

The WHPS Weekly

Friday 17th

November 2023



BLACK HISTORY MONTH SPECIAL

B:M2023

DIG DEEPER, LOOK CLOSER, THINK BIGGER

Dear Parents and Carers,

People sometimes ask the question, 'Why do we celebrate Black History Month (BHM) in 2023?'. BHM is a time to recognise and celebrate the rich and diverse contributions of black individuals to society, culture and history. When BHM was created in the USA in the 1920s it was set up to give everyone the opportunity to share, celebrate and understand the impact of black heritage and culture in the USA. In 1987 the first BHM took place in October to celebrate the history of black people.

For many years, October was the only time of year that children learnt about black history and there was a big focus on black American history. Only in recent years, has BHM started to prioritise black British history and key black figures from the UK. This year was the first time that the theme focused on black British women, with the theme, 'Saluting Sisters'.



In September 2021, I held a coffee morning and met with many of our parents to discuss the relevance of BHM at WHPS. The outcome was that our parents wanted the children to learn about black British icons and role models for our children. They also requested that the children learnt about inspiring black women. Over the next few pages, you will see the work that the children have been doing about some of those inspirational black women. We hope you enjoy it!

At West Hampstead Primary School, over the past few years, we have been focussing on diversifying our curriculum and the books that the children read. We have worked hard to make sure that both our curriculum and books reflect the diversity within our school. This diversity is what makes our school so special and is certainly one of the reasons why I wanted to be head teacher at our school.

Have a great weekend!

Sam Drake, Headteacher

EVENTS NEXT WEEK

- MONDAY:** Danube Class Swimming PM
- TUESDAY:** 9:15-10:15 Prospective Parent Tour
3:00-6:00pm Yr5&6 Football Tournament @ Talacre
- WEDNESDAY:** 10:00-12:00 Royal Academy of Music visit Nursery
Thames Class Swimming PM
3:00-6:00pm Yr3&4 Benchball Tournament @ Talacre
- FRIDAY:** 2:45-3:15 Golden Time

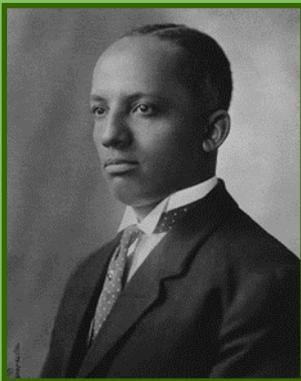
Black History Month Newsletter

2023

Last month, we celebrated Black History Month and would like to use this opportunity to share some of the amazing learning which took place at West Hampstead.

How did it all begin?

Did you know that the idea of Black History Month is not a new one? It originally came from the American historian, Carter G. Woodson.



Born in Virginia in 1875 to parents who were former slaves, he had limited access to education and job opportunities. But he was able to study at one of the few high schools for black students after saving money earned by working as a coal miner.

Woodson went on to gain various qualifications, including a PhD in history from Harvard University, and became a professor at Howard University.

Throughout his life, he worked tirelessly to promote black history in schools.

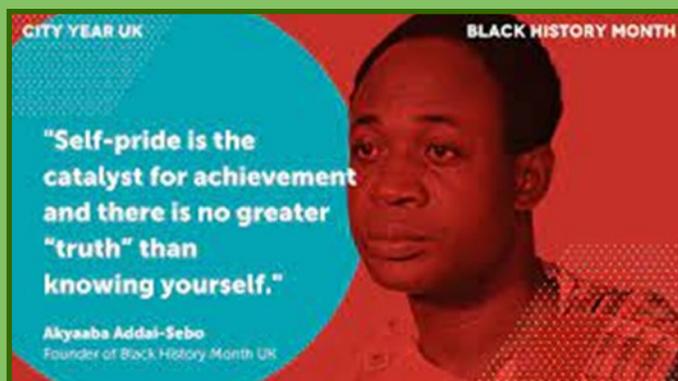
As a historian, he found that many of the contributions that Black people had made to society over the years were not recognised or shared with the public.

In 1926, that's nearly 100 years ago, he launched the first Black History Week, set in February to overlap with the birthdays of former President Abraham Lincoln and Frederick Douglass. Both men played a significant role in helping to end slavery.

The event was expanded in 1970, and since 1976 every US president has officially designated February as Black History Month.

The first Black History Month in the UK took place in 1987, the 150th anniversary of the abolition of slavery in the Caribbean.

It was arranged by Akyaaba Addai-Sebo, who came to the UK from Ghana as a refugee in 1984. Like Woodson before him, he wanted to challenge racism and celebrate the history of black people.



October was chosen partly because it's traditionally a time when African leaders gather to talk about important issues, and partly because it was at the start of the school year. When Black History Month first began, there was a big focus on black American history. Over time the event has prioritised black British history and key black figures from the U.K.

What was the focus this year?

Black History Month is celebrated in schools, local communities, museums, care homes and workplaces. For 2023, people were encouraged to find out more about the exceptional achievements of black women, especially those who have been forgotten, through the theme of 'Celebrating our sisters'.



At West Hampstead, this was our second year focusing on the achievements of Black British women from a range of backgrounds.

What does it mean to be black and British?

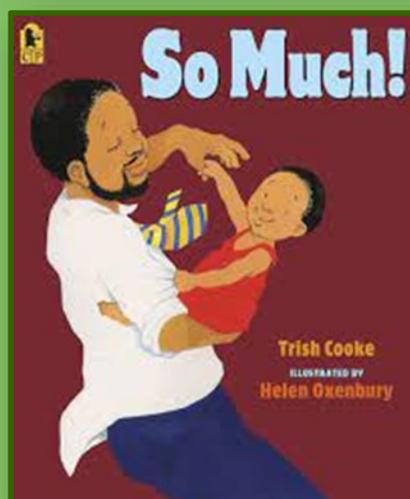
Being Black and British is an identity.

A person who is Black and British may have ancestors from African or Caribbean countries and have been born or grew up in a British country.

Someone who has recently moved to a British country or that has lived here most or all of their lives may also identify as Black British.

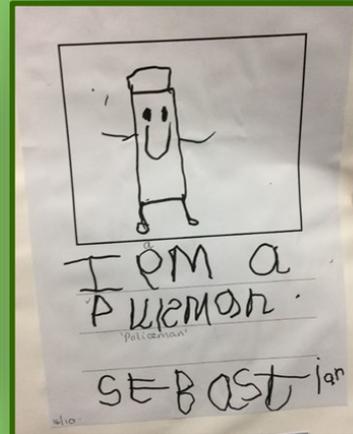
What happened in school?

In **Nursery**, the children focussed on the author of one of their favourite books – ‘So Much’ by Trish Cooke. Trish was born in Bradford and her parents were from Dominica. They travelled to Britain with The Windrush Generation. She grew up in a large family who spent a lot of time together, telling stories and singing songs. Trish has said that a lot of ideas for books came from spending time with, and watching her family.

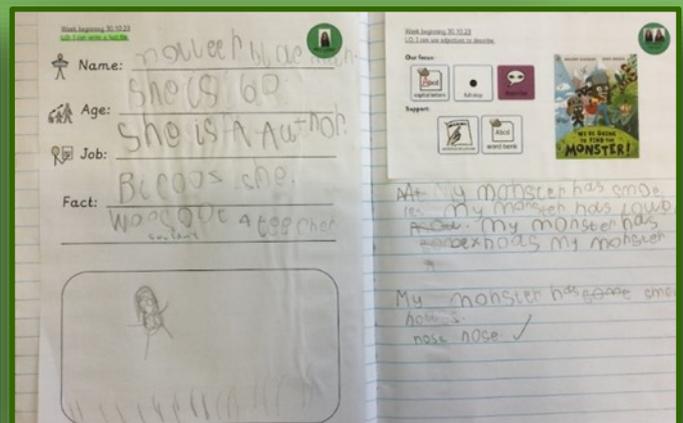
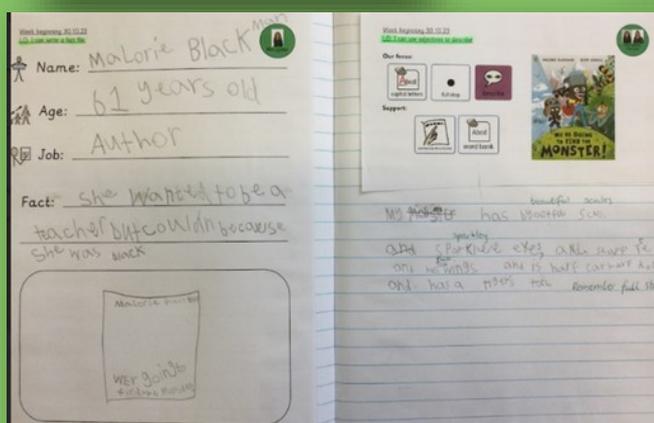


In **Reception**, the children have been learning about our very own, Beryl Gilroy.

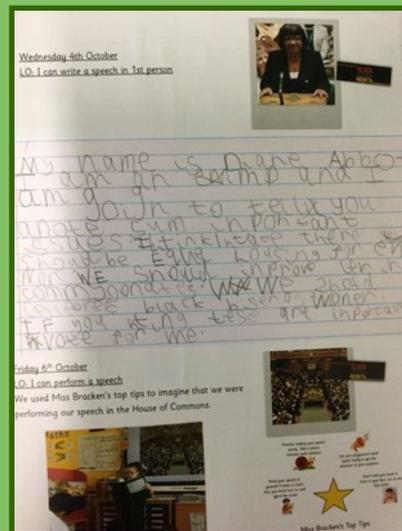
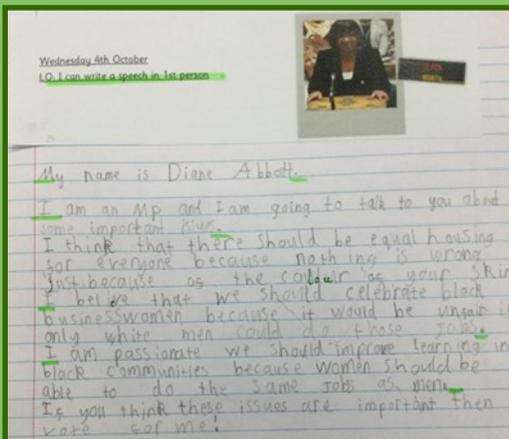
Originally from Guyana, Beryl decided to be a teacher when she was just 12 years old. She travelled to Britain when she was 27 but found it very difficult to get a job. People were not welcoming. After a lot of determination and resilience she became the first black female headteacher in London here at West Hampstead.



Year 1 have been finding out more about the award winning author, Malorie Blackman. Her parents were from Barbados and she was born in London. Malorie always enjoyed reading stories and poems but was annoyed that none of the characters she read about were like her. She decided to change this and has given us stories like Pig-heart boy, Ellie and the cat and Noughts and Crosses.



Year 2 have been studying Britain's first black female MP, Diane Abbott. Her family were from Jamaica and she was born in London. Her election in 1987 was a turning point in British history. She has argued against racism, not only in the UK, but in South Africa as well. She has fought for equal housing and healthcare for all people, not just white people. She has started programs to support learning for black children and support for black businesses. She has faced racism and even threats for her work.



Year 3 were getting musical with Professor Shirley Thompson. Like Diane Abbott, Shirley's family were from Jamaica and she was born in London. She was interested in music as a young child and worked hard to be able to play the violin in orchestras and sing with local choirs. As an adult, she has written music for films and TV shows, music to be performed at royal engagements and has performed for Queen Elizabeth II. She uses her work to tell stories about racism and equality.



Blue Iris, you remind me of...

Singing songs, laughing in my room, ^{but} roller skating my daddy.

Working up early and only going to school.

Having a warm warm home in the kitchen with my friends.

Blue Iris, you remind me of...

Playing with my group in the gym.

Being so with school the high park with my friend buddy.

How I love learning at school.

Blue Iris, you remind me of...

Bellyflopping over a jump on a landing pad.

Playing a sign game with my friends.

Pl. Playing in the football and going to a match.

Blue Iris, you remind me of...

Sparking my fluffy hairy puppy and taking her on walks.

Listening to music on my phone.

Reading a non-fiction book after a long day of learning.

Blue Iris, you remind me of...

Playing it/ing with my sibling on an autumn day.

Not to stop spinning competition with my kind siblings.

Pretending to be poor victorians with my friends on my precept estate.

Blue Iris, you remind me of...

Running several laps around my huge clean house.

Using fluffy, your pushups and not jumping jacks.

Year 4 have learned about an Olympic champion. Nicola Adams was born in Leeds and had a challenging childhood. She had several food allergies, eczema, a diagnosis of ADHD and asthma. At one point, doctors told Nicola's parents to limit the amount of running around Nicola did in case it made her asthma worse. When a babysitter cancelled, Nicola was taken to the gym by her mum and chose to do a boxing class for children. It became clear that she was a talented boxer. However, it was not widely accepted that women should be allowed to compete as boxers and she became very frustrated at being treated unfairly. She did not give up and in 2012 became Olympic champion.



I can write a non-chronological report about Nicola Adams' CHILDHOOD.

Steps to Success:

- TIP TOP
- Subheadings
- Facts
- Images and captions
- Fronted adverbials

Nicola Adams was born on the 21st October 1981 in Leeds. When she was a little older her childcare arrangements changed so she went to the gym with her mum. Mum got a passion for boxing and wanted to be one. She started her first boxing class at the age of 10 and won her first match.

Achievements

As soon as she started her career she achieved a lot. She became the first and best English boxer. She won twice at the Olympic games. She also fought in the World amateur championships. Most of all she became a member of the MBE.

Obstacles

Nicola Adams also faced many obstacles through out her life. She had many diseases including asthma, eczema and many food allergies. At the age of 15 she was diagnosed ADHD. She had it from then on. In her early career she didn't do much because there was no-one to compete with but that she got to compete much more in her later career. She got an eye injury and retired because of it.

History

During her career also lots of changes happened. Example until 1996 women were banned from boxing and needed a licence. A good change was that of 2000 boxing was included in the Olympics.

Monday 30th October

I.O.I can write a non-chronological report about Nicola Adams.



Introduction

Nicola Adams was a famous boxer while facing lots of injuries and obstacles. This report will be about her life and how she achieved being the first girl to box.

Obstacles

Nicola Adams faced lots of injuries like suffering from asthma and eczema. She also faced ADHD which means she found it difficult to concentrate while she was boxing. She had a back injury but that did not stop her. She also had an eye injury.

Early life

While she was growing up, she wanted to do boxing but doctors said she had to stop because when she was 13 she started to box but she found it difficult because people said girls can not box. She did not want to stop because people said that to her, she kept going.

Year 5 found out more about Baroness Doreen Lawrence. Doreen was born in Jamaica and came to England when she was nine years old. In 1993, her son, Stephen, was killed in a racist attack. Doreen believed that the police investigating the awful crime did not behave in a way that was fair or professional. She spent years campaigning for people to be treated fairly by the police, no matter what their skin colour or background. She continues to campaign for other victims of racist crimes and now advises the Government on how to make things better.



West Hampstead
Primary School
Dornell Street
London NW11 2AL
Wednesday 11th October

Dear Baroness Lawrence,

My name is Taylor. I am a 9 year old girl in year 5. In West Hampstead Primary school. Also we are celebrating black history month. We have been learning about your life and we are very happy that you kept trying and trying to stop racism. I'm very happy that my teacher chose you for us to learn about. Also we are SORRY for your loss. I know that it was wrong for the police to ignore the case. It was very inspiring even tho the police didn't do anything about it.

HAPPY BIRTHDAY!! We love how you joined the house of lords even tho it was still out of your comfort zone.

Thank you for inspiring everyone and showing your life to the world. It's very interesting.

Your sincerely
Taylor.

West Hampstead Primary School,
Dornell Street,
London
NW11 2AL.

Wednesday the 12th October 2023

Dear Baroness Lawrence,

My name is Axel and I am in year 5 at West Hampstead Primary School. As part of Black History Month, we have been learning about influential Black British women and my year group has learned about your life and achievements.

You are a resilient and considerate person. I admire you for your work to help charities and to stop racism. 2 of our school values are resilience and consideration. Before I learnt about you I never thought that you could turn sorrow into power. Learning about you has made me feel like a better person.

You were awarded an OBE from Queen Elizabeth II, I can see why that she must have been also been proud of your work. You campaigned and made lots of speeches.

Year 6 used black history month to learn about Lilian Bader. She was the first black female Briton to join the armed forces in 1940. Her father was from Jamaica and, similar to Nicola Adams, Lilian had a very challenging childhood.

She was orphaned at the age of nine and spent 11 years being looked after in a Christian convent. She was supposed to leave earlier but no one would give her a job because of her skin colour.

She eventually found work as a maid but wanted to support the war effort and got a job in a canteen for soldiers. As soon as they found her father was from Jamaica, she was sacked.

She did not give up. She joined the Women's Auxiliary Air Force in 1940 and was quickly promoted 6 times. When asked why she wanted to help a country that had treated her so unfairly, she said that she wanted to protect other black Britons from the threat of invasion.



LO: I know who Lilian Bader was and why we remember her today.

Who was Lilian Bader? Why do we remember her today?

Lilian Bader was born in Liverpool on the 18th of the February 1918. She lived until the 13th March 2015. Her father was born in Barbados and her mother was from Irish heritage. This made Lilian half black. As a result of this, she faced a lot of discrimination and racism in her life. Eventually, she found a job in domestic services as a maid where no-one could see her. When war broke out on the 2nd of September 1939, she went to join the WAAF to work in the canteen. Sadly, she was fired after just 7 weeks. She went back to domestic services. In the late 1940s she got a job in the WAAF. As she was so talented

APPLICATION TO JOIN WOMEN'S AUXILIARY AIR FORCE (WAAF).

Name: Lilian Wood

What skills or qualities do you have to fulfil the role?

I believe that I have three qualities that would make me an excellent choice for the WAAF. Firstly, I always have a positive mind set which is very important because if you get in mind after you just mission you think cannot do this then it will just pull you down. Encouragement is another of my qualities. You need to be encouraging to help other team members who are a bit scared. Resilient is the final of the

LO: I know who Lilian Bader was and why we remember her today.

Who was Lilian Bader? Why do we remember her today?

Lilian Bader was a black woman who was born in Liverpool 1918. She sign up to the WAAF which helps soldiers to have hot meals. But their soldiers if it gets rip (with holes). Sadly, she got sick after 7 weeks because of her skin colour. Also, her dad was from Barbados and her mother was Irish heritage. Since her mother and father died she was orphaned at the age of 9 and she was separated from her brothers too.

APPLICATION TO JOIN WOMEN'S AUXILIARY AIR FORCE (WAAF).

Name: Lilian Bader

What skills or qualities do you have to fulfil the role?

I am always hardworking to the best of what I could do. I'm determined to protect ~~that~~ not miss a single day of work and work night shift. I am resilient (I never give up).

All of the women we learned about at school have shown our school values of resilience, aspiration, consideration, community and responsibility. Their stories have inspired countless others over the years and we hope that they have inspired the next generation of authors, politicians, activists, musicians, sports people, inventors and anything else that our wonderful children want to be.



WEST HAMPSTEAD PRIMARY SCHOOL COME AND MEET OUR FAMILIES ON TUESDAY 5TH DECEMBER 6-7PM

Ask our students and parents any questions!



We would like to invite you to a very special evening. This event is for all parents and carers who are looking to choose a primary school for their children and would like to find out more about West Hampstead Primary School.

You will get the chance to visit the school, meet the headteacher and speak to current parents and children about the school. The event is in the evening so that all working parents can attend.

Light refreshments will be provided!



'Behaviour in lessons and at all other times of the school day is of a high standard. Pupils are polite and well-mannered.' OFSTED March 2022

Book online using the QR code or email
admin@westhampstead.camden.sch.uk

Aspiration, Responsibility, Consideration, Resilience & Community

Click on the link below link for the Meet our families event :

<https://www.eventbrite.co.uk/e/meet-our-families-tickets-753187623457>



SEND A LETTER TO

SANTA

Pick up your letter template
from the school office and
post it before 1st December to
get a reply.

**POST OFFICE BOX IN SCHOOL
OFFICE AREA**

Last collection:
Friday 1st December

Join West Hampstead PSA's

WINTERFEST

Rainbow Hampers



Every year group is making a colourful hamper for our raffle! If you'd like to join in, please bring something in your hamper's colour - like food, drinks, or a small toy.

Please make sure it's not old, open, or can spoil.

Here are the colours for each year:

Nursery	Gold or Silver
Reception	Red
Year 1	Orange
Year 2	Yellow
Year 3	Green
Year 4	Blue
Year 5	Pink
Year 6	Purple



WEST HAMPSTEAD
PSA
SHARE. CONNECT. HAVE FUN.

Charity number
1087315

@westhampsteadPSA



Join West Hampstead PSA's

WINTERFEST



FOOD ★ LIVE MUSIC ★ PRIZES ★ CRAFTS

Friday 8th December

3:30 - 6pm

West Hampstead Primary, Dornfell St, NW6 1QL



Charity number
1087315

@westhampsteadPSA



Families, Food & Feelings Parenting Workshop

Free online session for parents and carers of children aged 5-17 who live in, are registered with a GP or attend school in Islington or Camden. This workshop is suitable for parents of children or teens who are above a healthy weight.

Date: 5th December

Time: 10:00-12:00

Online

The friendly facilitators provide strategies and insight to help parents feel confident in:

- **Making mealtimes enjoyable**
- **Setting healthy boundaries**
- **Encouraging children and young people to eat more fruit and vegetables**
- **Modelling healthy behaviours**
- **Understanding emotional eating**
- **Helping children and young people to have a healthy relationship with food and more...**

Register via the link below:

<https://forms.office.com/Pages/ResponsePage.aspx?id=h3u6cuwYcEajMx1Axlikm74zITBVDgZDn8q3fVVBGQRBUOFdTUDBQUUtVOEtGME5MTFNRUUZaTzdCMiQIQCN0PWcu>

Email brandoncentre.healthyliving@nhs.net for more information

URGENT CHRISTMAS APPEAL FROM CAMDEN FOODBANK

PLEASE HELP US TO FEED ADULTS & CHILDREN IN FOOD POVERTY

What food is needed and why?

Camden Foodbank make up longlife emergency food parcels to support local people in food crisis. In order to make up well balanced food packages we need any of the items listed below:

Targeted food needed by Camden Foodbank at Christmas time:

Tinned Meat	Tea/Coffee	Longlife Juice
Tinned Fish	Sugar	Longlife Milk
Tinned Fruit	Cereal	Cooking Oil
Tinned Tomatoes	Baked Beans	Shampoo
Pasta Sauce	Christmas present for Children	Shower Gel/Soap
Pasta/Rice	Christmas Biscuits	Toothbrush
Washing up Liquid	Christmas Sweets	Toothpaste
Washing Powder		Toilet Paper

What are the different ways you can donate food to help local people at Christmas?

- I. Purchase targeted food listed above and Deliver in person.
- II. Purchase targeted food listed above and Send through Internet shopping.

How to donate money?

INDIVIDUAL GIVING THROUGH JUST GIVING for Camden Foodbank click on

<https://checkout.justgiving.com/c/3445418>

100% of your donation will go directly to Camden Foodbank. We would be grateful if you can also select **GIFT AID** which will increase your donation

FOR CHEQUES/DIRECT DEBITS AND OTHER WAYS OF GIVING <https://camden.foodbank.org.uk/give-help/donate-money/>

EVERY £40 RECEIVED IN CASH DONATIONS PAYS FOR ONE EMERGENCY PACKAGE*



A well balanced 3-day emergency for 1 person could mirror the photo above. (Cost per package may vary according to availability*).

Where can the food be delivered to and what times? *

Deliver Food in Person:

Day	Time	Address
Tuesday & Friday	11.30 am to 3.00 pm	Camden Foodbank, 14 Pratt Mews, London NW1 0AD.
Wednesday	3.00 pm to 7.00 pm	Camden Town Methodist Church, Wesley Hotel Camden Town, 89 Plender Street, London NW1 0JN.
Saturday	10.00 am to 12.00 pm	Camden Town Methodist Church, Wesley Hotel Camden Town, 89 Plender Street, London NW1 0JN.
Sunday	10.00 am to 12.00 pm	Camden Foodbank, 14 Pratt Mews, London NW1 0AD.

Send by Internet Shopping:

Any Tuesday or Friday 11.30 am to 2.00 pm Camden Foodbank, 14 Pratt Mews, London NW1 0AD.

Camden Foodbank is closed for Christmas from 23rd December 2023 and open again 9th January 2024. *



Camden foodbank
14 Pratt Mews
London NW1 0AD
07871 248704 (Food deliveries only)
info@camden.foodbank.org.uk
www.camden.foodbank.org.uk
Registered Charity in
England & Wales (1084806)

