



John 10:10 - 'I come that they may have life and have it to the full'

Dear Parents and Carers,

We hope you enjoyed Unity Day, which brought our vibrant community together with lots of delicious food. Please take a moment to enjoy the photos featured in this newsletter. A big thank you to our PSA, who worked so hard to make the event such a success, along with all the parents who donated such delicious food.

We are aware that the performances did not run entirely to plan, and we will reflect on this to help us improve and plan even more smoothly for future events.

Our next big event will be the Park Run on Sunday 10th May at 9am.

We are now just 10 days away from Fred's Park Run Takeover and are hoping to see as many of our families participating as possible. Every pound raised will help us continue to deliver much-loved events such as Unity Day, Book Week and Art Week next year, as well as contribute towards future projects like the proposed Multi-Use Games Area (MUGA), improved wet-weather provision for the Peace Garden for quiet play, and restoring the pond. If your child would like to participate and you are able to support them with fundraising, the long weekend is a great time to get started. You can set up your fundraising page here: https://www.justgiving.com/campaign/fredsparkrun26?utm_medium=CA&utm_source=CL

Next week, Years 1–5 will be completing their summer assessments to help inform teachers of progress and next steps. Year 6 are working hard in preparation for their SATs the following week.

We are excited to announce our new school meals provider, Harrisons—please see further information later in this newsletter. They will be supervising the kitchen from the beginning of May. Do let us know if you have any questions.

Have a wonderful bank holiday weekend, and I will see you on Tuesday. Miss Fautley

SEND Parents

We encourage our children with additional needs to take part in Parkrun, an inclusive event that we are keen for all pupils to access. Children can join in a variety of ways, as outlined above, ensuring everyone can participate in a way that suits them.

During the event, there will be quiet areas available for pupils who may need time away from the crowds. Participants can also start at the back of the race, where it is less busy, allowing them to move at their own pace and take breaks whenever needed.

Most importantly, every effort and achievement by every child will be recognised and celebrated.

Art Group

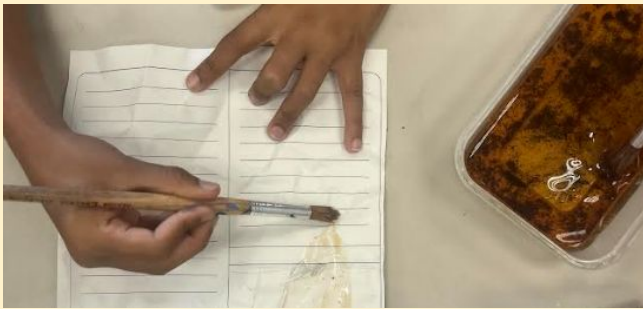
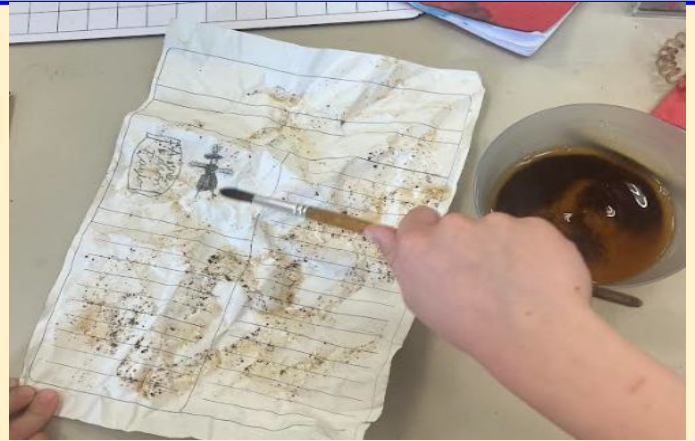
If you are a keen artist, or know someone who is, we would love to hear from you! 🎨

If you would like to contribute to Art Week (week commencing 22nd June), please get in touch with Miss Fautley: cfautley@lifefull.org.

Learning in action

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

3 Bramble have started creating their newspaper report about the Queen of the Falls. To make our paper look authentic we scrunched it up and then painted it with cold tea.



Nursery have been reading Zog and the flying doctors this week and making the recipe for pearl's medicine which required lion's sneeze so we made some slime. On the embankment we had a morning drawing the trees and observing the coming of summer.

3 Hawthorn have had a very creative week! We designed our own flags for Cultural Unity Day, brought our newspaper reports to life by making them look like they were published in 1901 using cold tea, and even had the chance to design our dream pizzas in DT.

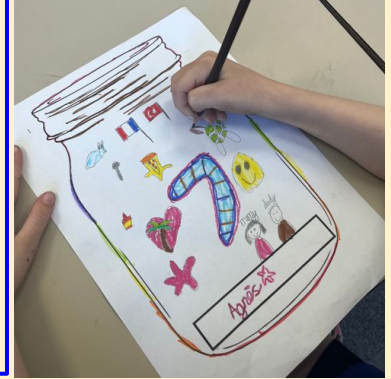




2 Honeysuckle have had an enjoyable week



2 Thistle thoroughly enjoyed Cultral Unity Day. They created a identity jar drawing all the things that make them them. Here are some.



Year 6 had fun using fabric paint to create a flag from their country of heritage for Unity Day.

Stars of the Week



These children have consistently demonstrated our exemplary learning behaviour this week

Class	Pupil
Mint	Lester and Jude
Dandelion	Mayari
Buttercup	All of Buttercup!
Thyme	Emilia
Sage	Ella and Leon
Thistle	Siena
Honeysuckle	Bonnie
Hawthorn	Emese
Bramble	Kitt
Apple	Jordan
Cherry	Libby
Birch	Hunter
Ash	Humera
Oak	Flora
Chestnut	Jessica

LifeFull Awards -
Using kind words to
all members of the
community
Bonnie 2H
Belle 6O
Dash 6O
Gracie 3H
Zadie RD
Ethan 2T
Brodie 2T
Noah 4A
Michelle 4A
Manu 4A



PE Stars of the Week
Berty 2 Thistle
Etta 4 Cherry



Spanish Stars of the Week
Nivan 4C
Miguel 5B





PE News

Dear Parents and Carers,

Another great week in the world of Freds PE. Children in all classes have been working hard and pushing themselves in readiness for the Park Run on the 10th.

A BIG shout out to Year 5 for some excellent running and teamwork this week.

Also this week on Wednesday, our boys' football team travelled to Malorees School to play two games against Malorees and Islamia Schools. A very hard fought and tight first game against Malorees ended in a 1-0 loss, we just couldn't buy a goal in this game. Against Islamia our fortunes changed and we ran out comfortable 2-0 winners. Well played to all the boys for their effort, work rate and togetherness as a team. Very proud of you all.

Mr Chantler.



Music News

On Tuesday and Wednesday 2 of our violin teachers, Ms Krisztina and Ms Sue, hosted concerts showcasing all that their pupils have learnt.

On Thursday, some of our pupils enjoyed a workshop held by the Orchestra of the Age of Enlightenment, where the children listened to, performed, and composed beautiful music.

Thank you to all who contributed to Unity day and a special well done to all those that performed.

Upcoming event:

Woodwind concert, 3pm, 7th May.

Head Boy and Head Girl Report:

In Monday's assembly, we talked about unity, which is our focus for this term. We learnt that we should be slow to get angry, slow to react and fast to listen.

On Thursday, it was Cultural Unity Day when we celebrated our different cultures with food, music and costumes. Thank you to all the parents who brought in food. It was delicious! Some of us in year 6 worked with Alex Bellos, who is a journalist, to interview parents about the dishes they had made. We are excited that there will be a unique Fred's Cookbook with all your recipes in. Thank you Alex for teaching us how to be journalists for the day!

Have a lovely weekend and May the 4th be with you!

Jess and Vishan



What is happening around the world



Some special events coming up this month:

National Children's Day UK celebrates children and the importance of growing up happy and safe, while Mental Health Awareness Week encourages pupils to talk about their feelings and look after their wellbeing.



International Day of Families reminds us of the importance of family and the people who care for us. Events such as World Bee Day and Endangered Species Day help children understand how to care for the environment, while National Numeracy Day promotes confidence in maths.



Throughout May, National Walking Month also encourages children to stay active and enjoy being outdoors. Together, these events support children's learning about wellbeing, kindness, and the world around them.



Important dates coming up next week:

- 4.05.26- Y1-5 Assessment week
- WC 4.05.26 Mini Park run challenge circuit during PE lessons
- 6.05.26-Class photographs
- 10.05.26- PSA Park Run 9am



Dates coming up:

- 11.05.26 Y1-5 Assessment week
- 11.05.26 Year 6 SATs Week
- 14.05.26 RSHE Relationships Meeting 3.45pm
- 14.05.26 Year 5 Cake Sale 3.15pm
- 15.05.26 Rec Dandelion Class Assembly 10am School hall
- 15.05.26 Y4 trip to Fulham Palace
- 15.05.26 Year 5 cake sale 3.15pm

Class assemblies

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

Friday 15th May - Reception Dandelion

Friday 12th June - Nursery





KEY DATES FOR PARENTS
Summer FIRST HALF

Our Christian Value this half term is.... Unity



Date	Event
13.04.26	Children return to school for summer term
16.04.26	Primary offer place day for children
17.04.26	Art Week Planning Meeting Online 9am
17.04.26	SEND Group Meeting 2.30pm in person
20.04.26	Parent Teacher Consultation week
22.04.26	Year 3 trip to Natural History Museum
23.04.26	Year 5 trip to Gunnersbury Museum
23.04.26	Year 4 cake sale 3.15pm
24.04.26	1 Thyme Class Assembly 10am School hall
24.04.26	Year 4 cake sale 3.15pm
27.04.26	Parent Teacher Consultation week
30.04.26	Cultural Unity Day
1.05.26	Rec Buttercup class assembly 10am School hall
4.05.26	Y1-5 Assessment week
6.05.26	Class photographs
10.05.26	PSA Park Run 9am
11.05.26	Y1-5 Assessment week
11.05.26	Year 6 SATs Week
14.05.26	RSHE Relationships Meeting 3.45pm
14.05.26	Year 5 Cake Sale 3.15pm
15.05.26	Rec Dandelion Class Assembly 10am School hall
15.05.26	Y4 trip to Fulham Palace
15.05.26	Year 5 cake sale 3.15pm
18.05.26	Year 5 Residential Week
21.05.26	<i>Love Thy Neighbour</i> tea party
22.05.26	School finishes for half term- normal time

CHILDREN ARE BACK IN SCHOOL ON MONDAY 1st June

School Lunches



Dear Parents,

We are delighted to inform you that Harrison Catering Services will be taking over our lunch provision from **1st May**.

Harrison's is an independent, family-owned company founded in 1994, with a strong track record of consistent growth. They currently work with over 100 clients across the UK and serve more than 100,000 meals each day. They specialise in transforming fresh, seasonal ingredients into nutritious, home-cooked meals that support healthier lifestyles and help pupils perform at their best throughout the day.

They bring a wealth of expertise, including qualified nutritionists, innovative menus, and carefully selected suppliers from across the UK. Harrison will work closely alongside our existing catering team to provide a range of exciting, nutritious, and well-balanced meals for the children.

Their menu can be found on the school website. Please see the link below:

<https://princessfrederica.brent.sch.uk/wp-content/uploads/2026/04/PF-Menu-Summer-2026-Wk12-3.pdf>



Attendance

It is vital that your child attends school every day. At school, we aim for 95% attendance. Below this figure is known as “persistently absent”. Some key data:

- **90% attendance = ½ day missed every week**
- Over a year, that's about **4 weeks of learning lost**
- Over primary school, that can equal **nearly a full year of missed education**
- At Key Stage 2 (end of primary):
 - Pupils with **no absence** are around **1.5× more likely** to reach expected standards in reading, writing and maths than those who miss **10%+**
- Pupils who are **persistently absent (90% or below)** are significantly less likely to meet expected standards

Fred's Spirit Ink

The Fred's Spirit Ink store has just had a refresh with some great new pieces

You'll still find the favourites (including *Team Freds*), plus a range of new additions for both children and adults — all optional, non-uniform items designed to show your school spirit.

With the Fred's Park Run and summer events coming up, it's a great time to get involved.

Every purchase helps raise funds for the school

Order online — delivered direct to your home

Definitely worth a look:

<https://spirit-ink.co.uk/collections/princess-frederica-full-collection>

(Or scan the QR code)

We'll be adding more new items over the coming weeks, so do check back!

Thank you for supporting Fred's



**SHOW YOUR
FRED'S'
SCHOOL SPIRIT**

SHOP THE COLLECTION NOW

- CUSTOM T-SHIRTS, HOODIES & ACCESSORIES
- FOR PRINCESS FRED'S ADULTS & KIDS
- Every purchase raises funds for the school
- Order online, delivered to your door

SCAN HERE TO SHOP THE SCHOOL STORE



www.spirit-ink.co.uk

Reading news

2026 Reading Challenge for
April



Could you share this with a younger sibling? Or someone from a younger year?

Reading news

We still need you!

Would you be interested in becoming a reading volunteer at our school?

Do you think you could help support children who need some extra help reading?


If this interests you or someone you know, please email: smccann@lifefull.org


(No teaching experience required)

THE FRED'S PARKRUN TAKEOVER IS BACK!





Last year more than 60% of our incredible kids participated and with your help, they raised a whopping £25,906 for the school. This year, 100% of funds raised will go toward our annual PSA fundraising target which is used to fund include loved events like Book Week, our new Art Week as well as several new projects including transforming the football pitch into a Multi-Games-Area (MUGA) opening up opportunities for more sports, a canopy to allow the teachers to facilitate quiet, calm play in all weather in the peace garden and restoration work on the pond. We hope that with your help we will match last year's total!

 Sunday 10th May | 8:30 arrival | Queen's Park

 Open to all participants ages 4+ –run or walk solo, with friends, siblings, parents, or even grandparents for support.

This isn't about where you come or speed —it's about coming together as a school community to raise funds.

 Incentive Alert! House points for all participants PLUS the class with the most participants wins a mufty day! We want this to be an inclusive event that is fun for all our children and there are ways to participate and earn points for your house and class beyond the run. If you would like to discuss these options or have a specific accommodation your child needs to feel comfortable participating please contact PSA@princessfrederica.com

 Sign up now!

https://www.justgiving.com/campaign/fredsparkrun26?utm_medium=CA&utm_source=CL

Share your Link with friends, colleagues and family and start fundraising. Details and how to set up your fundraising page in the flyer attached (and sent home in school bags this week
We need parent volunteers and marshalls on the day, please join the whatsapp group

https://chat.whatsapp.com/CqQ8BztlEzqD0nrBq6KlSn?mode=gi_t

Let's make this day unforgettable for our kids! 

PSA Cake Sale Dates:

23rd and 24th April - Year 4

14th and 15th May - Year 5



The class with the most children participating by doing the course, cheering or helping **WINS A MUFTI DAY!**



FRED'S PARKRUN TAKEOVER 2026

To help fundraise for our **multi use games area (MUGA)** we want to get as many of our children and their families involved in a PSA sporting fundraising event that is **accessible and fun for all.**

Available to children aged 4+ and their families, the Queens Park London Junior Parkrun is 2 laps of Queens Park. Support the run in whatever way you can by running, walking, cheering on friends or helping out on the day. Children are welcome to be accompanied by adults. If your child needs specific accomodation email psa@princessfrederica.com

Each child or family that takes part will need to:

1. Set up a fundraising page via Just Giving on this link <https://justgiving.com/campaign/fredsparkrun26> **(full instructions overleaf)**
1. Register for Park Run at www.parkrun.org.uk/register/
2. Drum up some sponsorship!

SUNDAY

10th MAY

2026

@9AM

**QUEENS
PARK**

HOW TO SET UP YOUR SPONSORSHIP PAGE

How to set up your own page which links direct to the PSA Charity (this is really important to help us ensure that all found go into the PSA fund).

Go to: <https://justgiving.com/campaign/fredsparkrun26>

1. Click **'Start fundraising'**
2. Are you raising money for a charity? **Yes**
3. Choose a cause you'd like to support. **Fred's Park Run Takeover**
4. Are you fundraising in memory of someone? **No**
5. Are you taking part in an activity? **Just fundraising**
6. Are you fundraising for an occasion? **Skip this question**
7. How much would you like to raise? **Enter own amount**
8. Personalise your page. **Rename the page title section e.g. "John is doing the Princess Fred's Park Run takeover"**
9. **"John is doing the Princess Fred's Park Run takeover"**
10. Add a cover picture
11. Launch my page
12. **Share to friends and family to fundraise!**

Are you raising money for a charity?
This helps us to determine how to help you. [Learn more](#)

Yes, I'm fundraising for a charity
Choose from thousands of causes and organisations

No, I'm fundraising for my own cause
Headline up to 200 characters (maximum 1000 characters)

[Next](#)

Just Giving has the platform best for donations. All funds will go direct to the charity.

Choose a cause you'd like to support

Search Fred's park run

- Fred's Park Run Takeover 2026
- The Fred Holmes Foundation
- The Fred Holmes Challenge
- Help Little Fred
- South Park - Runny For Run 2026

[Back](#) [Next](#)

Are you fundraising in memory of someone?

Yes

No

[Back](#) [Next](#)

Are you taking part in an activity?

I'm taking part in an event
Awarded participation medal, certificate or a mention, like a job or job

I'm doing my own activity
You receive an award or certificate, you are active, like a job or job

Just fundraising
To raise for a charity or to raise for your own cause

[Back](#) [Next](#)

Are you fundraising for an occasion?
An occasion? [Skip this question](#)

A birthday A wedding or civil partnership Something else

No occasion

[Back](#) [Next](#)

How much would you like to raise?
Target help to set the amount you'd like to raise. You can always raise more if you wish.

£ 1000 GBP

1000 10000 Most popular 100000 No target

Don't worry if you don't get started. All funds raised will be sent to your chosen charity.

[Back](#) [Next](#)

Personalise your page
A great way to help to inspire potential supporters. Get started! Skip and continue

Page title

Default: Fred's Park Run Takeover

Why are you raising money?

1 2 3 4 5 6 7 8 9 10

We are fundraising for our own (Fred's Park Run Takeover 2026) at Princess Alexandra Hospital which will help us to see good health at school. We are bringing Queen's Park, Lower Park and will create a distance of 10m. Your sponsorship will make a big difference to our school.

Thanks for your support

[No, fundraising](#)

Thumbnail your own URL

John Holmes/John H

Display your support history

[Back](#) [Next Page cover](#)