Our Lady's Catholic Primary School Newsletter

Ofsted Outstanding

Friday 2nd October 2026
www.ourladys.camden.sch.uk
admin@ourladys.camden.sch.uk

Go shine in the world and live as Jesus lived!



Dear Parents/Carers,
Thank you to all our families for supporting our **Healthy Heart Day.** Your children were so proud to return their completed sponsor forms and money and have raised **£448.55 so far…** This money will be spent on PE and playground equipment. The children took part in skateboarding, skipping, dance, circuit training and finished the day making a healthy snack - photographs of activities to follow next week. Year 6 were also amazing helping the younger children throughout the day.
With Best Wishes, Mrs O'Reilly (Head of School) and Ms Richardson (Executive Headteacher)

Introducing our School Council at Our Lady's...



At Our Lady's, our children have many opportunities for their voices to be heard. We also constantly talk to the children about **British Values**, to ensure that our pupils leave school prepared for life in modern Britain.
The children have been learning about **democracy,** and have been using their voting rights to elect representatives in their own classes. The children took part in the democratic electoral process, nominating and selecting two representatives from their class to be on the School Council. These class representatives will have the opportunity to raise issues and suggest ideas for to make our lovely school even better.



Congratulations to the following children, chosen as School Council representatives this year: **Reggie** and **Tsinat** (Y1), **Hope** and **Kai** (Y2), **Duarte** and **Hadassa** (Y3), **Safia** and **Arthur** (Y4), **Inaaya** and **Taeem** (Y5), **Ayaan** and **Alina** (Y6). **Next week, we will announce the children in KS2 who have been voted in as this year's School Chaplains.**

Our Lady's Family Fancy Dress Disco



Friday 16th October 5-7pm in the school hall
Fun, family-friendly costumes! No scary Halloween costumes, please!
Disco tickets:
£4.00 per adult (with a free soft drink) and £3.00 per child (with a free soft drink)



The tickets will be on sale in the office from **3.30pm on Monday 5th October.** Tickets are not available on the night. There will be no admittance for children without a supervising adult. We are limited in the number of tickets we can sell for this event due to fire safety regulations. Admittance to pupils of the school and their parents only.
If you would like to donate a prize for the raffle, please pop it into the office. All donations are gratefully received.
If you know someone who owns or manages a business, please ask them if they would be able to make a donation, the vouchers for a meal or movie are always a big treat as a prize. Thank-you for your help with this.



I have received and read the Our Lady's Primary School newsletter of 02.10.2026

Signed _____ Name of child _____ Class__-_____

PLEASE RETURN THIS SLIP TO THE SCHOOL OFFICE AND YOUR CHILD MIGHT WIN A PRIZE :)

Parent Tours of Our Lady's

Our Lady's Catholic Primary School is dedicated to providing a supportive and enriching environment for all children, ensuring that they thrive both academically and creatively. It is a great school right on your doorstep!

We also have free Nursery places available.

Take a look at our website! www.ourladys.camden.sch.uk



Please call our school office on **020 7485 7997** or email us on **admin@ourladys.camden.sch.uk** if you would like to come in for a tour. We would love to show you around!

Important dates for your diary…



Wednesday 7th October @ 9am – Weekly Parent Coffee Morning in the Pratt Street Hall (Honeycomb Paper Craft)

Thursday 8th October @ 3.45pm – PGL (Y6 Residential Trip) meeting in the Pratt Street Hall

Friday 9th October @ 9am – Parents Working Alongside Children in Class – Year 6

Wednesday 14th October @ 9am – Weekly Parent Coffee Morning (offsite visit to the Camden Learning Centre - CLC) E-Safety and AI

Friday 16th October @ 9am – Parents Working Alongside Children in Class – Year 5

Friday 16th October 5pm to 7pm – Family Fancy Dress Disco

Friday 23rd October – Non-uniform Day

Children donate £1 to charity to wear their own clothes

Monday 26th October – Friday 30th October

Half Term Week

Our Prayer of the week…



Lord, when I choose the way to go,
help me to choose the good way.
When I choose the things to say,
help me to say what you would say.
Help me always do what is right:
keep me always in your sight. **Amen**

The winner of the Friday newsletter slip prize this week is **Leah** in **Reception**. **Leah** has won a £5 gift voucher to spend in Waterstones.

Every week, one person from each class is chosen to be **'Person of the week.'** They are chosen due to their excellent attitude and learning behaviour, and for the fantastic work they are producing in class.

Person of the Week last week was!

Reception - Elion
Year 1 - Ollie
Year 2 - Shaye
Year 3 - Cody
Year 4 - Safia
Year 5 - Arnold
Year 6 - Adil





Work of the Week!

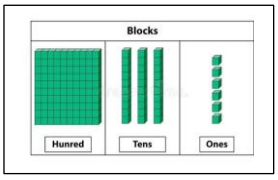
Every week a fantastic piece of children's work is showcased in the school lobby (next to the office).



This week, **Year 3** have been developing their understanding of the place value of numbers in maths.

Duarte has strengthened his understanding of hundreds, tens and ones. He can read, write and order 3-digit numbers confidently, and is able to partition numbers accurately, including flexible partitioning.

Duarte has also become more independent in his ability to identify the intervals and label numbers on different number lines. He has made great progress in problem solving and Reasoning skills.



Well done, Duarte!

Don't let a little worry turn into a big one...

If you or your child are worried about something or have any questions, please phone the school office and book an appointment to see their class teacher, Mrs Robbins, Ms Mahon or Mrs O'Reilly. **We are always really pleased to meet with you and chat things through.**



Parent Coffee Mornings – September 2026











Supporting/Managing Healthy Screen Time

NOT ALL SCREEN TIME IS EQUAL

ACTIVE / SOCIAL
Messaging friends, creating content, or learning new skills.
Mood: OFTEN POSITIVE

PURPOSEFUL
Homework, research, or specific skill -building activities.
Mood: NEUTRAL TO POSITIVE

PASSIVE
Endless scrolling or binge-watching without a clear goal.
Mood: CAN WORSEN MOOD

AVOIDANT
Using screens to escape real-life problems or difficult emotions.
Mood: LINKED TO LOW MOOD

INTERRUPTING THE NEGATIVE CYCLE

Emotional Dysregulation
↓
PASSIVE SCREEN USE
↓
LESS PHYSICAL ACTIVITY
↓
WORSENING MOOD

KEY CONCEPT
Small offline actions can lift mood significantly by breaking the loop of passivity.

1. **REDUCE PASSIVE SESSIONS**
Limit endless scrolling or binge-watching that leaves you feeling drained.

2. **INCREASE REWARDS**
Schedule real-life activities like exercise, hobbies, or seeing friends.

3. **START SMALL**
Even a 5-minute walk or a quick creative task can shift your emotional state.

ESTABLISHING HEALTHY SCREEN HABITS

01 **BEDTIME ROUTINE**
No screens 1 hour before sleep. This helps the brain wind down and improves the quality of restorative rest.

02 **PRIORITY SETTING**
Establish a "work before play" rule. Complete homework, chores, and physical activities before starting gaming or social media

03 **DIGITAL ENVIRONMENT**
Keep screens out of bedrooms at night. Creating a device-free sleep sanctuary prevents late -night scrolling and sleep disruption.

04 **ACTIVE INTERVALS**
Take a 5–10 minute physical break for every hour of screen use. Stand up, stretch, and give your eyes a rest from the blue light

Setting Boundaries

Talk with your child
What seems like an acceptable amount of time to them?

Be clear, consistent and firm with shared goal
e.g. young person has 2 hours of free time in the evenings on screens.

Decide ahead of time
Is it necessary, realistic, fair?

Praise

Prevention better than cure
Could you re-structure the day so that compliance is more achievable?
e.g. homework before screen time not after.

Give count downs to screen time ending
e.g. 'you have 15/10/5 minutes left'

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Family Hubs Camden

Early Help

Parenting Lead Team
Strengthening Families, Strengthening Communities (SFSC)

Venue:
Netherwood Youth and Family Hub,
5 Netherwood St, Brondesbury
NW6 2QU

Free childcare and travel available

Dates:
Thursdays
17/09 – 17/12/26
11am – 2pm
including lunch

SFSC parenting programme for parents with children aged 4 - 17 years

Do you have a good relationship with your children?
Do you enjoy spending time together?
After completing the 13-week programme the answers to the questions will be **YES**.

Sign up now and you can expect to:

- Meet other parents and carers
- Share your views & experiences of parenting in a confidential space
- Understand why you parent the way you do and how to make improvements
- Set boundaries for your children which they will enjoy and respect
- Build a better relationship with your child
- Motivate your child to do their best at home and school
- Address concerns about drinking, drugs, antisocial behavior or truanting
- Make connections with your wider community and services in Camden
- Develop your confidence as a parent

For more info and to book a place, please contact:
referralsfamiliesinfocus@camden.gov.uk or:

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Camden