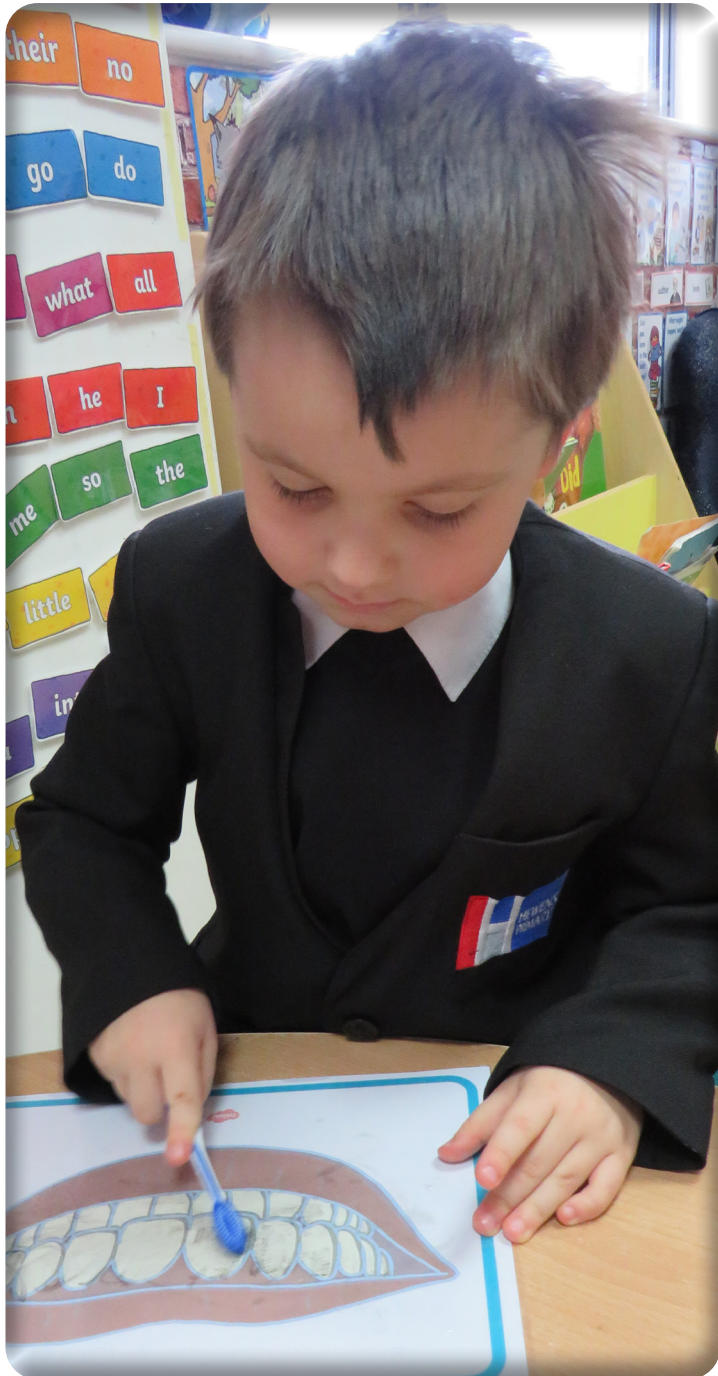


People who help us stay fit and healthy



In Reception we have been looking at our new topic 'People who help us stay fit and healthy'. This week we have been focusing on what we can do to keep ourselves healthy, we have been practising to brush our teeth and have been discussing why we need to do this regularly.



Who we are and what we do!



Over the last couple of weeks, Year 3 to 6 were visited by Metropolitan Police Officers and educated about the Police and what they do to keep the public safe, personal safety and internet safety.

The children had an insight into the different roles within the Metropolitan Police, as well as the different types of cars they drive. As well as gaining further knowledge of how to be safe within the wider community. The children had very interesting questions and one that made the Police Officers laugh was 'Do all Police Officers eat doughnuts?'

Overall, it was a fun and educational experience for all. Thank you to the Metropolitan Police for keeping us safe!



Annual Schools' Football Week

Next week marks our school's annual Football Week, which is filled with fun football activities for pupils in Key Stages 1 and 2. The winners of last year's Key Stage Football Tournament were: Elm Class, Holly Class and Chestnut Class. Will history repeat itself?

Hewens Primary invites you to

SCHOOLS' FOOTBALL WEEK

6TH - 10TH FEBRUARY

Fun football activities for pupils in Key Stage 1 and 2



**KEY STAGE FOOTBALL TOURNAMENTS
POSTER COMPETITION**

**PREMIER LEAGUE 2023 OFFICIAL STICKER
ALBUM AND STICKERS TO BE WON**

YOU DO NOT WANT TO MISS OUT!



 FEBRUARY TO MARCH 2023		
FEBRUARY		
Monday 6th to Friday 10th	Children's Mental Health Week	
	Schools' Football Week	
Monday 6th	Hearing and Vision Screening - Reception	
	Free Parent Asthma Workshop	
Wednesday 8th and Thursday 9th	Enrichment Clubs Begin	
Friday 10th	Wear Your Scarf to School Day	
Monday 13th to Friday 17th	Half Term Holidays	
Monday 20th	Term Begins	
Monday 20th to Friday 24th	Life Education Workshops	
Tuesday 21st	Shrove Tuesday / Pancake Day	
Friday 24th	New Age Kurling Competition	
Monday 27th February to Sunday 12th March	Fairtrade Fortnight	
Tuesday 28th	9:00am	Year 1 Phonics Parent Workshop
MARCH		
Thursday 2nd	World Book Day	
Wednesday 8th	Class Photographs	
Friday 10th	Hampton Court Palace - Year 5 Trip	
Tuesday 14th to Friday 24th	Incredible Eggs - Ducklings	
Wednesday 15th	Junior Citizens - Year 6	
Thursday 16th	2:00pm	Parent Presentation - Internet Safety

Hearing and Vision Screening - Reception

On Monday 6th February, the School nurses will be visiting the School to carry out a Hearing and Vision Screening for the Reception children.

FREE Asthma Workshop!

MyHealth are running FREE Asthma workshops for parents who have children with Asthma. These sessions are run by the Hillingdon Hospital asthma nurses giving you the chance to learn from health professionals and to ask them questions directly. Some of the content included in these sessions is asthma attacks, asthma triggers, in techniques and asthma action plans.

The workshops are run online via ZOOM from 4:00pm to 5:00pm and you can register your FREE place here: <https://www.eventbrite.co.uk/e/myhealth-asthma-workshop-for-parents-children-tickets-191548726397>. They are taking place on 6th February and 6th March. You can also contact the MyHealth team on tel: 01895 543 437 or nhsnwlcg.myhealth@nhs.net.

Fun Clubs Begin

From the week commencing Monday 6th February, we will be starting our Fun Clubs again. All clubs will be held on either Wednesday or Thursday each week and will run until Wednesday 29th and Thursday 30th March. Your child should have given you a letter with the choice of clubs for you to complete and return to the School office.

	Week Commencing: <i>Monday 6th February</i>	
	MENU 4	

MONDAY		
Meal Choice 1	Spaghetti Bolognese	Halal
Meal Choice 2	Spaghetti Bolognese	Non Halal
Meal Choice 3	Mediterranean Pasta Bake	Vegetarian
Meal Choice 4	Bolognese with Gluten free Pasta	Gluten/Dairy Free
Dessert Choice	Raspberry Jelly	Fresh Fruit and Yoghurts
TUESDAY		
Meal Choice 1	Chicken Sausages with Mashed Potatoes and Beans	Halal
Meal Choice 2	Chicken Sausages with Mashed Potatoes and Beans	Non Halal
Meal Choice 3	Vegetarian Sausages with Mashed Potatoes and Onion Gravy	Vegetarian
Meal Choice 4	Gluten free Pork Sausages with Mashed Potatoes without Milk or Butter	Gluten/Dairy Free
Dessert Choice	Jam and Coconut Sponge	Fresh Fruit and Yoghurts
WEDNESDAY		
Meal Choice 1	Diced Lamb with Noodles and Vegetable Stir Fry	Halal
Meal Choice 2	Diced Lamb with Noodles and Vegetable Stir Fry	Non Halal
Meal Choice 3	Vegetable Stir Fry with Noodles	Vegetarian
Meal Choice 4	Diced Lamb with Vegetable Stir Fry	Gluten/Dairy Free
Dessert Choice	Vanilla Ice Cream with Peaches	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	Cheese and Onion Tart	Vegetarian
Meal Choice 4	Roast Chicken with Roast Potatoes and Gluten free Gravy	Gluten/Dairy Free
Dessert Choice	Chocolate Sponge	Fresh Fruit and Yoghurts
FRIDAY		
Meal Choice 1	Fish Fingers or Battered Chicken with Potato Wedges	Halal
Meal Choice 2	Fish Fingers or Battered Chicken with Potato Wedges	Non Halal
Meal Choice 3	Macaroni Cheese	Vegetarian
Meal Choice 4	Gluten free Fish Fingers with Gluten free Potato Wedges and Beans	Gluten/Dairy Free
Dessert Choice	Custard Tart	Fresh Fruit and Yoghurts
<i>Please note that all main meals are served with Fresh Vegetables of the Day</i>		

Children's Mental Health Week

The week commencing Monday 6th February will be observed as Children's Mental Health Week under the theme 'Let's Connect'. This is a national event to shine a spotlight on the importance of children and young people's mental health. The week-long event will encourage children and young people to consider how we can make meaningful connections that support our mental health. **To help raise more awareness, we would like all children to join us in 'Wear Your Scarf to School Day' on Friday 10th February.** Please take a look at the useful information and support links provided on the School's Mental Health and Well-Being page to support you or someone you care about via (<https://www.hewensprimary.co.uk/safeguarding/mental-health-and-wellbeing>).

Last Day of Term - Friday 10th February

School will be closed from Monday 13th to Friday 17th February for the Half Term holiday. We finish at the usual staggered times on Friday 10th February. School opens again on Monday 20th February at the normal staggered times. It is essential that your child arrives on time as lessons will begin promptly.