

## National Fitness Day



National Fitness Day took place on Wednesday 21st September with the main aim of highlighting the importance of physical activity, and how it can help lead us to healthier lifestyles. At 10:00am the children were required to perform physical activity for 10 minutes! Last year, 11.4 million children across the UK participated in this event. Let's hope there are more this year!











## Black History Month – October 2022

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. On Friday 21st October, we will host a special celebration assembly at 2:00pm in the Quad Area to commemorate Black History Month.

## Fun Clubs Begin

From the week commencing Monday 3rd October, we will be starting our Fun Clubs again. All clubs will be held on Wednesdays and Thursdays each week and will run until Wednesday 30th November and Thursday 1st December. Your child should have given you a letter with the choice of clubs for you to complete and return to the School Office. Please note we have designed a system of two groups for sports club only. Below highlights the dates each group will run over the course of the autumn term.

Group One: Thursday 6th October 2022 till Thursday 3rd November 2022

Group Two: Thursday 10th November 2022 till Thursday 1st December 2022

If you are unsure about which group your child is in, please contact the school office.

## #AskAboutAsthma campaign




### Do you know about the four asks to manage asthma?

With the right care every child or young person with asthma can live a full, active life:

1. Get an asthma action plan in place
2. Understand how to use inhalers correctly
3. Schedule an asthma review – every year and after every attack
4. Ask about the impact of outdoor and indoor air pollution

Join us for **#AskAboutAsthma** from 3 - 9 October 2022 to access asthma care advice through podcasts, webinars, blogs and more:

[healthylondon.org/ask-about-asthma](https://www.healthylondon.org/ask-about-asthma)



Did you know that children and young people with asthma should have an asthma action plan to help manage their condition?

This is one of four **#AskAboutAsthma** asks which we want every Londoner to be aware of:

1. Get an asthma action plan in place
2. Understand how to use inhalers correctly
3. Schedule an asthma review – every year and after every attack
4. Consider air pollution and its impact on lung health


Together we can raise awareness around **#healthinequalities** and how to address them so every child and teenager has the right asthma care in place and go on to live a full, active life.

We are proud to support **#AskAboutAsthma**. Find out more about the 2022 campaign at ([www.healthylondon.org/ask-about-asthma](https://www.healthylondon.org/ask-about-asthma)).

## World Space Week

The theme for World Space Week 2022 is 'Space and Sustainability!' World Space Week is the largest space-themed event on Earth. It is a celebration of space science and technology that will improve conditions for humans on Earth.

As a school, we will celebrate World Space Week and explore how space and sustainability help our lives every day.

 <b>OCTOBER 2022</b>		
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Saturday 1st to Monday 31st		Black History Month
Tuesday 4th to Monday 10th		World Space Week
Wednesday 5th and Thursday 6th		Fun Clubs Begin
Thursday 6th		National Poetry Day
Tuesday 18th	9:00am	Early Essence Workshop for Nursery Parents
Wednesday 19th	9:00am	Early Essence Workshop for Reception Parents
Friday 21st		Odds Farm Park - Year 1 Trip
		End of Term

## National Poetry Day

On Thursday 6th October, pupils at Hewens Primary will celebrate National Poetry Day under the theme, 'Environment'. Since 1994, National Poetry Day has engaged millions of people with poetry through a range of live events and web-based activities for people throughout the country. Such a variety of poetry is written and read that each year, the day is given a new theme in order to highlight particular poets and styles of poetry. Please speak to your child's class teacher for more information.

## Applying for Secondary School September 2023

We would like to inform all parents, guardians and carers of children born between 1st September 2011 and 31st August 2012 that the closing date for applications for Secondary School places to be received by the London Borough of Hillingdon, by post or online, is **Monday 31st October 2022**. 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 no later than Friday 21st October to ensure that it is received by the published deadline. You can apply for your child's secondary school at (<https://www.hillingdon.gov.uk/secondary>). You will have received information with regard to applying for your child starting secondary school. If you did not receive this information, please speak to the School Office.

## Primary School Admissions 2023

We would like to inform all parents, guardians and carers of children born between 1st September 2018 and 31st August 2019 that the closing date for applications for Primary School places to be received by the London Borough of Hillingdon, by post or online, is midnight on **Sunday 15th January 2023**. 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. The London Borough of Hillingdon states on their website that they cannot be held responsible for any delays in applications due to problems with postal or Internet service providers. Further information can be found on (<https://www.hillingdon.gov.uk/primary>) or by telephoning the School Placement and Admission Team at the Civic Centre, Uxbridge on 01895 556644.

	Week Commencing: <i>Monday 3rd October</i>	
	<b>MENU 1</b>	

<b>MONDAY</b>		
Meal Choice 1	Chicken Goujons with Homemade Oven Baked Potato Slices and Beans	Halal
Meal Choice 2	Chicken Goujons with Homemade Oven Baked Potato Slices and Beans	Non Halal
Meal Choice 3	Baked Jacket Potato with Various Fillings	Vegetarian
Meal Choice 4	Gluten free Chicken Goujons with Potatoes and Beans	Gluten/Dairy Free
Dessert Choice	Strawberry Ice Cream and Fresh Strawberries	Fresh Fruit and Yoghurts
<b>TUESDAY</b>		
Meal Choice 1	Spaghetti Bolognese	Halal
Meal Choice 2	Spaghetti Bolognese	Non Halal
Meal Choice 3	Ratatouille Spaghetti	Vegetarian
Meal Choice 4	Bolognese with Gluten free Pasta	Gluten/Dairy Free
Dessert Choice	Jam Sponge	Fresh Fruit and Yoghurts
<b>WEDNESDAY</b>		
Meal Choice 1	Chicken Tikka Masala with Rice	Halal
Meal Choice 2	Chicken Tikka Masala with Rice	Non Halal
Meal Choice 3	Macaroni Cheese	Vegetarian
Meal Choice 4	Lightly Spiced Chicken Breast with Rice	Gluten/Dairy Free
Dessert Choice	Lemon Tart	Fresh Fruit and Yoghurts
<b>THURSDAY</b>		
Meal Choice 1	Roast Turkey with Onion Gravy, Roast Potatoes and Stuffing	Halal
Meal Choice 2	Roast Turkey with Onion Gravy, Roast Potatoes and Stuffing	Non Halal
Meal Choice 3	Cauliflower and Broccoli Cheese Bake	Vegetarian
Meal Choice 4	Turkey Escalope with Potatoes and Gluten free Gravy	Gluten/Dairy Free
Dessert Choice	Strawberry Jelly	Fresh Fruit and Yoghurts
<b>FRIDAY</b>		
Meal Choice 1	Fish Fingers with Oven Baked Potato Wedges	
Meal Choice 2	Tomato Pasta Bake	Vegetarian
Meal Choice 3	Gluten free Fish Fingers with Gluten free Potato Wedges and Beans	Gluten/Dairy Free
Dessert Choice	Fresh Fruit Salad	Fresh Fruit and Yoghurts
<i>Please note that all main meals are served with Fresh Vegetables of the Day</i>		

## Healthy Packed Lunches

We would like to thank all our families who continue to provide their children with a healthy and nutritious packed lunch. Please be reminded that we are a healthy eating school and that the following items are not permitted in packed lunches:

- Nuts
- Chocolate/chocolate biscuits, sweets or doughnuts
- Large packets of crisps
- Fizzy drinks

Thank you for your continued support.

## Physical Education (PE)

Please be advised that pupils should arrive at school in their Physical Education (PE) kits on the day of their PE lesson; they will remain in their PE kits for the whole day and thus are not required to bring in their school uniforms.

Year Groups	Day of the Week for PE Class
Reception	Tuesday
Year 1	Monday
Year 2	Wednesday
Year 3, 4 and 5	Friday
Year 6	Thursday