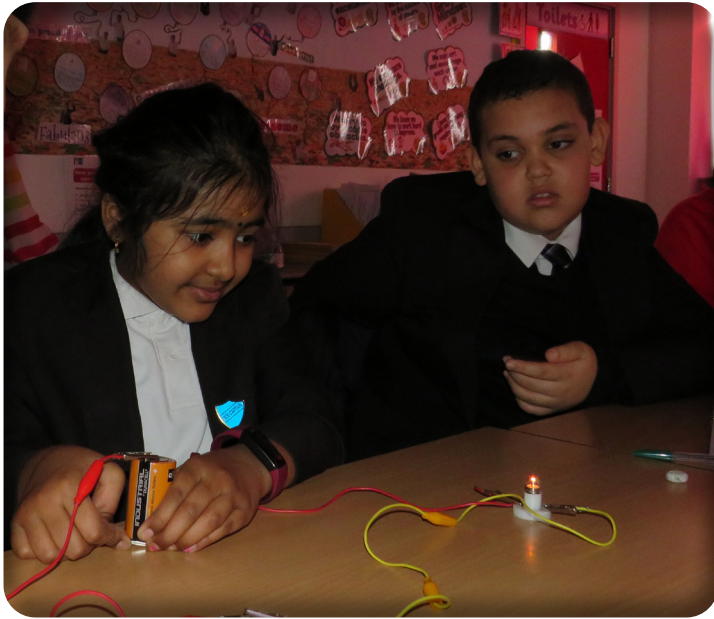


## Sparks Flying!



Last term, the Year 6 pupils were introduced to Electricity in their Science class. This topic sparked the interest of the pupils as they displayed great enthusiasm in their learning. In order to test pupils' learning, they participated in a series of investigations involving creating static electricity, finding out how to change the brightness of a bulb and identifying whether the length of a wire will affect the brightness of a bulb.



## Hewens Tigers Roar to Victory!



Hewens strike Gold and become the first school to win the West London Panathlon Ten Bowling Championship! Apart from winning the competition, Hewens had a pupil with the highest score of 114 points. A huge congratulations to the children who participated against 14 other schools to secure 1st place! Let's hope we can retain the trophy next year!





### Champions League



During the last week of term, our school held its annual Football Tournament for Key Stage 1 and 2. The Key Stage 1 final involved Elm Class versus Hazel Class. Although Hazel Class did well to reach the final, Elm Class was an unstoppable force, scoring a record of 6 goals! Well done to Oliver who received a medal for being the top goal scorer.

The Lower Key Stage 2 final was Beech Class versus Holly Class. It was an even game; one that continued in the dying minutes, however, Holly Class proved too powerful for Beech Class, who eventually scored the winning goal. Well done to Aayan who received a medal for the most saves made. The Upper Key Stage 2 final was Hawthorn Class versus Chestnut Class. Like all previous finals, the older class won the game. Well done to Renars who received a medal for the most successful dribbles. Moreover, well done to all the children who participated in the tournament and a special thank you to the audience for creating such a pulsating atmosphere.











NSPCC Day



On Friday 4th February, Hewens Primary took part in raising money for the NSPCC charity. Primary schools across the country logged on to Times Tables Rock Stars to answer as many questions as possible from 7:30am to 7:30pm. Hewens Primary came 359th overall. Ash Class were the overall winners for our school with Hawthorn Class in 2nd place and Oak Class in 3rd place. A special mention to our top 3 pupils: Nyrell, Laurentiu and Semuthu. Well done to everyone who tried their best to score points and thank you to everyone who supported the event by donating money.







## Changes to Self-Isolation

On Thursday 24th February, the government removed the legal requirement to self-isolate following a positive test. Adults and children who test positive will continue to be advised to stay at home and avoid contact with other people for at least 5 full days, and then continue to follow the guidance until they have received two negative test results on consecutive days. For further information about the changes to self-isolation and the daily testing of close contacts, please visit (<https://www.hewensprimary.co.uk/127/coronavirus-advice-and-guidance>).

## Library Lovers Month

Throughout the month of February, each class will be invited to a Read Aloud session in our school's library. For this special occasion, the children are being asked to bring in to school their special blanket and a soft toy to remain cosy whilst listening to their favourite stories.

## Year 6 Assembly

On Monday 28th February, the Year 6 children will be hosting an assembly for their peers about Fairtrade. They have been working on designing a T-shirt to wear during the assembly to highlight key points on the topic.

## Virtual Asthma Workshops

# CHILDHOOD ASTHMA

Join our **FREE Virtual Asthma Workshop**

**4pm - 5pm**

**28th**

Presented over: **zoom**

Session presented by a Hillingdon asthma nurse, covering:

- What to do if your child is having an Asthma attack
- Inhaler techniques
- Myth Busting
- Asthma plans
- Common triggers

**LIMITED SPACES AVAILABLE**

**CONTACT THE TEAM TO BOOK YOUR PLACE**

Call the team 01895 543 437

[nhsnwlcg.Myhealth@nhs.net](mailto:nhsnwlcg.Myhealth@nhs.net)


On Monday 28th February, the NHS Team would like to invite parents, guardians and carers to sign up for an online Asthma workshop.

This session will run from 4:00 to 5:00pm and is designed to help you understand what to do if your child is having an Asthma attack, providing inhaler techniques and highlighting common triggers. For further information, please contact the MyHealth team on **01895 543 437** or at [nhsnwlcg.myhealth@nhs.net](mailto:nhsnwlcg.myhealth@nhs.net). To register your free place, please visit (<https://trhat.co.uk/asthma-workshop22/>).

## Music in Our Schools Month

March will be observed as Music in our Schools Month under the theme 'Celebrating Diverse Music Around the World'. Each year group will be treated to music from different genres to enjoy whilst having their lunch. Music will also be incorporated in lessons throughout the month.

We will end the month with a Music Festival/Easter Bonnet Parade on Thursday 31st March at 2:00pm in the Quad Area.

 <b>FEBRUARY TO MARCH 2022</b>		
<b>FEBRUARY</b>		
Monday 28th		Fair Trade Fortnight Celebrations - Year 6 Assembly
Monday 28th	4:00 to 5:00pm	Virtual Asthma Workshop for Parents
<b>MARCH</b>		
Monday 1st to Thursday 31st		Music in Our Schools Month
Wednesday 2nd		Class Photographs
Thursday 3rd		Star Jumps Challenge
Thursday 3rd		World Book Day
Thursday 10th		Squat Jumps Challenge
Monday 14th to Friday 18th		British Science Week
Friday 18th		Red Nose Day (Non-Uniform Day)
Monday 21st to Friday 25th		Book Fair
Monday 21st		World Poetry Day

## Class Photographs

The School photographer is scheduled to visit on Wednesday 2nd March to take class photographs. Please be advised that children must wear full school uniform. **Please also note, Physical Education (PE) will not be held on this day.** Thank you.

## Hillingdon Weekly Challenges

Hewens Primary School will be taking part in the Spring Hillingdon Weekly Physical Challenges as the children had so much fun getting involved in the challenges last year. These challenges will allow children to get active, have fun, improve health, engage new audiences and increase motivation. The Physical Education (PE) Co-ordinator will provide your teachers with a video of what you need to do each week. Your teachers will show this video in class. These challenges will be done in school and all scores will be recorded by your teachers by Wednesday, the following week.

Please see the schedule below for all upcoming challenges.

- Week 7: Star Jumps Challenge – Thursday 3rd March
- Week 8: Squat Jumps Challenge – Thursday 10th March

## World Book Day - Non-Uniform Day

With a continued commitment to promoting reading for pleasure, World Book Day will be celebrating its 25th year anniversary on Thursday 3rd March under the theme 'You Are a Reader'. For access to a plethora of primary resources, reading recommendations and the opportunity to join an online reading community, please visit (<https://www.worldbookday.com/schoolsandnursery/>). In celebration of World Book Day, all children have been invited to choose their favourite book and dress up for the day as a character from that book on Thursday 3rd March. We are encouraging all children to be creative and make their own costumes using old clothes or recyclable goods. We respectfully request a donation of £1 on this day; all money raised will go towards the funding of more books for our school library. We look forward to seeing our most-loved book characters come to life on this day!

	<b>Week Commencing: Monday 28th February</b>	
	<b>MENU 3</b>	

<b>MONDAY</b>		
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
Meal Choice 4	Gluten free Pork Sausages with Mashed Potatoes without Milk or Butter	Gluten/Dairy Free
Dessert Choice	Orange Jelly	Fresh Fruit and Yoghurts
<b>TUESDAY</b>		
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
Meal Choice 4	Minced Beef with Gluten free Pasta	Gluten/Dairy Free
Dessert Choice	Chocolate Mousse	Fresh Fruit and Yoghurts
<b>WEDNESDAY</b>		
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
Meal Choice 4	Barbecue Grilled Chicken Breast with Rice	Gluten/Dairy Free
Dessert Choice	Apple Crumble	Fresh Fruit and Yoghurts
<b>THURSDAY</b>		
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	Cajun Chicken with Oven Cooked Potato Slices and Tomato Salsa	Gluten/Dairy Free
Dessert Choice	Vanilla Sponge with a Pineapple Ring and a Cherry	Fresh Fruit and Yoghurts
<b>FRIDAY</b>		
Meal Choice 1	Fish Fingers or Battered Chicken with Oven Baked Potato Wedges	Halal
Meal Choice 2	Fish Fingers or Battered Chicken with Oven Baked 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	Chocolate Brownie Tray Bake	Fresh Fruit and Yoghurts
<i>Please note that all main meals are served with Fresh Vegetables of the Day</i>		

## Slimming World

Slimming World is a weight loss programme designed to encourage people to adopt healthy habits around food and activity, and commit to a healthier way of life. They have joined forces with Public Health England (PHE) and are part of the government's Better Health Campaign, offering a food optimising plan with a healthy and flexible approach as well as empowering 'slimmers' to make changes for life.

The programme is designed for mums-to-be and new mums, young people aged between 11 to 17, and members who have diabetes. The groups will take place at Hewens College every Monday at 5:30pm or 7:30pm and Saturday at 9:30am, and are run by consultants who are trained in nutrition and behaviour-change techniques at the Slimming World Academy. Please visit (<https://www.hewenscollege.co.uk/page/?title=Slimming+World&pid=72>) to start your slimming journey now.