



Dear Parents and Carers,

We have had a busy week at Princess Frederica School, with trips including the National Army Museum, the Central Gurdwara, as well as a football tournament. Please enjoy all of the photos shared below.

In school, we have been working hard across all areas of the curriculum, with a particular focus on handwriting and letter formation. Next week, Year 3 will be going on an exciting visit to a synagogue to support their RE learning.

Our school phonics leads have also started running phonics mornings for Reception parents this week. Next week, these sessions will take place on Tuesday 27th January and Wednesday 28th January, from 9-9:45am. There are still some spaces left. Please see Miss Bourne in person or email pbourne@lifefull.org if you would like to book one.

Thank you to all the parents who contributed to and helped at the Year 2 cake sale, making it a successful and enjoyable event for everyone while supporting our school.

Have a wonderful weekend, and I will see you on Monday. Warmest wishes, Ms Fautley (Head of School)

SEND Parent Group

The school has been working closely alongside the parent SEND group to prepare for *It's Good to Be Me Week*. Thank you to everyone who returned their completed Google Form last week. Ms Fautley will be in touch to let you know if we need any help with speakers during the week.

We will also be filming a short video all about SEND at Princess Frederica to introduce *It's Good to Be Me Week* and are looking for pupils to take part. We welcome pupils with and without additional needs, as the video will focus on how Princess Frederica is an inclusive school for all and how we support every child as a community.

If you are happy for your child to be involved in this filming, please complete the [Google Form](#) by Wednesday 28th January. Please be aware, numbers are limited and we will let you know if your child will be part of the film.

ADHD Workshop for Parents There will be an ADHD workshop for parents on **Tuesday 3rd February**. Please see a message from the speaker below:

Does your child have ADHD, or do you suspect they might?

My name is Ruth, a former parent at Fred's with two children, one of whom has ADHD. I am now a certified ADHD coach and understand this journey from both perspectives — as a parent and as a professional supporting families and adults.

During the session, I will cover:

- An overview of what ADHD is and how it presents
- A deeper understanding of the brain science behind behaviours
- Practical parenting strategies you can use straight away. There will also be a Q&A session to answer your specific questions and provide practical insights and tips to support your child — and yourself — on this journey. We hope many of you will be able to attend.

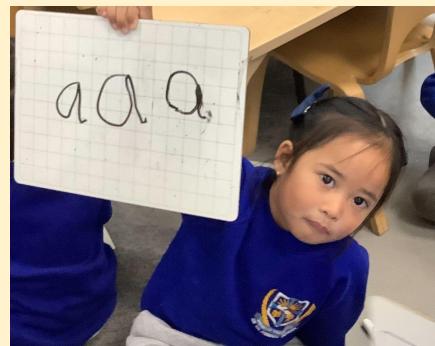
Learning in action

Here are some highlights of children at Fred's enjoying their learning:

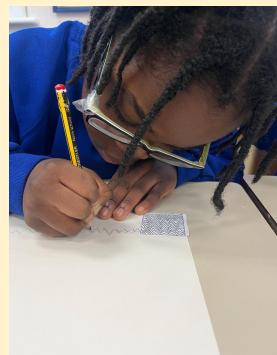


In nursery this week, we have been reading 'Oi frog' and learning how to rhyme. Our cooking followed this theme and we made 'Pears on squares', small pastries with pears and honey.

Nursery have also learnt the letter sound 'a' and had a go at forming it on their whiteboards.



Mark making in art in Year 1



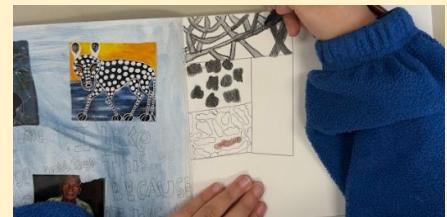
1 Sage at work and play!

Learning in action continued....



3 Hawthorn have been exploring mark-making in Art by extending animal print patterns, inspired by the vibrant work of Edward Tingatinga.

3 Bramble have created their own artist page about Edward Tingtinga. They used bright, contrasting colours to capture the bold, lively feel found in his paintings.

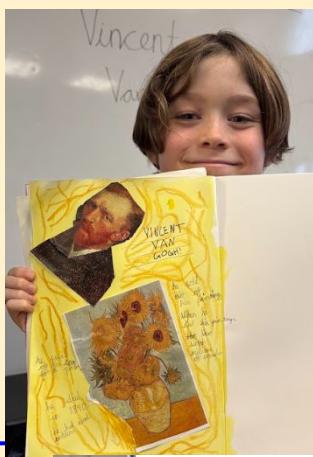
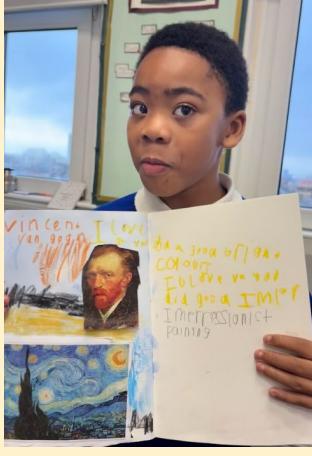


4 Apple loved their 'hook' lesson in English where they designed their own monster, which will inspire their own dramatic narrative.



Learning in action continued....

4 Cherry enjoyed using brusho dye and pastels to make an artist page for their new art unit, Vincent Van Gogh



4 Cherry also loved their 'hook' lesson in English where they designed their own monster, which will inspire their own dramatic narrative.



Learning in action continued....



Year 6 enjoyed applying hues and tones to their Marianne North inspired flower sketch.



Year 2 thoroughly enjoyed their trip to the National Army Museum, particularly the workshop about Florence Nightingale and Mary Seacole. They had the opportunity to explore the museum, deepen their understanding of history, and learn through hands-on activities.

Learning in action continued....

Year 5 visited the Gurdwara to deepen their understanding about Sikhism. We learnt about the Guru Granth Sahib, how it is cared for and how Sikhs worship. At the end, we enjoyed a tasty meal in the langar, their community kitchen!



Enjoying a delicious meal in the Langar (community kitchen)!



Stars of the Week



These children have consistently demonstrated our exemplary learning behaviour this week

Class	Pupil
Mint	Alma
Dandelion	Ralph
Buttercup	Maxwell
Thyme	Sofia
Sage	Milan
Thistle	Rowley
Honeysuckle	Margot
Hawthorn	Allegra
Bramble	The whole of 3 Bramble
Apple	Tim
Cherry	Nivan
Birch	Angelina
Ash	Romily
Oak	Louis
Chestnut	Hanadi

LifeFull Awards -
Children showing the value of perseverance in their learning:

Thea 3H
Katinka 3B
Sakyine 5A
Ruby 1S
Pippa 1T



PE Stars of the Week:

Coco Yr1 Sage
Elliot Yr5 Birch
Alicia Yr5 Birch



Spanish Stars of the Week:

Victoria 3 Hawthorn





PE News

Dear Parents and Carers,

On Wednesday this week, a group of our Year 6 children travelled to Willesden Sports Centre to compete in the Brent Indoor Athletics Competition, alongside 14 other schools from across Brent.

The children demonstrated excellent athletic skills in running, throwing and jumping events, as well as showing outstanding effort, teamwork and sportsmanship throughout the day.

As their PE teacher, I am incredibly proud of every one of them and the way they represented our school.



Music News

Please see the planned

music events this term for your diary:

- 11/2 Wed 1:30 PM Year 4 Steel Pans groups
- 11/2 Wed 3:00 PM Year 5-6 Steel Pans groups
- 12/2 Thur 10:00 AM [Brass Concert](#) including y3s
- 11/3 Wed 2:30 PM Ms Kang's Violin (names tbc)
- 17/3 Tues 10:00 AM [Drumkit Concert](#)
- 17/3 Tues 11:30 AM Cello (names tbc)
- 19/3 Thur 2:30 PM Guitar (names tbc)
- 24/3 Tues 9:00 AM Year 2&3 Ga Dangbe Drumming

Mr Tang



Head Boy and Head Girl Report:

The focus in clergy assembly this week was around how Christians believe that God has always been here even before the universe began. We discussed the 7 days of creation and the 'word of God'.

The athletics team competed at Willesden Sports Centre in a variety of events such as running races, obstacles races and the javelin. Everybody who took part did their best and we're looking forward to finding out the results.

We have enjoyed drawing floral designs in art concentrating on a loose sketching arm and building different tones and shades. We have a strict 'no rubbers allowed' rule! In maths, we have continued practising methods of multiplication before we move onto division next week. Long division awaits!!



Important dates for your diary:



- Tuesday 27th January and Wednesday 28th January- Reception phonics mornings 9am-9.45am (Buttercup settling period 8.40am as usual)
- Monday 26th January - Year 3 trip to Brondesbury Synagogue
- WC 2/2/25 Year 5 Cycle Training
- Tuesday 3rd February- 6.30pm-7.30pm ADHD parent workshop
- Monday 9th February - Year 4 trip to Neasden Temple
- W/C Monday 9th February- "It's Good to be Me" Children's mental Health Week
- Wednesday 11th February- 11.00am Parent Coffee Morning
- **Friday 13th February 2.30-3.30pm- Parent Briefing with Ms Bouette and Ms Fautley**
- Friday 13th February - End of half term

Class assemblies

All assemblies take place at 10:00am in the main hall

Friday 30th January - 4 Apple

Friday 6th February - 3 Hawthorn

Friday 13th February - 2 Thistle

Friday 27th February - 1 Sage

Friday 13th March - 2 Honeysuckle

Friday 24th April - 1 Thyme

Friday 1st May - Reception Buttercup

Friday 15th May - Reception Dandelion

Friday 12th June - Nursery



Parent Briefing

On Friday 13th February at 2:30 pm, a parent briefing will be held and led by Ms Bouette and Ms Fautley. Key information will be shared during the meeting. There will be Zoom link sent nearer the time for those parents who would like to join online. We look forward to seeing you there.



Burns Night CELEBRATION



A Fundraising Evening of...

POETRY • PIPING • FEASTING • TOASTS

for Princess Frederica School

£45

3 courses and a dram
vegetarian option)



29 January | 19:00 - late | The William, Harrow Road, NW10

PSA Cake Sale Dates:

26th and 27th February - Year 3

19th and 26th March - Year 6

23rd and 24th April - Year 4

14th and 15th May - Year 5



SEW & RENEW SESSIONS:

New research by Oxfam has revealed that there's 1.6 billion items of unworn clothing in UK wardrobes. What a waste! 😞

FREE SEWING MACHINE WORKSHOPS for Brent residents of all ages

Designer & maker Amanda Riley has led more than 3000 sewing workshops since 2009. She will be running weekly sessions during February & March.

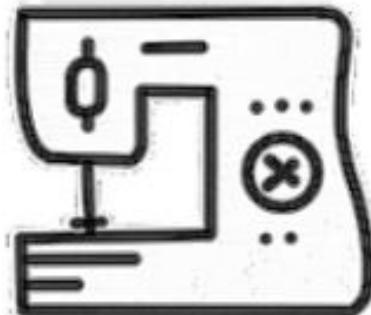
Each session will start with a demonstration. You will then be invited to practice what you've just learned or use the machines to work on your own item.

No previous sewing experience needed.

This is a short, supported session -
we aim to complete one simple machine-sewn task or make clear progress

Sew & Renew sessions offer help with:

- Learning to use a sewing machine
- Everyday clothing repairs
- Fit adjustments & hemming
- Jeans & seam repairs
- Machine sewing basics
- Customising & creative mending
- Confidence with fabrics, tools & machines



📍 The Long room, St Martins Church Mortimer Rd Kensal Rise NW10 5SN

⌚ 1.5 hours each session

👤 Max 6 places per session

For details & booking please email amanda@fashionrebellion.co.uk



Children under 12 years old must be accompanied by an adult for the duration of the session.