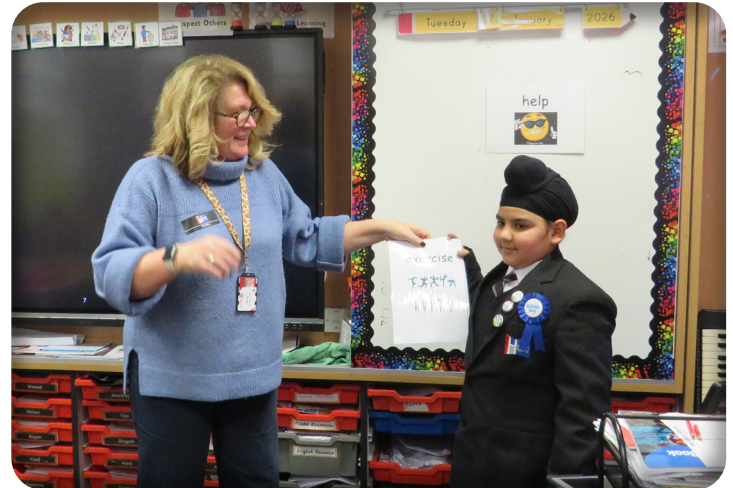


LifeBase Education Workshops



Last week, children from Nursery to Year 6 enjoyed a wonderful visit from their old friend Harold, our healthy living giraffe mascot. The interactive workshops inspired pupils to explore a range of well being strategies, helping them to understand and express their needs and feelings so they can make positive, healthy choices.





Booster and Enrichment Clubs – Spring Term

Booster sessions will continue for the remainder of the Spring Term. If you are unsure of your child's booster session arrangements, please speak with the class teacher.

Enrichment clubs will begin next week on either Wednesday or Thursday, depending on your chosen club. **All clubs will finish at 4:15pm.**

Children's Mental Health Week

We are pleased to be taking part in **Children's Mental Health Week**, running from Monday 9th to Friday 13th February 2026. This national event encourages schools to come together to promote the importance of children's mental and emotional wellbeing.

Throughout the week, pupils will engage in a range of activities that help them understand and express their feelings, build healthy coping strategies, and develop positive relationships. These sessions are designed to empower children to look after both their mental and physical health, and to know where to seek support when they need it.

To end Children's Mental Health Week, we are encouraging pupils to celebrate the SCARF values that promote children's health and wellbeing. SCARF represents our values for children of Safety, Caring, Achievement, Resilience and Friendship. **Wear Your SCARF Day invites everyone to wear a scarf as a symbol of support for children's wellbeing on Friday 13th February 2026.**

Safer Internet Day

On Tuesday 10th February 2026, our school will join millions of children and educators across the world in celebrating **Safer Internet Day**. This special day helps us all learn how to use the internet safely, kindly and confidently.

This year's theme is "**Smart tech, safe choices – Exploring the safe and responsible use of AI.**" We will be learning about how smart technology can be helpful, and how to make good choices when using them.

Throughout the day, children will take part in fun, age appropriate activities to help them:

- Understand how to stay safe online
- Learn what to do if something worries or upsets them
- Talk about being kind and respectful when using technology
- Think about how to make smart, safe choices when using AI tools

We hope this will encourage helpful conversations at home about staying safe online and using technology responsibly.

International Day of Women and Girls in Science

On 11th February 2026, our school will be celebrating the International Day of Women and Girls in Science. This special day is recognised around the world and encourages us to think about the amazing achievements of women and girls in Science, Technology, Engineering and Mathematics (STEM).

We will be taking time in school to learn about inspiring female scientists, past and present, and to explore how their ideas and inventions have helped to shape the world we live in today, encouraging more girls to see themselves as future scientists, engineers and problem solvers.



Eagle Alliance



Falcon Alliance



Red Kite Alliance



Sparrowhawk Alliance

Library Visits

From next week, Reception, Year 1, and Year 2 will begin their visits to Hayes End Library for a workshop. If your child does not currently have a library card and you would like them to have one, application forms are available from the school office. If your child already has a library card, please make sure they bring it on the day of their visit so they can borrow books to take home.

Last Day of Term - Friday 13th February

School will be closed from Monday 16th to Friday 20th February for the Half Term holiday. We finish at 3:15pm on Friday 13th February. School reopens on Monday 23rd February at 8:35am (7:45am for Breakfast Club). It is essential that your child arrives on time as lessons will begin promptly.

Coffee Morning - Friday 27th February

COFFEE morning

EVERYONE WELCOME

FRIDAY 27TH FEBRUARY AT 8:30AM TO 10:00AM

IN ASSOCIATION WITH:

- HILLINGDON'S MENTAL HEALTH SUPPORT TEAM (MHST)
- METROPOLITAN POLICE
- FAMILY LIVES
- SCHOOL NURSING TEAM
- ATTENDANCE SUPPORT TEAM
- SENCO TEAM

Hewens Primary School would like to invite all parents, guardians and carers to our Coffee Morning on Friday 27th February 2025 at 8:30am. So why not pop in, grab a coffee or cup of tea and have a chat? Look forward to seeing you all there.

Term Dates - 2025 to 2026

The 2025 to 2026 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.

	Week Commencing: Monday 9th February
MENU 2	

MONDAY		
Meal Choice 1	Beef Meatball Pasta Bake	Halal
Meal Choice 2	Beef Meatball Pasta Bake	Non Halal
Meal Choice 3	Vegetable Meatball Pasta Bake	Vegetarian
Dessert Choice	Strawberry Mousse with Fresh Strawberries	Fresh Fruit and Yoghurts
TUESDAY		
Meal Choice 1	Lamb Koftas with Rice and a Yogurt and Cucumber Dip	Halal
Meal Choice 2	Lamb Koftas with Rice and a Yogurt and Cucumber Dip	Non Halal
Meal Choice 3	Creamy Pasta Bake	Vegetarian
Dessert Choice	Chocolate Sponge	Fresh Fruit and Yoghurts
WEDNESDAY		
Meal Choice 1	Baked Jacket Potato with Fillings (sliced chicken, salad, coleslaw, tuna)	
Meal Choice 2	Sweet Potato with Fillings (sliced chicken, salad, coleslaw, tuna)	Vegetarian
Dessert Choice	Fruit Tarts	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	Vanilla Cheesecake	Fresh Fruit and Yoghurts
FRIDAY		
Meal Choice 1	Fish Fingers with Oven Baked Potato Wedges	
Meal Choice 2	Vegetable Fingers with Oven Baked Potato Wedges	Vegetarian
Meal Choice 3	Vegetable Tomato Pasta Bake	
Dessert Choice	Apple Pie	Fresh Fruit and Yoghurts
<i>Please note that all main meals are served with Fresh Vegetables of the Day</i>		

FEBRUARY TO MARCH 2026		
FEBRUARY		
Monday 9th to Friday 13th	Children's Mental Health Week (Theme: This is My Place)	
Tuesday 10th	Safer Internet Day	
Wednesday 11th	International Day of Women and Girls in Science	
Wednesday 11th and Thursday 12th	Enrichment Clubs Begin	
Thursday 12th	Cherry Library Visit	
Friday 13th	Maple and Blossom Library Visit	
Monday 16th to Friday 20th	Half Term Break	
Monday 23rd to Friday 27th	Practice Papers - Year 6	
Wednesday 25th	Year 4 Pedestrian Training	
Thursday 26th	Class Photographs	
Friday 27th	8:30am	Coffee Morning for all Parents, Guardians and Carers
MARCH		
Monday 2nd to Sunday 15th	Fairtrade Fortnight	
Tuesday 3rd to Friday 13th	Incredible Eggs	
Thursday 5th	World Book Day	
Friday 6th to Sunday 15th	British Science Week	
Monday 16th to Friday 20th	Assessment Week	
	Practice Papers - Year 1 and Year 6	