



North Crescent Primary School

Guiding Explorers of the Future

Good afternoon

Our Community Family Learning team will be holding drop-in sessions from 10.30am – 1pm at the Happy Hub in Basildon every other Wednesday, starting from tomorrow, to speak with Parents/Carers/Grandparents about the free beneficial courses we have to offer, such as Home Ed support, School Attendance, Understanding ADHD/Neurodiversity, SEN Support, Zones of regulation, Wellbeing and many more.

This is also an opportunity for them to discuss any community needs and what courses we could offer to support this.

Please feel free to send any of your service users/families, who you feel would benefit from this, along to see us, we will be happy to help.

We will soon be offering the same on the alternate week at the Peabody Hub in Laindon – confirmation to follow.

Many thanks

Gayle Fiddler

ACL Ambassador Co-ordinator (Basildon)
Community and Family Learning Team

Diary Dates

Monday 10th February -
Parent Drop-Ins @ 3:30 pm

Monday 24th - Friday 28th February
- Travelling Book Fair Week

Thursday 13th March -
Year 4 Sharing Assembly @ 2:50pm

Monday 17th March -
Parent Consultations

Thursday 20th March -
Parent Consultations

Thursday 27th March -
Year 5 Sharing Assembly @ 2:50pm

When Elliot wishes upon a star, he doesn't expect a constellation to crash into a dung heap on his family farm.

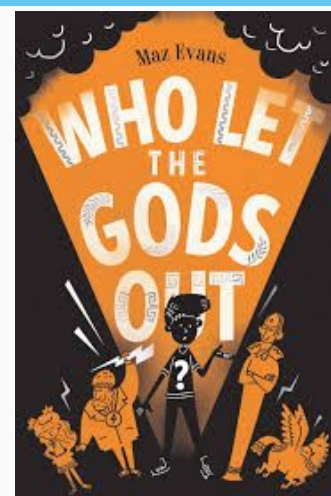
The star is Virgo. She thinks she's perfect. Elliot doesn't. And together they release Thanatos, evil Daemon of Death... Epic fail.

They need the King of the Gods and his noble steed. Instead, they get Zeus and his high horse Pegasus.

Are the Gods really ready to save the world? And is the world really ready for the Gods?

This week Navigators 5 are really enjoying the arguments between main characters Virgo and Elliot, and the funny comments that the gods make!

Book of the Week



'Who Let the Gods Out?' by Maz Evans

Huge congratulations to the following children who have been chosen as the Lead Learners.

Pathfinders 1	Seb	Pathfinders 2	Rosheedah
Adventurers 3	Thomas	Adventurers 4	Bonnie-Marie
Navigators 5	Leah	Navigators 6	Hugo
	Explorers	Ezra	

Each week we celebrate the class that have shown respect for their classroom. The children really love our gold, diamante dustpan and brush award! Why don't you ask them about it?

This Wednesday was the first day of the Chinese New Year. The children across the school were very excited to learn about it.

This year it is the year of the snake. We learned that there is a 12-year-cycle in Chinese culture; this is why there are 12 zodiac animals! There was a race to determine the order of the animals. Most classes then created their own snakes using paper, whilst Explorers and Pathfinders 1 made lanterns.

Instagram: @northcrescentprimary
FB: North Crescent Primary School
Twitter/X: <https://x.com/NorthCrescentP>



10 Top Tips for Parents and Educators

SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

1 NAME THE EMOTION

Encourage children to identify and name their emotions. This helps them understand what they're feeling and why. Use simple language and relatable examples to make it easier for them to share their emotions. This builds a foundation for emotional understanding and open communication.



2 MODEL EMOTIONAL EXPRESSION

Demonstrate healthy emotional expression by sharing your feelings visibly. When children see adults properly displaying how they're doing and what they're thinking, they learn to do the same. Discuss how you handle emotions in different circumstances, providing a real-life framework for young ones to follow.



3 MINDFULNESS ACTIVITIES

Teach children mindfulness practices to help them stay present and manage their emotions during more challenging moments. Activities like deep breathing, meditation or yoga can reduce stress and enhance emotional regulation. Regular practice can improve focus and emotional stability, which can significantly help children both as they're growing up and throughout their adult life.



4 USE STORYTELLING

Incorporate storytelling to help children understand emotions. Stories can offer relevant scenarios illustrating how the characters experience and manage their feelings. Discuss the emotions depicted in stories and ask children how they might feel in similar situations.



5 PRACTISE EMPATHY

Teach children to consider others' views and emotions – and to explore why they might think or feel this way. Role-playing and discussing various scenarios can enhance their ability to empathise. Understanding others' emotions helps children to develop compassion and improves their social interactions.



6 ENCOURAGE JOURNALING

Suggest keeping a journal to make note of thoughts and emotions, as writing can provide an outlet for self-reflection and emotional processing. Encourage children to write about their daily experiences and feelings, helping them gain insight into their emotional world. Do this alongside them, so they can see and experience how to do it effectively.



7 TEACH PROBLEM-SOLVING

Do what you can to help children develop problem-solving skills to assist in managing emotional challenges. Discuss potential solutions to emotional conflicts and encourage them to think critically about what they (and others) can do to process their feelings in a healthy way. This empowers children to handle emotions positively and build resilience.



8 CREATE A SAFE SPACE

Establish an environment where children feel safe to display their emotions without judgement. Encourage open exchanges and reassure them that all feelings are valid. This supportive atmosphere promotes trust and encourages children to express themselves with confidence.



9 USE VISUAL AIDS

Take advantage of visual aids like emotion charts or mood meters to help children identify and express their feelings. Use these tools regularly in your interactions. They provide a visual representation of emotions, making it easier for children to communicate their emotional state.



10 CELEBRATE EMOTIONAL GROWTH

Acknowledge and celebrate progress in emotional literacy, and praise children for expressing their emotions and handling them effectively. Positive reinforcement is a useful tool that will encourage continued growth and reinforces the importance of emotional literacy – encouraging young people to maintain the good habits and healthy behaviours that you've taught them.



Meet Our Expert

Adam Gillett is Associate Vice-Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, an organisation that supports schools in improving their mental health provision.



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DATES
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Registered

BOOK ONLINE NOW!
WWW.MEGACAMPS.NET
OFFER ENDS MIDNIGHT 31ST JANUARY

ALL OUR
STAFF ARE





WICKFORD

North Crescent Primary School - SS12 9AP

Mon 17th Feb | Ball Day inc. Dodgeball, Handball, Benchball & more...

Tue 18th Feb | JOAS Fun Day inc. an Inflatable, Mini-Golf, Archery, Axe Throwing & an afternoon of fun with a party entertainer!

Wed 19th Feb | World Cup Football Fun Day inc. matches, penalty shootouts & crossbar challenges

Thur 20th Feb | JOAS Nerf Day - Team Nerf activities & fun!

Fri 21st Feb | Multisports Fun Day inc. a range of different sports

BRENTWOOD

Bentley St. Paul's Primary School - CM15 9SE

Mon 17th Feb | Multisports Fun Day inc. a range of different sports

Tue 18th Feb | World Cup Football Fun Day inc. matches, penalty shootouts & crossbar challenges

Wed 19th Feb | JOAS Nerf Day - Team Nerf activities & fun!

Thur 20th Feb | JOAS Fun Day inc. an Inflatable, Mini-Golf, Archery, Axe Throwing & an afternoon of fun with a party entertainer!

Fri 21st Feb | Ball Day inc. Dodgeball, Handball, Benchball & more...

RAYLEIGH

Wyburns Primary School - SS6 7PE

Mon 17th Feb | Multisports Fun Day inc. a range of different sports

Tue 18th Feb | JOAS Nerf Day - Team Nerf activities & fun!

Wed 19th Feb | JOAS Fun Day inc. an Inflatable, Mini-Golf, Archery, Axe Throwing & an afternoon of fun with a party entertainer!

Thur 20th Feb | World Cup Football Fun Day inc. matches, penalty shootouts & crossbar challenges

Fri 21st Feb | Ball Day inc. Dodgeball, Handball, Benchball & more...

17th-21st, 9am-3pm

February Half Term

Multisports, World Cup & Ball Days - £16

JOAS Nerf Day - £20

JOAS Fun Day - £22

8am drop off - additional £5

*Sessions are free for children with Activate codes

Sessions are for reception to year 6.

Book by **messaging us on Facebook**, calling **07919 888093**, emailing jackofallsports@btinternet.com or visit my.coacha.app/member_signup/jackofallsports

Essex
ACTIVATE
Half Term

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