

Celebrating Mental Health Awareness Week!

As we wrap up Mental Health Awareness Week, let us remember that taking care of our mental health is a journey, not a destination. Let's continue to prioritise self-care, support one another, and break down the barriers surrounding mental health in our community. Together, we can create a more compassionate and understanding environment for all.



Pedestrian Training – Reception, Years 1 and 3



This week, our Reception, Year 1 and Year 3 pupils had an exciting and educational experience as they participated in pedestrian training provided by the School Travel and Road Safety (STARS) Team. This valuable initiative aims to equip our young learners with essential road safety skills, empowering them to navigate their surroundings with confidence and caution. Throughout the sessions, pupils engaged in interactive activities and practical demonstrations, learning about road signs, pedestrian crossings, and safe road-crossing techniques. By instilling these vital skills early on, we are fostering a culture of safety and responsibility among our pupils, ensuring their well-being both inside and outside the school premises.





Walk to School Week



It's Walk to School Week next week therefore we would like to encourage you, if possible, to make arrangements so that your child/children can travel actively to school on the week commencing 20th May, helping our school reduce congestion and pollution around the school gates. Walking, wheeling, scooting and cycling all count! If you live far away from school and need to drive or take public transport, try parking the car or hopping off the bus/train ten minutes away and walking the rest of the journey. The nationwide event is organised by walking charity Living Streets and is designed to help pupils experience first-hand the importance of walking to school. Not only will it set them up for a positive day in the classroom, but it will also help create healthy habits for life.

We would also like to encourage your child/children to download the seven day journal to write about their walk and how it made them feel: (<https://trhat.co.uk/mywalking-week-journal/>)

National Smile Month

We will be taking part in this year's 'National Smile Month' oral health campaign, which aims at keeping our teeth and mouth healthy. This year's theme is 'Love Your Smile' and to celebrate we would like to invite children in your setting to take part in our Hillingdon competition and design a 'Love Your Smile' poster. Please see the competition entry for you to share in your setting: (<https://shorturl.at/rDKMX>)

We will also be offering primary schools the opportunity to book onto an online session to learn more about taking care of our smiles and there will also be an opportunity for all parents/carers to join a workshop about how to take care of our children's smiles too. More information will be sent out soon.

For more information and resources for National Smile Month, please visit the Oral Health Foundation

(<https://www.dentalhealth.org/national-smile-month>)

Enrichment Clubs – Summer Term

Enrichment clubs will proceed from the week commencing Monday 6th May. All clubs will be held on either Wednesday or Thursday each week and will run until Wednesday 12th and Thursday 13th June. **Please note all Enrichment clubs will start straight after school and finish at 4:30pm.**

Outdoor Pedestrian Training – Year 2

Children from Year 2 will be taking part in Outdoor Practical Pedestrian Training sessions on **Tuesday 21st May**. These sessions will last for one hour per class and will take place out of the School grounds on residential streets surrounding the campus. Please ensure your child has a coat and appropriate clothing on the day to take account of the weather.

Remember - Stop, Look, Listen...THINK!

Pirate Day – Year 1

On Thursday 23rd May, the children will take part in a full day based around pirates by exploring the basic elements of pirate life. Year 1 children are invited to come in dressed up as a pirate and they will be delivering a special assembly for all parents, guardians and carers. The assembly will be a joint year group assembly, which will be at 9:00am and 2:30pm. Both assemblies will be held in the Main Hall and parents, guardians and carers are invited to attend one session.

Superhero Day - Reception

The Reception classes have been looking at Superheroes this half term and have learnt a lot about the difference between superheroes and real heroes. We therefore would like to end the term with a fun activity for the children. **Friday 24th May will be celebrated as 'SUPERHERO DAY'**. The children are invited to come in to school dressed in their favourite superhero costume.

End of Term – Friday 24th May

School will be closed from **Monday 27th to Friday 31st May** for the Half Term holiday. We finish at the usual staggered times on Friday 24th May. School opens again on Monday 3rd June at the normal time of 8:35am. It is essential that your child arrives on time as lessons will begin promptly.

#DoSomethingThisHalfTerm

Get active this half term with 2 **free** fun-filled days of action-packed exciting, ranging from Ninja Warriors obstacle courses to melodious magic. During the 2 days, we'll have a perfect blend of physical activity and creative expression, focusing on fun, fitness, wellbeing and learning new skills.

For more information about getting involved, visit (www.hillingdon.gov.uk/targeted-programmes).

MyHealth Asthma Workshops

Childhood Asthma
FREE Online Workshops

Workshop Dates
ALL SESSIONS: 4PM - 5PM

Monday 3rd June
Monday 1st July
Monday 2nd September

CONTACT THE TEAM TO RESERVE YOUR PLACE

☎ 01895 543 437
✉ nhsnw1.myhealth@nhs.net

SCAN ME

Scan the code to register your space

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
- Inhaler techniques
- Asthma action plans

The workshop is run online using ZOOM you can register your FREE place via the link (<https://www.eventbrite.co.uk/e/myhealth-asthma-workshop-for-parents-children-tickets-191548726397>).


All sessions are from 4 - 5 pm and current dates are:

- Monday 3rd June
- Monday 1st July
- Monday 2nd September

You can also contact the MyHealth team on tel: 01895 543 437 or nhsnw1ccg.myhealth@nhs.net.

TERM DATES - 2024 to 2025

The 2024 to 2025 term dates are detailed on our website and can be accessed via (www.hewensprimary.co.uk/term-dates). Please check these dates, as they will be particularly helpful to parents, guardians or carers planning family holidays and activities.

 MAY TO JUNE 2024		
MAY - National Smile Month		
Monday 20th to Friday 24th		Walk to School Week
Tuesday 21st		Year 2 Outdoor Pedestrian Training
Thursday 23rd		Pirate Day - Year1
Thursday 23rd	9:00am	Year 1 Pirate Assembly (Hazel)
	2:30pm	Year 1 Pirate Assembly (Maple)
Friday 24th		Superhero Day - Reception
Monday 27th to Friday 31st		Half Term Holidays
JUNE		
Monday 3rd to Friday 14th		Multiplication Tables Check - Year 4
Tuesday 4th	9:15am	Nursery and Reception Sports Day
	12:45pm	Years 1 and 2 Sports Day
Wednesday 5th	9:15am	Years 3 and 4 Sports Day
	12:45pm	Years 5 and 6 Sports Day
Friday 7th	2:10pm	Parent Workshop - Years 5 and 6 (Child exploitation, Grooming and County Lines)
	3:15pm	Parent Workshop - Years 1 to 6 (Child exploitation, Grooming and County Lines)
Monday 10th to Friday 14th		Phonics Screening Check - Year 1
Monday 10th to Wednesday 12th		Year 6 Residential Trip
Wednesday 12th	9:00am	Hearing and Vision Screening - Reception

Advance Notice: Sports Day

During the week commencing Monday 3rd June, Hewens Primary will be hosting our annual Sports Days. On Tuesday 4th June, we will be hosting our Nursery to Year 2 Sports Day and on Wednesday 5th June, we will be hosting our Years 3 to 6 Sports Day. All Sports Days will be held at Hewens College field and all parents are welcome to come and watch. Please see further information below for allocated times.

Date	Time	Year Group
Tuesday 4th June	9:15 to 11:15am	Little Acorns (AM and PM)
		Reception
	12:45 to 2:45pm	Year 1
		Year 2
Wednesday 5th June	9:15 to 11:15am	Year 3
		Year 4
	12:45 to 2:45pm	Year 5
		Year 6

All children are required to wear the full and correct Physical Education (PE) Kit for Sports Day. If your child requires a PE Kit, please make sure you place an order via iPayimpact. All children will also need their own water bottle which must be clearly labelled with their name.

 Week Commencing: Monday 20th May		MENU 3
MONDAY		
Meal Choice 1	Chicken Sausages with Mashed Potatoes and Onion Gravy	Halal
Meal Choice 2	Chicken Sausages with Mashed Potatoes and Onion Gravy	Non Halal
Meal Choice 3	Vegetarian Sausages with Mashed Potatoes and Onion Gravy	Vegetarian
Dessert Choice	Orange Jelly	Fresh Fruit and Yoghurts
TUESDAY		
Meal Choice 1	Beef Lasagne with Fresh Salad	Halal
Meal Choice 2	Beef Lasagne with Fresh Salad	Non Halal
Meal Choice 3	Vegetarian Lasagne with Fresh Salad	Vegetarian
Dessert Choice	Chocolate Mousse	Fresh Fruit and Yoghurts
WEDNESDAY		
Meal Choice 1	Barbecue Grilled Chicken Breast with Rice	Halal
Meal Choice 2	Barbecue Grilled Chicken Breast with Rice	Non Halal
Meal Choice 3	Baked Jacket Potato with Various Fillings	Vegetarian
Dessert Choice	Apple Crumble	Fresh Fruit and Yoghurts
THURSDAY		
Meal Choice 1	Cajun Chicken in Pitta Bread with Oven Cooked Potato Slices and Tomato Salsa	Halal
Meal Choice 2	Cajun Chicken in Pitta Bread with Oven Cooked Potato Slices and Tomato Salsa	Non Halal
Meal Choice 3	Roast Mediterranean Vegetables in Pitta Bread with Oven Cooked Potato Slices and Tomato Salsa	Vegetarian
Meal Choice 4	Vignola Quinoa in Pitta Bread with Oven Cooked Potato Slices and Tomato Salsa	Vegetarian
Dessert Choice	Vanilla Sponge with a Pineapple Ring and a Cherry	Fresh Fruit and Yoghurts
FRIDAY		
Meal Choice 1	Fish Fingers with Oven Baked Potato Wedges	Vegetarian
Meal Choice 2	Macaroni Cheese	Vegetarian
Meal Choice 3	Vegetable Fingers with Oven Baked Potato Wedges	Vegetarian
Dessert Choice	Chocolate Brownie Tray Bake	Fresh Fruit and Yoghurts
Please note that all main meals are served with Fresh Vegetables of the Day		

Birthday Treats - Non - Edibles only

Whilst we appreciate that you would like to provide your child with cakes and chocolates for their birthdays in school, we would like to inform all parents, guardians and carers that unfortunately, we are not able to give out any cakes or chocolates for birthdays in school. We understand this may cause some disappointment to families and children however we are able to give out non - edible items. We thank you for your patience and understanding in this matter.

School Car Park

We would like to remind parents, guardians and carers, that the car park on the Hewens Primary and Hewens College sites are for the use of staff only. **Use of this area for parking or turning any other vehicles around is strictly prohibited.** This restriction is in place in order to minimise the risk of an accident involving children accessing and egressing the School. We thank you in advance for your cooperation in this matter.

Advance Notice: Summer Fair - Friday 5th July

On Friday 5th July, we shall be holding our annual Summer Fair, starting at 1:30pm. **On this day, the children will be dismissed from school at 1:00pm.**

If you are interested in renting a table or have any questions, please see the School Office (with a deposit of £10). All money raised will be used to fund medals and trophies for our ongoing School's Challenge Quizzes.