

Hewens Young Voices Assembly



Last term, we had fun in the sun during our Young Voices Assembly in the quad. All the classes represented a different country, their flag and sang songs from different cultures whilst embracing diversity throughout the School. It was a joyous moment and a delightful way to end the Spring Term.







World Poetry and Water Day



Last term, on Monday 22nd March, we had an amalgamation of celebrations for World Poetry Day and World Water Day. Each class recited their water themed poems using the correct expression, diction and intonation to make them come alive. All the children expressed themselves beautifully with the appropriate rhythm, rhyme and repetition.



Coming Soon... Hewens Primary YouTube Channel

Over the Easter break, we have been working on setting up a YouTube channel for Hewens Primary School so we can share all the fabulous things that have happened in the School over the past couple of months.

The videos are still in the production stages so we will share the links very soon with you all.

Watch this space!



National Share a Story Month

National Share-a-Story Month (NSSM) is an annual celebration of the power of storytelling and story sharing, providing a fantastic opportunity to bring children and stories together. The 2021 theme is 'Myths, Magic and Mayhem'.

Throughout the month, the teachers will read aloud stories to the children from different genres such as mysteries and adventures, magical tales and myths and legends.

Our aim is to ensure that children are introduced to different genres of stories and at the same time, foster a love for reading. We are encouraging our parents, guardians and carers to visit the local libraries with the children and read different books related to these genres.

Attendance and Punctuality

We would like to remind parents, guardians and carers that research shows there is a clear link between the attendance rate of children at school and their level of attainment.

Please support your child to attend regularly by ensuring that any medical or other appointments are organised out of school hours.

The expectation of the governing body is that all children will achieve a minimum annual attendance rate of 96%. It is important that all children are in school by their staggered start time so that registration can take place on time.

We really appreciate your support.

Hillingdon Weekly Challenges

Starting from this week, Hewens Primary School will be taking part in the Summer Hillingdon Weekly Physical Challenges as the children had so much fun getting involved in the challenges last term. These challenges will allow children to get active, have fun, improve health, engage new audiences and increase motivation.

Mr Mono (PE Co-ordinator) will provide your teachers with a video of what you need to do each week. Your teachers will show this video in class which will be posted on our new YouTube channel. These challenges will be done in school and all scores will be recorded by your teachers by Thursday, the following week. Please see the schedule below for all upcoming challenges.

- Week 1: Star Jumps – Friday 30th April

Click to view: (<https://youtu.be/UECxxkCHljiQ>)

- Week 2: Super Slalom Run – Friday 7th May
- Week 3: Sock in the Box – Friday 14th May
- Week 4: Squat Jump – Friday 21st May
- Week 5: Fast Feet – Friday 28th May
- Week 6: Step Ups – Friday 11th June
- Week 7: Obstacle Course – Friday 18th June
- Week 8: Plank Challenge – Friday 25th June

Life Bus Sessions

On Tuesday 4th to Monday 10th May, Hewens Primary School will be having Life Education classroom sessions. Coram Life Education is the leading provider of health, wellbeing and drugs education to almost half a million children across the UK, delivered under the strapline 'Helping Children Make Healthy Choices'. Trained Educators use evidence-based, interactive, creative methods and resources to stimulate curiosity and imagination amongst children. The memorable life skill sessions will be delivered in the classrooms this year as the mobile Life Bus is out of session. As in previous years, the children will receive a letter in regards to purchasing a work book which links to what the children will have learnt on the Life Bus. This isn't compulsory but should you wish to purchase a work book, please return the letter along with £3 per work book to the School Office by **Friday 7th May**.

Holiday Requests during Term Time

Children's absence during term time will only be approved in exceptional circumstances. Any planned term time leave of absence, must be requested in writing to the Headteacher prior to any travel arrangements being made. In such circumstances, please contact the School Office and request a Leave of Absence Form, which must be completed and returned to the School Office prior to the absence. Evidence is required to support the request, for term time leave of absence may be requested. You will be notified if your request is approved as soon as possible. If the absence is not approved but taken, it will be recorded as unauthorised. Please be aware that unauthorised absences could result in the issue of a fixed penalty fine and/or prosecution by the Local Authority. **Please remember the importance of factoring any potential quarantine restrictions into your holiday, so that if any quarantine measures are required, these do not impact on your child's attendance.** If you have any questions or require any further information about this procedure, please contact the School Office. Thank you.



**Aldrin
Alliance**



**Columbus
Alliance**



**Garrett-Anderson
Alliance**



**MacArthur
Alliance**

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|  <h2 style="text-align: center;">APRIL TO MAY 2021</h2> | |
| APRIL | |
| Friday 30th | Star Jumps Challenge |
| MAY | |
| Saturday 1st to Monday 31st | National Share a Story Month |
| Monday 3rd | May Day Bank Holiday - <i>School Closed</i> |
| Tuesday 4th | World Asthma Day |
| Tuesday 4th to Monday 10th | Life Bus Sessions |
| Friday 7th | Super Slalom Run Challenge |

World Asthma Day

World Asthma Day (WAD) is organised by the Global Initiative for Asthma (GINA) (www.ginasthma.org), a World Health Organisation (WHO) collaborative organisation founded in 1993. The WHO recognises that asthma is of major public health importance and thus, this annual event is held each May to raise awareness of Asthma worldwide.

This year's World Asthma Day theme is "Uncovering Asthma Misconceptions". The theme provides a call to action to address common widely held myths and misconceptions concerning asthma that prevent persons with asthma from enjoying optimal benefit from the major advances in the management of this condition. Common misconceptions surrounding asthma include:

- Asthma is a childhood disease; individuals will grow out of it as they age.
- Asthma is infectious.
- Asthma sufferers should not exercise.
- Asthma is only controllable with high dose steroids.

The Truth is:

- Asthma can occur at any age [in children, adolescents, adults and elderly].
- Asthma is not infectious. However, viral respiratory infections (such as common cold and the flu) can cause asthma attacks, or, in children, asthma is frequently associated with allergy, but asthma which starts in adulthood is less often allergic.
- When asthma is well controlled, asthma subjects are able to exercise and even perform top sport.
- Asthma is most often controllable with low dose inhaled steroids.

6R Award for being 'Reflective'

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|-----------------------------------|-----------------------------------|----------------------------------|---------------------------------|
| AM ACORNS <i>Finley</i> | PM ACORNS <i>Jayden</i> | BLOSSOM <i>Aavya</i> | CHERRY <i>Gurdit</i> |
| HAZEL <i>Kevin</i> | MAPLE <i>Arnav</i> | ELM <i>Kinza</i> | WILLOW <i>Angad</i> |
| BEECH <i>Hashwin</i> | PINE <i>Tommy</i> | ASH <i>Clayton</i> | HOLLY <i>Mohammad</i> |
| HAWTHORN <i>Kornel</i> | ROWAN <i>Sebastian</i> | CHESTNUT <i>Rokaya</i> | OAK <i>Maryam</i> |

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|  | | Week Commencing: <i>Monday 3rd May</i> |
| | | MENU 2 |
| TUESDAY | | |
| Meal Choice 1 | Lamb Koftas with Rice and a Yogurt and Cucumber Dip | Halal |
| Meal Choice 2 | Lamb Koftas with Rice and a Yogurt and Cucumber Dip | Non Halal |
| Meal Choice 3 | Creamy Pasta Bake | Vegetarian |
| Meal Choice 4 | Lamb Patty with Rice | Gluten/Dairy Free |
| Dessert Choice | Chocolate Sponge | Fresh Fruit and Yoghurts |
| WEDNESDAY | | |
| Meal Choice 1 | Baked Jacket Potato with Fillings [sliced chicken, salad, coleslaw, tuna] | |
| Meal Choice 2 | Sweet Potato with Fillings [sliced chicken, salad, coleslaw, tuna] | Vegetarian |
| Meal Choice 3 | Baked Jacket Potato with Salad and Beans | Gluten/Dairy Free |
| Dessert Choice | Fruit Tarts | Fresh Fruit and Yoghurts |
| THURSDAY | | |
| Meal Choice 1 | Roast Chicken with Roast Potatoes, Stuffing and Onion Gravy | Halal |
| Meal Choice 2 | Roast Chicken with Roast Potatoes, Stuffing and Onion Gravy | Non Halal |
| Meal Choice 3 | Vegetable Tart | Vegetarian |
| Meal Choice 4 | Roast Chicken with Roast Potatoes and Gluten free Gravy | Gluten/Dairy Free |
| Dessert Choice | Vanilla Cheesecake | Fresh Fruit and Yoghurts |
| FRIDAY | | |
| Meal Choice 1 | Fish Fingers or Battered Chicken with Oven Baked Potato Wedges | Halal |
| Meal Choice 2 | Fish Fingers or Battered Chicken with Oven Baked Potato Wedges | Non Halal |
| Meal Choice 3 | Vegetable and Cheese Pasta Bake | Vegetarian |
| Meal Choice 4 | Gluten free Fish Fingers with Gluten free Potato Wedges and Beans | Gluten/Dairy Free |
| Dessert Choice | Apple Pie | Fresh Fruit and Yoghurts |
| <i>Please note that all main meals are served with Fresh Vegetables of the Day</i> | | |

May Day Bank Holiday – Monday 3rd May

Please note, Monday 3rd May is a bank holiday, therefore, school will be closed. School will resume on Tuesday 4th May at the usual staggered times.



ASTHMA ALERT

A message from Hillingdon Children's Asthma Team:

It is important to ensure your child's asthma remains well controlled and that you know when you should seek medical help.

➔ If your child has asthma and uses a preventer inhaler (Beige/ Brown/ Orange/ Red/ Purple/Pink) please make sure they are using this twice a day EVERY DAY as prescribed, even when well. REMEMBER ALWAYS USE WITH A SPACER.

➔ If your child needs their reliever inhaler (Blue) more than twice a week, for more than two weeks, please book a medical review with your GP/asthma nurse.

➔ If your child needs 10 puffs of their reliever (Blue) inhaler and are no better or are wheezing again within 4 hours, GIVE ONE FURTHER SET OF 10 PUFFS and seek urgent medical review at your nearest A&E.



Please do not delay seeking medical attention when needed.


