



Newsletter

Heber Primary School

Heber Road, London, SE22 9LA

t: 020 8693 2075

w: heberprimaryschool.com

e: adminoffice@heber.southwark.sch.uk

twitter : @heberschool

Welcome Back!

Issue number: 13 Friday 10th January

I hope that you all had a great break over the holidays. I feel incredibly privileged to be taking over the Headship from Miss Rosenberg. Having worked at Heber for the last 16 years, I too, feel like Heber is part of my extended family and feel incredibly lucky to be able to lead the school into its next chapter. Please do come and say hello whenever you see me on the gates in the morning or afternoon!

The children have settled back into school well this week and have been working their socks off in their lessons. It was lovely to hear about their achievements in Merit Assembly. It's been a strong start to 2025! During whole school assembly this week, we talked to the children about the importance of our 'Mood Meters' in class and why looking after our mental health is so important.

We have a very busy half term planned for the children. Please take a careful look at the diary dates attached and brace yourselves for an action-packed start to the Spring Term. There are lots of educational visits, workshops and sports tournaments already planned, and in the making, and plenty of opportunities for parents and carers to come into school to find out what the children have been learning.

I am really looking forward to making this a fantastic term for our children and community!

Best wishes,

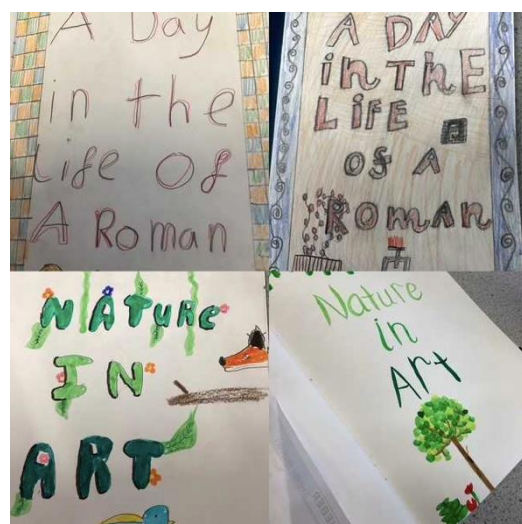
Mrs Kyrios

Headteacher

This Week in Art

It was lovely to welcome back all of the children this week. They were all excited to begin learning about their new Art topics! Please note, the children's Royal Academy Summer Show competition is now open. If your child would like to enter a piece of artwork from home they are very welcome. Please see the website: <https://youngartists.royalacademy.org.uk/> and Heber should come up as one of the schools, as I have registered us again. Alternatively, I have said children can enter artwork from school, which I will do for them. If you come into the school building you will see the Year 6 Masks on display!

Mrs Coulson





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Heber SEND Tips

To all families, we are going to start including weekly tips and links to help support any children with learning difficulties at home. Each week will have a different theme. This week's tip is about:

Emotional Regulation

With the darker days, transition back to school and the excitement of holidays over, we can all feel a little down at this time of year. It is important to talk and share this with children so that expressing their feelings is normalised. You can encourage different ways to express your feelings, particularly for children who find communication hard. Some different ways of expressing your emotions can include:

- Drawing a picture of how you feel
- Acting it out
- Pulling faces in a mirror
- Copy my face/actions
- Charades

Once your child has expressed how they are feeling, you should do the same. You can then talk to them about what they are feeling, that it's okay and what they can do to feel better. This website has a range of Emotion based games you can play at home:

<https://www.tinytap.com/activities/g3j pz/play/emotion-game>

Any suggestions for future topics, please feel free to email Mr Croyle (SENCO) at scroyle@heber.southwark.sch.uk

Mr Croyle (SENCO)

Stars of the Week

Congratulations to the following children who were chosen as the Star of the Week for demonstrating our school values:

RC	Halle	RH	Cassie
1C	Mila	1V	Maya
2CP	Yusuf	2S	Louis
3R	Mae	3W	Mia
4DL	Zephaniah & Theo	4H	Ellen
5B	Finn	5K	Oscar
6A	Aiden	6F	Nancy

Academic Excellence Awards

In our Merit Assembly we celebrated the successes of a child from each class, who excelled in their learning and produced some outstanding work. Well done to the following children:

RC	Adam	RH	Isla
1C	Harvey	1V	Aarian
2CP	Harry	2S	Nathan
3R	James	3W	Jasper
4DL	Grayson	4H	Dylan
5B	Grace	5K	Matilda
6A	Skye	6F	Ishaq

House Points	Rigal	Mycroft	Valdez	Ndume
				
This Week	429	431	435	428



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Message from Mrs Joseph - Williams

Mrs Joseph-Williams worked as Heber's Inclusion Manager for 10 years. She has asked us to share this message with the Heber community:

The warmest hello to my forever family at Heber. I do hope life is being kind to you all. I miss you, most especially our children. Please give them a love filled hug from me.

After years of experience in education and inclusion, I have begun a new chapter with an advisory and consultancy business called SEND@Heart (it's all in the name) and I would be most grateful for your support. This venture is deeply personal to me, created to support the emotional well-being of parents and educators of children with special needs so they can better support both their children and themselves. My goal is to empower families and professionals with practical resources and heartfelt guidance. I have also published a series of planners, journals, notebooks and colouring books on Amazon – Search for Genevieve Joseph on Amazon. How you can support:

- Visit www.sendatheart.com (lots of FREE downloads)
- Follow/like/comment on SEND@Heart Facebook www.facebook.com/SENDatheart or Instagram <https://www.instagram.com/sendatheart>
- Write reviews. This means so much, especially if we've worked together. Reviews help SEND@Heart reach more people and shows others the trust and support of the community. You can share your experiences or simply reflect on my character and dedication. If you purchase anything from my amazon store, please leave a review (again for credibility and visibility).
- Spread the word to your network and recommend SEND@Heart services

Miss Grace's Music Update

It has been a fantastic first week of music at Heber. Students have thrown themselves into learning their new instruments. KS2 have been introduced to the instruments they will be learning for the next two terms. They will be playing these in the end of year Summer Concert.

Year One have started learning Ta (crotchet) and titi (two quavers). They have been reading and clapping different rhythmic patterns.

Year Two have been learning about dynamics and have explored playing the claves softly as well as loudly and moving between the two. They all played together, following the dynamics shown by a conductor, chosen from the class.

Year Three will be learning the recorder this term. An email has been sent out with a link, as all children will need to bring their own recorders into school. If you have any problems acquiring a recorder please do let us know. In preparation for starting the recorder in two weeks, we began learning how to read the treble clef stave. We created our own mnemonics to remember the lines of the stave - E,G,B,D and F .

Year Four started learning the Djembe drum, they learned about its origin and purpose and what materials it is made out of. They started to learn how to play the bass tone and the open tone.

Year Five began learning the steel pans. They learned about its fascinating history and origins. As an introduction to all the notes on the Jumbie steel pan, they learned to play the G Major scale.

Year Six are continuing to learn the ukulele. They have already learned the C and F major scales. This week they had a go at plucking a melody and learning the new pieces that they are going to perform in their class assemblies.



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January

Tuesday 14 th	Year 3 & 6 Immersion Day
Wednesday 15 th	Nursery Immersion Day
Thursday 16 th	Year 2 Immersion Day Reception Immersion Day
Friday 17 th	Year 5 Immersion Day RH – Reading Café (9:15am)
Monday 20 th (2:15pm)	3W - Weekly (x4) computing sessions at Alleyn's begin
Friday 24 th	RC – Reading Café (9:15am)
Tuesday 28 th	6A Class Assembly (9:15am) Year 4 Immersion Day
Wednesday 29 th	Year 1 Immersion Day
Thursday 30 th	2CP trip to London Guildhall
Friday 31 st	Get Rid of and Donate Collection (3.20pm)

February

Tuesday 4 th	2S Trip to Guildhall 6F Class Assembly (9.15am)
Friday 7 th	Mental Health Parent Workshop (9.15am)
Tuesday 11 th	Safer Internet Day 5B Class Assembly (9.15am) 6F Trip to Hornimans 1C trip to Science Museum
Friday 14 th	6A trip to Hornimans
Monday 17 th – Friday 21 st	Half Term
Wednesday 26 th	1V trip to Science Museum



A Wintery start back to PE lessons this week!