSET days: Monday 1 and Tuesday 2 September (school closed to pupils)

Wednesday 3 September - Friday 24 October

Half Term - Monday 27 October - Friday 31 October

Monday 3 November - Friday 19 December (school closes at 2pm)

Spring Term

INSET day: Monday 5 January 2026 (school closed to pupils)

Tuesday 6 January - Friday 13 February

Half Term - Monday 16 February - Friday 20 February

Monday 23 February - Friday 27 March (school closes at 2pm)

Summer Term

INSET day: Monday 13 April (school closed to pupils)

Tuesday 14 April - Friday 22 May

(May Day Bank Holiday will be taken on 4 May)

Half Term Monday 25 May - Friday 29 May

Monday 1 June – Friday 17 July (school closes at 2pm)

INSET day: Monday 20 July (school closed to pupils)

Link to term dates 25-26 - [Term Dates 2025-26](#)

Dates for week commencing 25 November

Monday 25 November

Bikeability starts today

2.00-2.30

Burgundy Class swimming

Tuesday 26 November

10.00-10.30

Turquoise Class swimming

10.30-11.00

Scarlet Class swimming

Wednesday 27 November

All day

Year 5 Knowledge Day

Thursday 28 November



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Friday 29 November

2.00 **Vermilion swimming**

Forthcoming Dates

Bikeability

w/c 25 November

Christmas Assemblies

The Christmas assemblies are on the following dates:

Monday 9 December - Bottom Hall

9.30 **Pink**

10.15 **Blue**

2.45 **Language Unit**

Tuesday 10 December - Middle Hall

9.30 **Green**

10.15 **Vermilion**

11.00 **Indigo**

11.45 **Orange**

2.00 **Burgundy**

2.45 **Violet**

Wednesday 11 December - Middle Hall

9.30 **White**

10.15 **Scarlet**

11.00 **Turquoise**

11.45 **Yellow**

2.00 **Emerald and Azure (joint performance)**



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