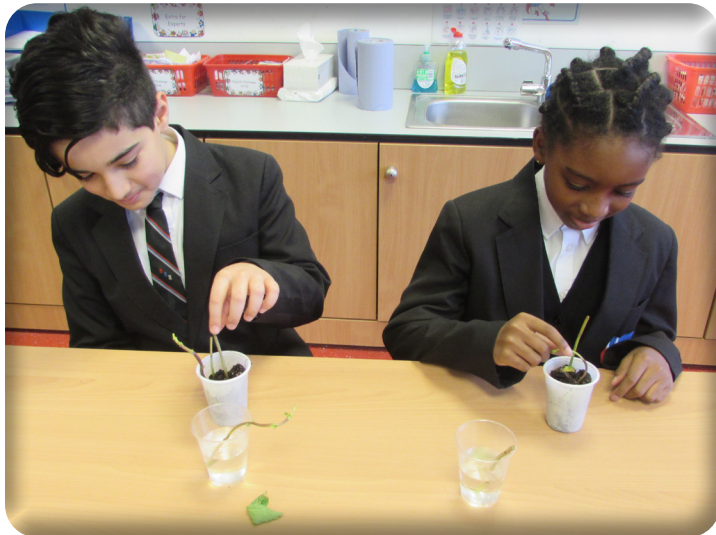
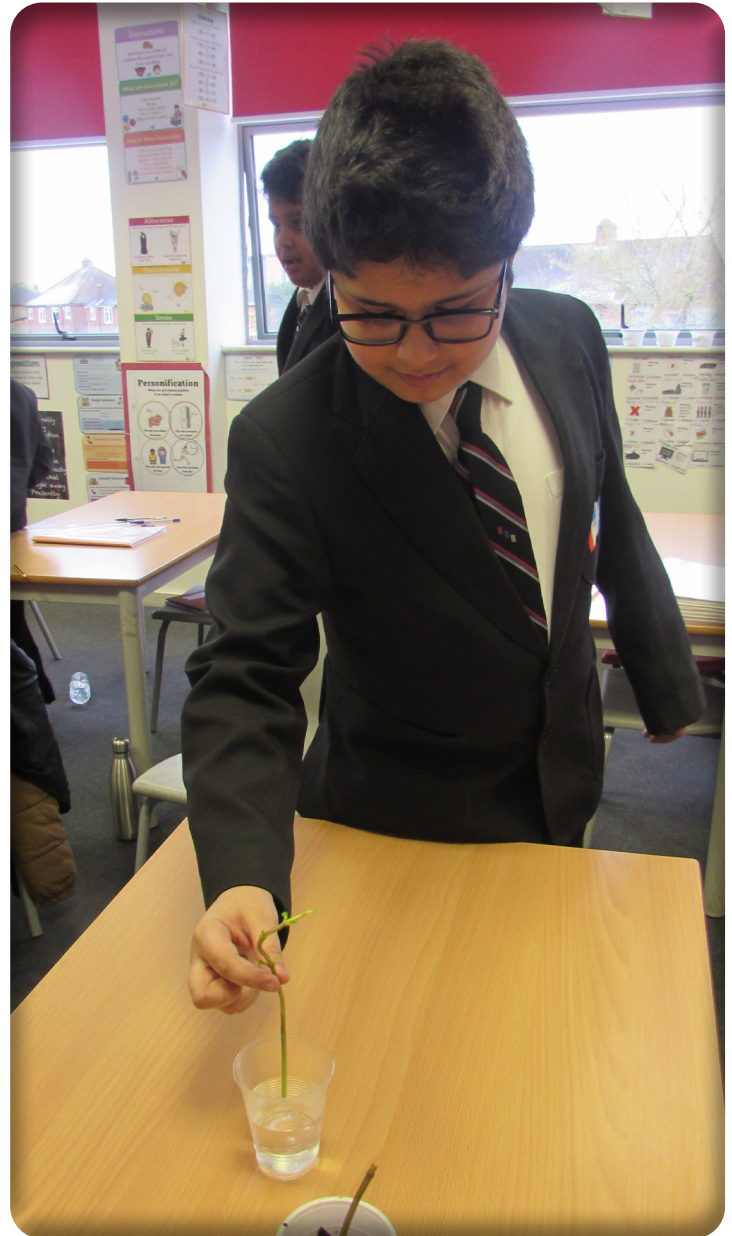


Reproduction in Plants



This term, the Year 5 children are studying 'Living Things and Their Habitats' and on Tuesday 26th January, they explored reproduction in plants. The children looked at the various ways in which plants grow and even experimented with cloning plants by growing new ones from cuttings. They enjoyed filling their plastic cups with potting compost and placing their cuttings in a hole in the soil. They were then asked to do the '100 Word Challenge' where they had to describe ways in which plants reproduce asexually in one hundred words, giving examples of plants that reproduce in this way, and using scientific words in their description. The children will continue to monitor the growth of their new plants and use this observation to embed their learning on plant reproduction.



Gas Masks to the Rescue!

Did you know that over 80 years ago, the British government emphasised the importance of carrying a mask at all times? Year 6 have been learning about the strategies taken by the people to protect themselves from German bomb attacks during World War II. Fortunately, gas masks were never used as there were no gas attacks; but our children sure loved making them and wearing a different mask for a change. Children have thoroughly enjoyed learning about World War II, which has evoked their curiosity and has widened their understanding of the significance of historical events.



Children's Mental Health Week

Around three children in every primary school class have a mental health problem, and many more struggle with challenges from bullying to bereavement. As such, from Monday 1st to Sunday 7th February, our school will celebrate Children's Mental Health Week which is a national event. This year's theme is **Express Yourself**.

The theme will focus on ways children can share their feelings, thoughts, or ideas, through creativity. Children will be asked to express their thoughts and feelings through art, music, writing and poetry, dance and doing physical activities and challenges that make them feel good about themselves and who they are. The aim is for the children to understand that being able to **express yourself** is not about being the best at something or putting on a performance for others. It is about finding a way to show who you are, and how you see the world, that can help you feel good about yourself.

Hearing and Vision Screening – Reception

On **Tuesday 2nd February**, the School nurses will be visiting the School to undertake a Hearing and Vision Screening to the Reception children.

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 2: **Figure of 8 Challenge** - Thursday 4th February
- Week 3: **Tap up Tennis Challenge** - Thursday 11th February
- Week 4: **Speed Bounce Challenge** - Thursday 25th February
- Week 5: **Climbing the Mountain Challenge** - Thursday 4th March
- Week 6: **Skipping Challenge** - Thursday 11th March

NSPCC Number Day – Non-Uniform Day

On **Friday 5th February**, our school will participate in NSPCC Number Day under the theme '**Maths is Everywhere!**'. Number Day is a maths-inspired fundraising day for all primary children.

Children will be encouraged to '**Dress Up for Digits**' and make a donation to wear an item of clothing with a number on it.

They should be able to express themselves in different ways about the number they are wearing: write it in words, partition the digits and create their own mathematic problems such as 'My answer is 25, what could be the mathematic problem?'

There will be a carousel of different activities for the children to participate in such as: 'times-table-a-thon', a 'count the jumps' challenge and 'finding Maths around the School'.

Each year group will be focusing on a different area in support of the theme 'Maths is Everywhere' based on the table below.

- Nursery and Reception - Mathematics on Me
- Year 1 - Mathematics in Travel
- Year 2 - Mathematics in Food
- Year 3 - Mathematics in Money
- Year 4 - Mathematics in Sport
- Year 5 - Mathematics in Weather
- Year 6 - Mathematics in Space

Nursery Pyjama Party

In celebration of 'Children's Mental Health Week', Little Acorns will be hosting their own Pyjama Party on **Friday 5th February**.

The regular nursery routine will be replaced with a variety of special activities including; sleep themed games, bedtime snacks and stories. The children can come to school dressed in pyjamas and bring some slippers to change into if they wish.

Available Support Services

Maintaining good mental health is crucial to overall wellbeing. Fortunately, there are many support services available for children and young people.

SSS Learning has produced a free resource designed to offer advice on how families can safeguard their children's mental health and promote their wellbeing. For 10 top tips on practical ways to positively promote your child's mental health, please visit (<https://ssscpd.co.uk/education/parentsandguardians/child-mental-health-10-tips-for-parents/-/pj==>).

Kooth is a support service that provides ideas for relaxation and mindful activities to help reduce stress and anxiety, as well as offering emotional and mental health support; (<https://www.kooth.com/>).

Additionally, YoungMinds is a national charity championing the emotional wellbeing and mental health of children by offering support, advice and guidance to ensure they can access the right help; (<https://youngminds.org.uk/>).

Attendance Expectations

All children from Nursery to Year 6 are expected to engage in daily learning. If for any reason your child is not able to access his or her learning via Microsoft Teams or attend lessons face-to-face, you should follow our usual attendance procedures by calling or emailing the School to inform us of the reasons.

We monitor all children's attendance daily and you will be contacted if your child is not in attendance.

Vaccine Fraud

The vaccine is a crucial tool in fighting coronavirus (COVID-19) and keeping people safe. Unfortunately, criminals have used this opportunity to take advantage of the COVID-19 vaccine rollout in order to commit fraud via phishing emails and scam text messages.

As such, The NHS Counter Fraud Authority (NHSCFA) has issued a warning to the nation to be extra vigilant during this time. For guidance and support, please visit

(http://upload.reactcdn.co.uk/rosedale/uploads/document/2601_COVID-19_Vaccine_Fraud_Poster_V3.pdf).

Please be extra cautious if you receive a communication purporting to be from the NHS demanding personal details. The vaccine is only available on the NHS and is free of charge.

The NHS will never request your bank account or card details or personal documents proving your identity. If you have any concerns about the legitimacy of any communication, please visit the government website to report any internet scams and phishing: (<https://www.gov.uk/report-suspicious-emails-websites-phishing>). Alternatively, please visit (<https://cfa.nhs.uk/reportfraud>) for more information about how you will be contacted for your COVID-19 vaccine.

The NHS will never ask for:

- Your bank account or card details
- Your pin or banking password
- Copies of personal documents to prove your identity such as your passport, driving license, bills or pay slips



Don't have a laptop? You can access Remote Learning through your Xbox or PlayStation

Xbox

1. Plug in a keyboard and mouse (If you have them) into the USB port
2. Go to 'My Games and Apps'
3. Find and open Microsoft Edge
4. Type in www.office.com as you would to access Office 365
5. Log in for access to Teams, Office 365, Outlook and OneDrive

PlayStation

1. Press the PS4 logo on the controller
2. Go to the library and find the Internet browser (WWW)
3. Open the browser
4. Type in www.office.com as you would to access Office 365
5. Log in for access to Teams, Office 365, Outlook and OneDrive

This should only be used in instances where no other device is available, it is not appropriate for students to be logged into a gaming device during their College day unless this is the case.



Rowens_Trust



t.r.h.a.t



www.therosedalehewensacademytrust.co.uk

Accessing Microsoft Teams

All children currently engaging in remote learning are expected to be accessing their classrooms virtually via Microsoft Teams. Children have received letters and guides on how to access their respective classrooms, along with an email address and password.

For those still experiencing problems logging in, Microsoft Education has streamed a video outlining the process of signing in and navigating your teams: (<https://www.youtube.com/watch?v=qx8xHpRMFHU>).

We're committed to everyone's well-being.

Our employees are wearing face masks.



We ask that you wear yours too.

Thank you for your cooperation!




Christmas Tree Trimming Assembly Videos

We would like to inform all parents, guardians and carers that the Christmas Tree Trimming Assembly videos are now ready to watch. You can access these via the links below:

(<https://trhat.co.uk/video-christmas20-hp/>).

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|  FEBRUARY 2021 | |
|---|---|
| FEBRUARY | |
| Monday 1st to Friday 5th | Children's Mental Health Week |
| Tuesday 2nd | Hearing and Vision Screening - Reception |
| Friday 5th | NSPCC Number Day - Non-Uniform Day |
| Friday 5th | Nursery Pyjama Party |
| Tuesday 9th | Safer Internet Day |
| Thursday 11th | International Day of Women and Girls in Science |
| Friday 12th | Chinese New Year |
| Monday 15th to Friday 19th | Half Term - School Closed |
| Monday 22nd | Start of Term |

Remote Learning Expectations for Pupils


All children are expected to dress in full school uniform whether they are learning remotely or face-to-face.

You must:

- Identify a comfortable, quiet space in your home where you can work effectively and successfully;
- Log on to Microsoft Teams as directed on your Teams calendar and timetable;
- Do your best to complete and upload your work for feedback;
- Communicate with your teachers if you are unable to complete your work or require additional support;
- Make sure that all your communication with pupils and teachers is responsible and sensible;
- Never deliberately browse, download, upload or forward material that could be considered offensive or illegal. If you accidentally come across any such material, you must report it immediately to your teachers or your parent, guardian or carer;
- Conduct yourself online as you would in a face-to-face classroom;
- Make sure you log off from Microsoft Teams as soon as the teachers indicate to do so and do not stay in the lesson or any private chat group(s) after the teachers have left.

6R Award for being 'Responsible'

| | | | |
|-----------------------------|----------------------------|---------------------------|---------------------------|
| AM ACORNS <i>Raphael</i> | PM ACORNS <i>Hamdam</i> | BLOSSOM <i>Erin</i> | CHERRY <i>Niyah</i> |
| HAZEL <i>Bahar</i> | MAPLE <i>Beau</i> | ELM <i>Rui</i> | WILLOW <i>Aayan. B</i> |
| BEECH <i>Laurentiu</i> | PINE <i>Karenpreet</i> | ASH <i>Hafsah</i> | HOLLY <i>Jeet</i> |
| HAWTHORN <i>Kashabh</i> | ROWAN <i>Lori-Ann</i> | CHESTNUT <i>Hartej</i> | OAK <i>Hameed</i> |

|  | | Week Commencing: <i>Monday 1st February</i> |
|---|--|---|
| SPECIAL MENU | | |
| MONDAY | | |
| Meal Choice 1 | Chicken Goujons with Potato Wedges, Beans and Vegetables | Halal |
| Meal Choice 2 | Chicken Goujons with Potato Wedges, Beans and Vegetables | Non Halal |
| Meal Choice 3 | Cheese and Onion Quiche with Potato Wedges, Beans and Vegetables | Vegetarian |
| TUESDAY | | |
| Meal Choice 1 | Macaroni Cheese and Vegetables | Vegetarian |
| WEDNESDAY | | |
| Meal Choice 1 | Baked Jacket Potato with Various Fillings | Vegetarian |
| THURSDAY | | |
| Meal Choice 1 | Chicken Sausages with Sliced Potatoes and Beans | Halal |
| Meal Choice 2 | Pork Sausages with Sliced Potatoes and Beans | Non Halal |
| Meal Choice 3 | Vegetarian Sausages with Sliced Potatoes and Beans | Vegetarian |
| FRIDAY | | |
| Meal Choice 1 | Fish Fingers with Oven Cooked Chips and Beans | |
| Meal Choice 2 | Guorn Nuggets with Oven Cooked Chips and Beans | Vegetarian |
| The daily dessert choices will be as follows: Fresh Fruit, Yogurt, Jelly or Ice Cream pots | | |

Change4Life Lockdown Lunches

As you are aware, Edenred has relaunched the National Free School Meals Voucher Scheme to support families through the lockdown. The scheme went live on Monday 18th January and by the following week, more than £30 million of eCodes had been redeemed into supermarket gift cards for families.

For those who have redeemed their Edenred FSM vouchers but are struggling for meal inspiration, Change4Life has created recipes and shopping lists for families which can be used to create lunches for around £15 each week. For 3 weeks' worth of recipes and finding fresh inspiration for cooking, please visit (<https://www.nhs.uk/change4life/recipes/lunch/cheap-lockdown-lunch-ideas>).



SCHOOL IS STILL OPEN

We are open to care for our pupils who are vulnerable and those whose parents are essential Key Workers.

Please email us at Hewensprimary@trhat.org or call us on 020 3819 3434 if you require our service the day before by 6:00pm



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