

World Mental Health Day



To commemorate World Mental Health Day, the children at Little Acorns participated in a special yoga session aimed at enhancing body awareness and promoting mindfulness. As part of our ongoing commitment to fostering positive mental well-being, Little Acorns incorporates yoga into the weekly routine. The children thoroughly enjoy engaging in breathing exercises and stretches, which help them centre themselves and prepare for a productive day of learning.

Alliances – Academic Houses Rebranded



We are thrilled to announce the rebranding of our school Alliances/Academic Houses! Our new names celebrate the rich wildlife heritage of the UK, and each bird symbolises unique qualities that we hope will inspire and motivate everyone.

- **Eagle** (formerly Aldrin): Eagles are known for their power and vision, representing strength and determination. They are a rare but majestic sight in the UK, particularly in Scotland.
- **Falcon** (formerly Garrett Anderson): Falcons, known for their speed and precision, are expert hunters and can be found across the UK. They symbolise agility, focus, and leadership.
- **Red Kite** (formerly MacArthur): Once endangered, Red Kites have made a remarkable comeback in the UK, especially in Wales and the Chilterns. They embody resilience and the ability to overcome challenges.
- **Sparrowhawk** (formerly Columbus): Sparrowhawks are small, elusive birds of prey, known for their adaptability and sharp hunting skills. They can be found in woodlands throughout the UK, symbolising resourcefulness and tenacity.

We look forward to seeing the Houses soar to new heights under their new names!



Black History Month – October

Black History Month is the annual celebration and commemoration of moments in history, achievements and contributions that Black people have made.

First brought to the UK in the 1980s, Black History Month was initially introduced to the country by a member of the Greater London Council, Akyaaba Addai Sebo. Since 1987, Black History Month has been celebrated annually in the UK, to eradicate discrimination and encourage racial equality.

At Hewens Primary School, we will be honouring the contributions made to society by people of Black heritage and their communities.

FREE Creative Digital Media Seminar next Saturday 19th October - Limited Tickets Available!



HOW TO GET INTO THE CREATIVE MEDIA INDUSTRY

MEET A PROFESSIONAL IN THE INDUSTRY | SAMPLE GAMES AND THE LATEST EQUIPMENT | Q & A SESSION | CAREER ADVICE | INDUSTRY SUPPORT |

MEET YOUR HOST
MR MIDAS

MEET YOUR GAMER
RICHY TROOPS

LOCATION: PARKSIDE STUDIO COLLEGE | SATURDAY 19TH OCTOBER 2024

RESERVE YOUR FREE TICKET NOW!

Logos: Parkside Studio College, The Rosedale Hewens Academy Trust, The Apex, and a stylized 'b' logo.

On Saturday 19th October Parkside Studio College will be hosting a FREE Creative Digital Media Seminar for all 10 to 19 year olds, to learn all you need to know about the Creative Media Industry! We are so excited to welcome our special host Mr Midas featuring none other than professional Gamer Ricky Troops. They will be available for an in-person Q & A session, providing industry support and career advice. You will also be able to sample games on our latest equipment!

Visit the Parkside Studio College website for more information:

[\[https://www.parksidestudiocollege.co.uk/free-creative-digital-media-seminar\]](https://www.parksidestudiocollege.co.uk/free-creative-digital-media-seminar)

Enrichment Clubs – Autumn Term

Our Autumn Term enrichment clubs have now begun and will until Wednesday 27th and Thursday 28th November. All clubs will be held on Wednesdays and Thursdays each week and will run straight after dismissal **until 4:15pm**. If you are unsure about which group your child is in, please contact the School Office or speak with the class teacher.

Individual School Photographs

The school photographer is scheduled to visit on Tuesday 22nd October to take individual photographs of the children. Please be advised that children must wear full school uniform for individual photographs. **For those who have Physical Education (PE) on this date, please note that this lesson will be cancelled.** As such, your child must attend school in full school uniform and appropriate school shoes.

Pinning Ceremony

To end the first term off with a bang, Hewens Primary School will be holding a Pinning Ceremony on Friday 25th October at 9:15am in the Main Hall, where all the children who have been appointed leadership positions for the period October 2024 to July 2025, will receive their respective badges. Parents, guardians and carers of children who have been appointed leadership positions will be cordially invited, via letter today, to this memorable event. **Please RSVP by returning the slip attached to your invitation letter by Friday 18th October.**

Opening Evening and Guided Tours



Open Evening and Guided Tours@ Hewens Primary School

Book Your Visit!
www.hewensprimary.co.uk/open-days

Open Evening TUESDAY 12 TH NOVEMBER 6:00pm (Headteacher's Speech 6:05pm)	Guided Tours THURSDAY 21 ST NOVEMBER 10:00am THURSDAY 28 TH NOVEMBER 4:00pm
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Logos: Ofsted Good Provider, Hewens Primary, LPPA Leading Parent Partnership Award, The Rosedale Hewens Academy Trust.

Join us for an exciting opportunity to explore Hewens Primary School during our Open Evening Tuesday 12th November at 6:00pm. At 6:05pm, you'll be warmly welcomed by our headteacher, Mr Thomas, who will inspire you with his engaging speech and address any questions you may have about our enriching and holistic school. For those who are unable to attend the Open Evening, we would like to invite you to a personal Guided Tour of our school on either Thursday 21st November at 10:00am or Thursday 28th November at 4:00pm.

We invite you to see for yourself the heart and soul of our school. Join us, and let's embark on this exciting journey of education together!

Visit our website to book your spot!

[\[https://www.hewensprimary.co.uk/open-days\]](https://www.hewensprimary.co.uk/open-days)

 OCTOBER TO NOVEMBER 2024	
OCTOBER - Black History Month	
Saturday 19th	Free Creative Digital Media Seminar
Tuesday 22nd	Individual School Photographs
Friday 25th	9:15am Pinning Ceremony
Monday 28th October to Friday 1st November	Half Term Holidays
NOVEMBER	
Thursday 7th	Flu Vaccination Programme
Thursday 7th	8:50am Year 6 SATs Parent Workshop
Monday 11th to Friday 15th	Anti-bullying Week World Nursery Rhyme Week
Monday 11th	Remembrance Day Hearing and Vision Screening - Reception
Tuesday 12th to Monday 18th	Book Fair
Tuesday 12th to Thursday 14th	England Rocks - Times Tables Rock Stars Competition
Friday 15th	Children in Need (Themed Day)
Monday 18th to Friday 22nd	Road Safety Week

Applying for Secondary School September 2025

We would like to inform all parents, guardians and carers of children born between 1st September 2013 and 31st August 2014 that the closing date for applications for Secondary School places to be received by the London Borough of Hillingdon is **Thursday 31st October 2024**. You can apply for your child's secondary school at (www.hillingdon.gov.uk/secondary). You will have received information with regard to applying for your child starting secondary school via email today.

Primary School Admissions 2025

We would like to inform all parents, guardians and carers of children born between 1st September 2020 and 31st August 2021 that the closing date for applications for Primary School places to be received by the London Borough of Hillingdon is **Wednesday 15th January 2025**.

To ensure your application arrives on time and in order to give your child the best possible chance of being offered the school of your choice, we would advise that you submit your applications prior to the Christmas holiday period. Further information can be found on (www.hillingdon.gov.uk/primary). You will have received information with regard to applying for your child starting secondary school via email today.

How does your child travel to School?

We kindly request all parents, guardians and carers to complete a short survey via the link below regarding how you and your child travels to school on a daily basis. This will help us manage our drop-off and collection times better, avoid congestion, whilst also maintaining a safe and secure environment for all pedestrians (<https://forms.office.com/e/Lyu4hbC4Kj>). Thank you for your help and support with this matter.

	Week Commencing: Monday 21st October MENU 4
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MONDAY		
Meal Choice 1	Spaghetti Bolognese	Halal
Meal Choice 2	Spaghetti Bolognese	Non Halal
Meal Choice 3	Mediterranean Pasta Bake	Vegetarian
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
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	Baked Jacket Potato with Fillings	
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	Vegetable Tart with Roast Potatoes, Stuffing and Onion Gravy	Vegetarian
Meal Choice 4	Vegetable Goujons with Roast Potatoes, Stuffing and Onion Gravy	
Dessert Choice	Chocolate Sponge	Fresh Fruit and Yoghurts
FRIDAY		
Meal Choice 1	Fish Fingers with Potato Wedges	Vegetarian
Meal Choice 2	Macaroni Cheese	
Meal Choice 3	Vegetable Fingers with Oven Baked Potato Wedges	
Dessert Choice	Custard Tart	Fresh Fruit and Yoghurts

Please note that all main meals are served with Fresh Vegetables of the Day

Flu Vaccinations – Thursday 7th November

THE NASAL FLU VACCINE

- ✓ Protects your child from the flu
- ✓ Protects your family and friends from the flu (especially those who are elderly, young babies, or those who have serious health conditions)
- ✓ Is painless, quick and effective
- ✓ Is free
- ✓ The nasal flu vaccine is very effective at reducing the spread of flu



THE IM FLU VACCINE



We also offer the flu vaccine as an injection, which is **gelatine-free**. Please see our Frequently Asked Questions for more information.

On Thursday 7th November, our local Immunisation Team will be visiting us to offer flu vaccines to Reception to Year 6 pupils. An email has been sent out with all the information regarding this. Please note your child will only receive the vaccination if you complete the consent form via the link below:

(<https://nwl.schoolvaccination.uk/flu/2024/hillingdon>).

If you did not receive this email, please let us know if this School Office so we can check your email address on the system.