

## Children's Mental Health Week



During the week commencing Monday 1st February, our school celebrated Children's Mental Health Week focusing on the theme 'Express Yourself'. Children across year groups looked at the different ways they can express their thoughts and emotions through dance, poetry, writing, sport, culture, religion and music.

Little Acorns also hosted a Pyjama Party and learnt how to express their feelings. They began the week by practising different breathing and relaxation techniques that can be used when they are feeling sad, worried or angry. The children have also made their own Zones of Regulation posters which they have used to express which zone they are in and why.



## Chinese New Year – The Year of the Ox



Did you know that the ox is a valued animal in Chinese culture because of its links with farming? It is believed that people born in the year of the ox are honest, hard-working, think logically and are great leaders.

Pupils across the School celebrated Chinese New Year in fine style! They enjoyed a sumptuous Chinese cuisine at lunch, indulging in either vegetable or chicken chow mein with rice that was specially prepared by the kitchen staff. The children then extended their celebrations further in class by designing vibrant Chinese lanterns and gift boxes, and also participated in various activities in recognition of the day's celebrations.

Pupils were then challenged to examine the Chinese calendar to identify the animal that is associated with the year they were born in. What a fun-filled day it was!





## International Day of Women and Girls in Science



In celebration of International Day of Women and Girls in Science, children across the School learnt about how Science, Technology, Engineering and Mathematics (STEM) careers were previously male dominated, giving men more opportunities to study these subjects and increasing their employment rates in these fields. However, over the past 100 years, women have been doing more in STEM areas. They learnt about seven women namely: Fei-Fei Li, Donna Strickland, Margaret Hamilton, Elizebeth Smith Friedman, Cohl Furey, Jewel Burks and Jennifer Doudna who have made their mark in STEM fields, and whose stories and work were very inspiring.

Years 4 to 6 embarked on a School's Challenge Quiz which tested their knowledge on the information learnt. Congratulations to Holly, Hawthorn and Oak classes who came out as the winners in a nail-biting buzzer showdown.





**Making Potato Salad – Year 2**



During the week of Monday 8th February, some curious Year 2 children used their playtime to harvest the potatoes that were planted 4 years ago in the garden by the Gardening Club.

Being resourceful, they brainstormed ideas of what dish they could prepare. Collectively, they decided upon potato salad and went on to research what ingredients they needed to source from their homes and teachers. The children were pleasantly surprised after having rustled up a mouth-watering bowl of potato salad, and were quite elated about their culinary delight and its palatable taste!



### Hillingdon Weekly Challenges

Hewens Primary School is currently taking part in Hillingdon Weekly Physical Challenges. 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 post this video within your class on Teams.

These challenges can be done at home or at school. All scores will need to be sent to your class teacher by Thursday, the following week.

Please see the schedule below for all upcoming challenges.

- Week 5: **Climbing the Mountain Challenge** - Friday 5th March
- Week 6: **Skiping Challenge** - Friday 12th March

Remember to follow us on Twitter @hewensprimary and check out our videos!

### Figure of 8 Challenge

Last week, children got involved in Week 2 of the Hillingdon Weekly Challenges – Figure of 8. We would like to say a huge well done to all the children who participated in the challenge and congratulate those who received Bronze, Silver and Gold.

Mani - <b>BEECH</b>	Yashaswin - <b>BEECH</b>	Riya - <b>BEECH</b>
Ronnie - <b>PINE</b>	Navdeep - <b>PINE</b>	Wahress - <b>ROWAN</b>
Harrison - <b>ROWAN</b>	Amaan - <b>CHESTNUT</b>	Yahya - <b>OAK</b>

Ameer - <b>PINE</b>	Aliya - <b>PINE</b>	Hiba - <b>HOLLY</b>
Malakai - <b>HOLLY</b>	Zakir - <b>CHESTNUT</b>	

Naquiah - <b>BEECH</b>	Jiya - <b>PINE</b>	Sebastian - <b>ROWAN</b>
Hameed - <b>OAK</b>	Sami - <b>OAK</b>	

After the second week of the Figure of 8 challenge, we are currently 6th place on the Hillingdon Virtual Challenge Leader board for percentage of pupil participation. **Come on children, let's all get involved and aim for 1st place!**

## Alliance Groups

At Hewens Primary, all children are placed in an Alliance group which is a shared community to develop team building and competitive skills.

Our four Alliances are named after famous persons and are associated with special colours, namely: **Aldrin** (Buzz Aldrin), represented by the colour blue, **Columbus** (Christopher Columbus), represented by the colour yellow, **Garrett Anderson** (Elizabeth Garrett Anderson), represented by the colour green and **MacArthur** (Dame Ellen MacArthur), represented by the colour red.

The table below shows the Alliance points that will be awarded and how to earn them. Some rewards have a higher weighting than others and are therefore more valuable and harder to be awarded.

These points will be awarded by teachers and other school staff when it is felt by them that they are deserving. It is our hope that the children remember that they are not just simply rewarded for what is expected of them, this is when they are going above and beyond. **We do hope that this will motivate pupils to do their best at all times.**

How to Earn Alliance Points	Alliance Points Awarded
Excellent Participation in Class	3 Points
Smart Uniform – dressed in full school uniform including Physical Education (PE) Kit	3 Points
Excellent Classwork – completed and moved on to challenge, extension tasks or extra for experts' activities	5 Points
Behaviour exhibits the 6Rs (being respectful, responsible, resourceful, resilient, rational and reflective)	5 Points
Positive Role Model	10 Points
Excellent Attendance and Punctuality	10 Points
Completed Homework Grids and Weekly Spelling Sentences	10 Points
Reading at home at least 4 days per week. Families or pupils write detailed comments in reading diary	12 Points
Star of the Week	15 Points
Competitions – for example Young Writers or any local, School or national competitions Home projects based on topics of study	15 Points
Headteacher's Award – a child who scores Alliance points for all the areas mentioned above (1-10)	15 Points
Other competitions set at the School level may award more than 15 Alliance points such as Debates, School's Challenge Quiz and Spelling Bee Competitions.	

## Alliance Points - Live on our website

We have been working in the background to ensure this information is accessible on the School website and are pleased to announce that this page is now live. Families can view the progress of their child's Alliance points via Curriculum – Rewards and Incentives or by visiting (<http://www.hewensprimary.co.uk/146/rewards-and-incentives>). Points will be updated each half term.

## Remote Learning - No 'Screen Time' on Fridays

Due to the feedback we have received from all stakeholders, we would like to inform parents, guardians and carers that pupils will not be asked to log on to Microsoft (MS) Teams for live lessons on Fridays (except for Assembly at 2:40pm). Therefore, children should still log into MS Teams from Monday to Thursday.

This is to reduce screen time and its effects on pupils' wellbeing. Alternatively, the teachers will set tasks for them to complete in their books or on worksheets. A timetable of activities for the day will be provided for all year groups. Thank you for your continued support and feedback.

## National Careers Week

In celebration of National Careers week, from Monday 1st to Saturday 6th March, the children will focus on their careers for the future. They will talk about what they want to be when they grow up and how they can get there.

More emphasis will be placed on the subjects that they need to ensure that they are qualified to enter their career path. The children across phases will be challenged to create a leaflet, booklet or a poster to highlight their dream job along with a job description and a picture of themselves in role.



## World Book Day - Non-Uniform Day

In celebration of World Book Day, all children have been invited to choose their favourite book and dress up for the day as a character from that book on **Friday 5th March**. We are encouraging all children to be creative and make their own costumes using old clothes or recyclable goods. We respectfully request a donation of £1 on this day; all money raised will go towards the funding of more books for our school library. We look forward to seeing our most-loved book characters come to life on this day!

