



Dear Parents and Carers,

What a busy week it has been, despite it being a shorter one!

Year 6 have continued to work incredibly hard as they prepare for their SATs next week. The assessments will take place from Monday to Thursday mornings, so please ensure your child is in school every day and arrives on time. We are very proud of all the effort and determination the children have shown, and they will finish the week with a few well-deserved treats to celebrate their hard work. There will also be a Year 6 Leavers Disco on Wednesday 20th May at 6pm-8pm taking place in the lower hall.

This week, I thoroughly enjoyed spending time in our EYFS classes and seeing all the exciting learning taking place. The classrooms were full of creativity, curiosity, and rich conversations. I was especially impressed by the fantastic pencil grip, letter formation, and sentence writing I saw in Reception – the children are making wonderful progress!

Today, you will have received an RSHE letter with information about Relationships and Sex Education next half term. Due to Year 6 SATs week, the meeting for Year 6 parents to meet with the teacher and ask any questions has been rescheduled to 19th May. For other year groups, any parents wishing to access materials can view them on the school website.

A reminder that the Park Run will take place on Sunday at 9am. We would love to see as many children taking part as possible. The class with the highest participation will win a mufti day! Please see the PSA section at the end of the newsletter for further details.

Looking ahead to next week, Year 2 will be visiting Kew Gardens, while Year 4 will be heading to Fulham Palace. Buttercup class will also be visiting St Martin's Church as part of their RE learning. We look forward to sharing lots of photos and highlights from these visits in next week's newsletter. Best wishes, Miss Fautley

SEND Parent Group

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

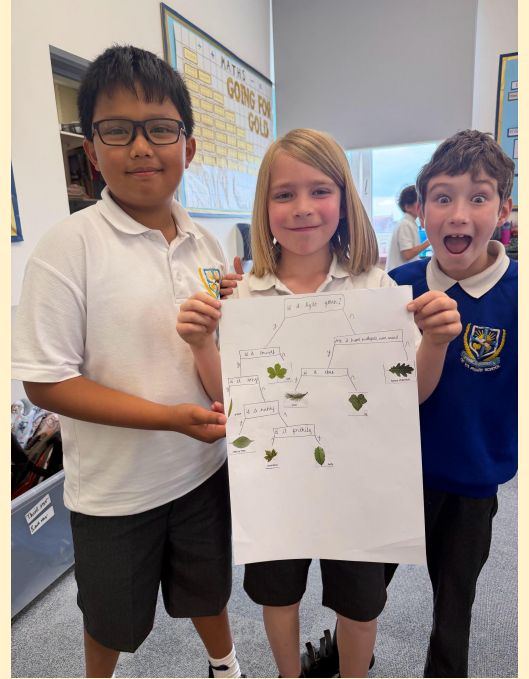
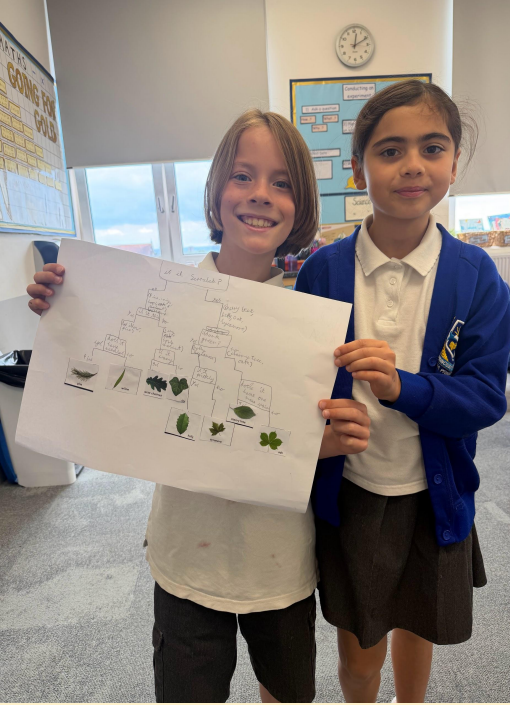
Here are some highlights of children at Fred's enjoying their learning at the start of the year:

This week, 3 Hawthorn learned about how the Roman Empire reached its peak. The children used different maps as historical sources to explore how the Roman Empire expanded over time. They also practised labelling maps and learned the difference between BCE and CE.

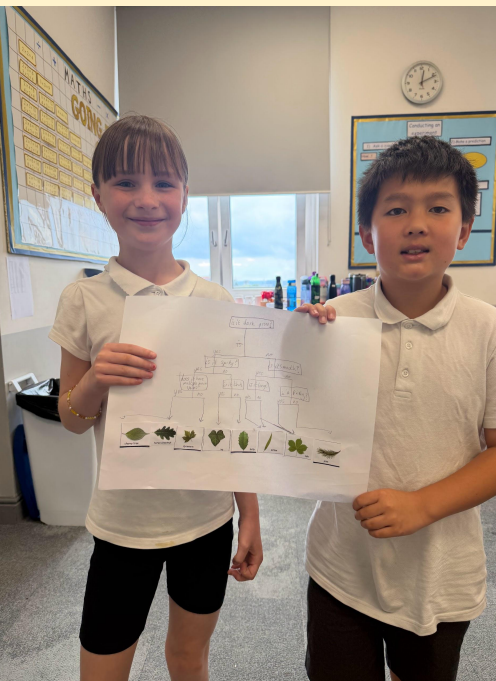


For our science unit this half term the children have been learning about life processes and plants. They thoroughly enjoyed a sunny afternoon on the embankment gathering items to explore and sort.



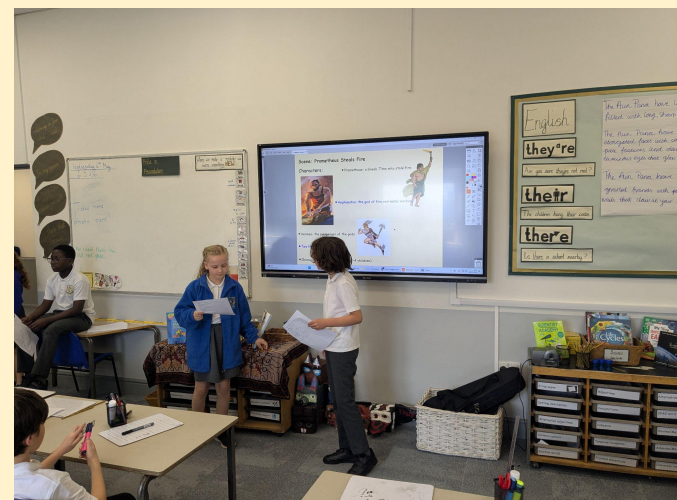


4 Apple spent their science lesson creating a dichotomous key to classify different types of leaves.





OPAL Fun!



5 Ash have been learning about the legacy of the Ancient Greeks and their love of theatre. We acted out a scene from a famous Greek play called 'Prometheus bound' which is about the gods giving fire to humans.

Year 1 thoroughly enjoyed sorting objects into groups by considering the properties of the materials.



Nursery have been reading the Train ride by June Crebbin and have created a train station inside the classroom. The class have all made their own miniature steam train engines to take home.



Stars of the Week



These children have consistently demonstrated our exemplary learning behaviour this week

Class	Pupil
Mint	Abe
Dandelion	Margot
Buttercup	Cosima
Thyme	Francis
Sage	Roma
Thistle	Aalimah
Honeysuckle	Ayla and Ignacio
Hawthorn	Nathan
Bramble	Gracious
Apple	Zephyr
Cherry	Theo
Birch	Elliot
Ash	Emilia
Oak	Vishan
Chestnut	Ben

LifeFull Awards -

Using kind words to all members of the community

Katherine 4C
Lucas 2H



PE Stars of the Week

1 Thyme
4 Apple & 6 Oak



Spanish Stars of the Week

Elle 3H
Bella 5A





PE News

Dear Parents and Carers,

I hope everyone has had a fabulous week and, for those taking part, is looking forward to the Queen's Park Run on Sunday. The children across all classes have been working hard in PE this week, focusing on running and building their stamina. Good luck to everyone taking part – most importantly, have fun!

On Wednesday, our girls' football team played two matches against Maple Walk and Islamia Primary School. The team drew 1–1 with Maple Walk and secured an excellent 4–0 win against Islamia. The girls showed fantastic effort, teamwork, and some brilliant football throughout both games.

As their PE teacher, it has been incredibly rewarding to see how much they have grown in confidence and developed as a team over the course of the year. Well done, girls – I am very proud of you all!

Mr Chantler



Music



Head Boy and Head Girl Report:

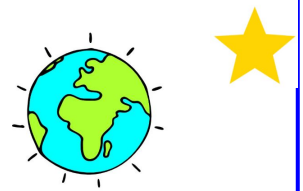
This week our focus on Unity continued and Rev Dave talked to us about Peter the fisherman and Cornelius (who was a general in the Roman army). We are enjoying the new school menu and are glad that Friday is still fish and chips! In maths we are doing our final revision for SATS: how to use a protractor correctly, parts of a circle and negative numbers. In history we are learning about Khudadad Khan who was the first native born Indian to win the Victoria Cross for bravery; protecting vital ports from the Germans. We are both excited and nervous about our SATS next week and looking forward to our doughnuts party on Friday!

Have a lovely weekend

Jess and Vishan



What is happening around the world



Celebrating 100 Years of David Attenborough

This year marks the 100th birthday of Sir David Attenborough, whose incredible work has inspired generations of people to learn more about the natural world and the importance of protecting our planet.

Why David Attenborough?

For decades, Sir David Attenborough has helped millions of people discover the wonders of nature through programmes such as Planet Earth, Blue Planet, and Frozen Planet. His message is simple: every small action can help protect the Earth for future generations.

Activities for Children

Children can take part in a variety of fun and educational activities, including:

- Nature walks and mini-beast hunts
- Creating wildlife fact files and posters
- Building bug hotels or bird feeders
- Recycling and eco-awareness challenges
- Wildlife drawing and craft activities
- “Mini documentary” presentations using their best nature narrator voices



Learning Through Nature

A David Attenborough Day is a wonderful opportunity to encourage:

- Environmental awareness
- Outdoor learning
- Scientific curiosity
- Creativity and teamwork
- Respect for wildlife and habitats

Family Ideas at Home

Families can continue the celebration by:

- Watching nature documentaries together
- Planting flowers for bees and butterflies
- Visiting local parks or nature reserves
- Taking part in litter-picking activities
- Keeping a simple nature journal



Useful resources:

- [BBC Bitesize](#)
- WWF Education Resources
- RSPB Schools Resources Together, we can inspire the next generation of wildlife explorers and planet protectors!

Important dates coming up next week:

- 11.05.26 Y1-5 Assessment week
- 11.05.26 Year 6 SATs Week
- 14.5.26 Year 2 Trip Kew Gardens
- 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



Dates coming up:

- 18.05.26-Year 5 Residential Week
- 19.05.26 Y6 RSHE meeting
- 21.05.26-*Love Thy Neighbour* tea party
- 22.05.26-School finishes for half term- normal time

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	Year 2 Trip to Kew Gardens
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
19.05.26	Y6 RSHE Relationships Meeting 3.45pm- Rescheduled
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

Attendance

At school, we know that excellent attendance is one of the most important factors in helping children succeed. When children attend regularly and arrive on time, they build strong learning habits, maintain friendships, and feel settled and confident in their routines.

Even small amounts of absence can add up over time and make it harder for children to keep up with their learning. For this reason, we ask families to support us in ensuring children attend school every day unless they are genuinely unwell.

Please note that holidays taken during term time will not be authorised. Leave of absence during term time will only be authorised in **exceptional circumstances**, in line with school policy.

We appreciate your help with:

- Ensuring children arrive at school on time each day
- Booking medical and dental appointments outside of school hours where possible
- Avoiding term-time holidays, as these significantly disrupt learning and will not be authorised
- Informing the school as early as possible if your child is absent



Our staff closely monitor attendance and are here to help if you are experiencing any difficulties that may affect your child's attendance. Early communication allows us to work together to provide support where needed.

Thank you for your continued support in helping us promote strong attendance and giving every child the best possible chance to learn, achieve, and thrive.

Residential

Residential Trips – Important Information



The children are excitedly preparing for their residential trips in Years 3, 4, 5 and 6, and we are really looking forward to these valuable experiences.

To ensure the safety and wellbeing of all pupils, it is vital that all **medical forms are completed and returned prior to the trip**. Please ensure that any medical conditions and requirements are fully disclosed.

All medication must be clearly declared, including any **prescribed, over-the-counter, and herbal medication**.

On the day of departure, all medication must be:

- Handed directly to the trip leader
- Clearly labelled with the child's name
- Signed in by a member of staff

This helps us ensure that all medication is safely stored and administered correctly during the trip.

Thank you for your support in helping us keep all children safe while they enjoy this exciting opportunity

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



What book did you read?
Tell a teacher in school.

Reading news

2026 Reading Challenge for
May



What was your favourite poem?
Could you learn the poem and perform it?

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)



Important Information for all Fred's Park Run Participants for Sunday



What an amazing response so far and still 3 days to go. The competition is fierce between 1 Thyme and Sage but it's still all to play for and not too late to sign up!

Here's everything you need to know for Sunday:

Arrival: Meet by the table tennis tables near the café in Queens Park at 8:30am and bring your child to their relevant line (there will be volunteers with year signs) kids to line up in their usual year group format, as they do in the school yard. We will check everyone in to make sure the Mufti Day prize is awarded fairly

Registration: Please ensure you register for the park run itself (there is information on how to do this on the flyer attached). This will give your child a bar code which must be printed and attached to their T-shirts with safety pins. This will allow your child to see how they have done on the day. Link to register here: www.parkrun.org.uk/register

Briefing: Fred's participants will have a dedicated briefing, after which we will walk together to the start line. **We need your help to support the Park Run organisers by being as quiet as possible during the briefing so that the kids can hear**

Start time: The run begins promptly at 9:00am.

Clothing: The children should wear their Fred's PE T-shirt so our runners are easy to identify and cheer on

Safety reminders: Children only are allowed through the finish funnel. Parents may run alongside but must stop before entering the funnel. If your child needs support around the course you are very welcome to offer this. Please make sure they bring a water bottle.

Weather: The forecast suggests it may be a bit rainy, so please dress for the weather

Fundraising: we're blown away by everyone who has launched their fundraising already. You can still sign up to raise money here

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

We hope to see as many of you as possible on Sunday

PSA Cake Sale Dates:

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
Find out more about our personal fund-raising

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

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
A special personalised page to celebrate a milestone like a birthday or 50th

I'm doing my own activity
You choose and we support you with everything you need to get started

Just fundraising
To create an online page to collect the money for your own charity

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 for which a fundraising page for you is created (if any)

£ 1000 GBP

1000 Most popular 10000 No target

Back **Next**

Don't worry if you target and exceeded all funds raised will be passed to your chosen charity.

Personalise your page
A great way to help to inspire potential supporters. Get started! [Skip and continue](#)

Page title

Default title: 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 (South East London Area MASH) at Princess Alexandra hospital which will help us to run special fund-raising events. We are bringing Queen's Park, Lower Palace and will create a distance of 10m. Your sponsorship will make a big difference to our school.

Thanks for your support

Go fundraising

Thumbnail your web URL

John Holmes/John H

Display your supporter homepage

Back **Next Page cover**