



Rathfern Primary School
Rathfern Road, Catford, London SE6 4NL
E: admin@rathfern.lewisham.sch.uk
T: 020 8690 3759

Friday 26th March 2021

Dear Parents/ Carers,

The children are continuing to settle back into the Rathfern way. In assemblies we have been thinking about the importance of optimistic self-talk.

What is optimism?

Optimism is being able to expect the best out of life's experiences. It means having hope and a strong belief and confidence to deal with situations. Optimism is about thinking positively. Being able to look on the bright side helps all of us to get on top of challenges and manage life's difficulties.

Why is optimism important?

Psychologists who work with athletes 'to win' often help them develop images of themselves succeeding or 'self -talk' to help them remain positive through hours of training. This is optimism in practice.

What are the building blocks of optimism?

- Having a go.
- Practising.
- Planning for the best outcome.
- Coming to terms with success and failure.
- Having the belief and confidence to try again.

How do children develop optimism?

Some children are born with a 'sunny disposition' and a natural ability that lends itself to dealing with challenges and solving problems. Other children may struggle to overcome



difficulties, often expecting the worst to occur (making 'mountains out of molehills'). As children grow and develop they need as many opportunities as possible to explore their world and experience success.

Every time children achieve something they set out to do, they start to develop a belief that they can go on trying and have more successes.

'Self -talk' is what we say to ourselves to explain the things that happen through the day. When children can say to themselves that they can do something they are more likely to succeed.

The ways that adults think about and talk about their experiences are very powerful in shaping a child's beliefs about why success or failure might happen.

An optimistic parent or educator, might say something like, 'I was just thinking to myself that most of the time when you allow enough time and really try hard with your maths homework you get good results', rather than 'See, you never allow yourself enough time and you don't try hard enough with your maths homework'.

The connection between what you think and how you feel, results in how you act.

What parents can do?

Be a good role model

Let your children hear how you make sense of a situation (hear your 'self -talk') and share your positive thoughts with your children.

Rephrase what your child says

Say things or use different words to make more positive sense out of a situation. Child: 'I never have anyone to play with.' Parent: 'Sometimes it's hard to find a friend, but last week you had a good time with Mary.'

Tell your own stories of overcoming hardships

'When I was at school I thought... but then I realised...' Use stories or videos to inspire – The Lion King, The Tortoise and the Hare, Free Willy.



Give encouragement

Help your child catch the helpful and unhelpful thoughts and stick with the helpful ones.

Remember and tell some of the old sayings and highlight successes

'If at first you don't succeed – try, try again.'

'Every cloud has a silver lining.'

Draw your child's attention to stories and events that highlight public figures or winning teams who have overcome hardship.

Easter Bonnet Recycled materials

Design and make an Easter bonnet with recycled materials

Please bring in any scrap to use on your design:

- Newspaper
- Paper bags
- Boxes
- Toilet rolls
- Bottles
- Bottle tops
- Foil
- Egg cartons
- Leaves Twigs



Continued . . .



Reduce, Reuse and Recycle this Earth Day!

Join over 1 billion people across the world and take action!



On the 22nd of April 2021 it is Earth Day.
Will you join in and help 'Restore Our Earth'?

Happy Passover "gut yontif"

Passover is a Jewish holiday that celebrates the Israelites being freed from slavery in Egypt. It is observed for seven or eight days (depending on where you are located), and during the first two nights, Passover is celebrated with a home ritual known as the Passover Seder.



IMPORTANT DATES

Virtual SLT – Tuesday 30th April at 12.30pm

<https://zoom.us/j/95840466964?pwd=bmhqT0dlbzJQb1VsWG5KU1I3VzJBUT09>

Meeting ID: 958 4046 6964.

Passcode: 477049



Whole School Assembly

Wednesday 31st April

<https://zoom.us/j/98665201792?pwd=UIBvQTVabzZCQ2xMTE96ZEU3ZThldz09>

Meeting ID: 986 6520 1792. Passcode: 493090

TERM DATES : 2020/21

SPRING TERM 2021

Thursday 1st April – Friday 16th April 2021 – EASTER HOLIDAYS

SUMMER TERM 2021

Monday 19th April 2021 Children return to school

Monday 3rd May 2021 **MAY BANK HOLIDAY**

Friday 28th May 2021 Last day of term

Monday 31st May – Friday 4th June 2021 – HALF TERM HOLIDAY

Monday 7th June 2021 Children return to school

Thursday 22nd July 2021 Last day of term

Friday 23rd July 2021 **INSET DAY**

TERM DATES : 2021-22

AUTUMN TERM 2021

Wednesday 1st September 2021

INSET DAY

Thursday 2nd September 2021

INSET DAY

Friday 3rd September 2021

Children return to school

Thursday 21st October 2021

Last day of term

Friday 22nd October 2021

INSET DAY



Monday 25th October – Friday 29th October 2021 - HALF TERM HOLIDAY

Monday 1st November 2021	Children return to school
Friday 17th December 2021	Last day of term

SPRING TERM 2022

Tuesday 4th January	INSET DAY
Wednesday 5th January 2022	Children return to school
Friday 11th February 2022	Last Day of term

Monday 14th February – Friday 18th 2022 - HALF TERM HOLIDAY

Monday 21st February 2022	Children return to school
Friday 1st April 2022	Last day of term

Thursday 4th April – Monday 18th April 2022 – EASTER HOLIDAYS

SUMMER TERM 2022

Tuesday 19th April 2022	Children return to school
Monday 2nd May 2022	MAY BANK HOLIDAY
Friday 27th May 2022	Last day of term

Monday 30th May – Friday 3rd June 2022 – HALF TERM HOLIDAY

(Queens Jubilee Bank Holiday Thursday 2nd – 5th June)

Monday 6th June 2022	Children return to school
Thursday 21st July 2022	Last day of term
Friday 22nd July 2022	INSET DAY

Instrumental Spaces

Good news! Miss Sally would like to inform you that there are various spaces available for Instrumental lessons. If your child is interested, please email replies@rathfern.lewisham.sch.uk



	Day	Structure	Teacher	Cost per Term of 10 Lessons	Places Available
Brass (Trumpet, Trombone)	Friday between 12.30pm and 1.30pm	30 min small group lesson Up to 3 children per group	Eoghan Kelly Lewisham Music	£50.00 Lessons+ Instrumental hire £20	3 x YR 3
Guitar Year 3/4/5/6	Wednesdays Between 12.30pm and 3.30pm	30min small group lesson Up to 4 children per group	Daniel Symmons	£50.00 Lessons Instrumental hire Free	2 x Year 4
Piano	Mondays Between 10.00pm and 3.45pm	30 min Session – groups of 2 children. Some children may receive 15min 1:1	Nick Ramm	£77.50 Children <u>must have a piano or keyboard at home.</u>	1 Place
Flute	Friday Am Between 10.00 – 11.30	30min small group lesson Up to 3 children per group	Andrew Liddell Lewisham Music	£50.00 Lessons + Instrumental hire £20	2 x Yr 4 2 x Yr 5 2 x Yr 3 2 x Yr 6
Violin	Tuesdays Between 12.30pm and 3.00pm	30 min small group lesson Up to 4 children per group	Cheryl Gaudiano Lewisham Music	£50.00 Lessons + Instrumental hire £20	2 x Yr 5
Violin Ensemble	Tuesdays Between 3.30pm and 4.30pm		Cheryl Gaudiano Lewisham Music	FREE	Open to Year 6
Cello	Tuesdays 2.30pm – 3.30pm	30min small group lesson Up to 3 children per group	Gillian Wood Lewisham Music	£50.00 Lessons + Instrumental hire £20	2 x Yr 3 2 x Yr 4 2 x Yr 5 2 x Yr 6
Drum Kit	Fridays 12.45 – 2.15	30min small group lesson Up to 4 children per group	Pablo Paracchino Lewisham Music	£50.00 Lessons + Sticks & Practise Pad or Access to a Drumkit	2 x Yr 3 2 x Yr 4 2 x Yr 5
Djembe	Wednesday 3.30pm and 4.30pm		Remi Uzdras Lewisham Music	£20.00	Open to Year 5
Brazilian Drumming	Thursday 3.30pm and 4.30pm		Sally McPherson	£20.00	Open to Year 6

Have a wonderful, relaxed and joy filled weekend

Mrs Maharasingam

