

Ten Pin Bowling Competition



Last week, some children from Key Stage 1 and 2 had the opportunity to represent their school in a competitive game of Ten Pin Bowling against other schools from Hillingdon and Ealing! Apart from qualifying for the finals, two children won individual prizes. One child received a prize for achieving the only strike in the competition, and another for accumulating the highest score. Well done to all the children who took part!



Year 1 PSHE Lesson



In Year 1's Personal, Social, Health and Economic (PSHE) education lesson, the children learnt about basic first aid. They first learnt how to clean a wound and apply a plaster which they practised on their teddy. They then learnt about the concept of cardiopulmonary resuscitation (CPR) and capitalised on the opportunity to practise this medical procedure on our school first aid manikin, Annie.

The practical lesson provided the children with basic first aid knowledge required for emergencies and highlighted the importance of immediate assistance required in such situations, therefore enhancing their independence skills whilst enjoying the tactile approach to the lesson. "I enjoyed doing CPR because it was fun for learning. It was so fun because we had to feel it."



New Instagram Account

We have now set up a new Instagram account where we will be posting important updates, academic achievements and notable events for all to view. Please follow **hewensprimary** via the app or via (<https://www.instagram.com/hewensprimary/>) to stay connected, gain new insights and to avoid missing out on any exciting content posted in the upcoming weeks. Please remember to like and share the posts, and click the notification bell to receive instant updates each time new content is posted! Thank you for your continued support.

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.

Schools' Football Week

Schools' Football Week is an English Schools Football Association (EFSA) initiative designed not only to highlight the huge scale of Schools' Football in England but also as an opportunity for schools, teams and clubs from across the country to embrace schools' football and the well-being benefits it provides to pupils and players. During the week commencing Monday 7th February, Hewens Primary School will be taking part in Schools' Football Week 2022. The week will end in a School Football Tournament split into Key Stage 1 and Key Stage 2. Each child that is selected to take part in the Football Tournament will receive a letter as the child will need to wear their **School Physical Education (PE) Kit on this day. Please be aware that any child in the incorrect PE kit will not be able to take part.**

Hewens Primary Invites you to

SCHOOL'S FOOTBALL WEEK
7TH - 11TH
FEBRUARY

Fun football activities for pupils in
Key Stage 1 and Key Stage 2



- KEY STAGE FOOTBALL TOURNAMENTS
- POSTER COMPETITION

VARIOUS PRIZES TO BE WON

YOU DO NOT WANT TO MISS OUT!



Children's Mental Health Week

The week commencing Monday 7th February will be observed as Children's Mental Health Week under the theme 'Growing Together'. This is a national event to shine a spotlight on the importance of children and young people's mental health. The week-long event will encourage children and young people to consider how they have grown and how they can help others grow. Challenges and setbacks help us adapt and trying new things can also take us beyond our comfort zone into a new realm of possibility and potential. However, this is often a gradual process that happens over time and sometimes we might feel 'stuck'.

Please take a look at the useful information and support links provided on the School's Mental Health and Well-Being page to support you or someone you care about via (<https://www.hewensprimary.co.uk/161/mental-health-and-wellbeing>).

Ten Pin Bowling Final

On Tuesday 8th February, a group of selected children will be going to Royale Leisure Park to compete in the final of Ten Pin Bowling. The children will be transported via the School minibus and will arrive back at school for dismissal.

Please ensure you have returned the reply slip to the School Office.

Safer Internet Day

Promoting a
safer and a
more responsible
use of digital
technology
for children
across the
world.



Safer Internet Day
8th February 2022

#SaferInternetDay
#AnInternetWeTrust

THE ROSEDALE
HEWENS
ACADEMY TRUST

Safer Internet Day will be celebrated globally on Tuesday 8th February, promoting a safer and a more responsible use of digital technology for children across the world. The internet is a powerful tool with enormous opportunities for learning, enhancing skills and acquiring new abilities and knowledge. The goal of Safer Internet Day is to raise awareness on online dangers but also to provide protection and empowerment to children online, and to inspire a national conversation about using technology responsibly, respectfully, critically and creatively.

From gaming and chat, to streaming and video, children are shaping the interactive entrainment spaces available to them. This year's theme 'All Fun and Games?' will explore respect and relationships online, celebrating the crucial role of children in creating a safer internet, whether that is whilst gaming and creating content, or interacting with their friends and peers. For more information, please visit (<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2022>).


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.

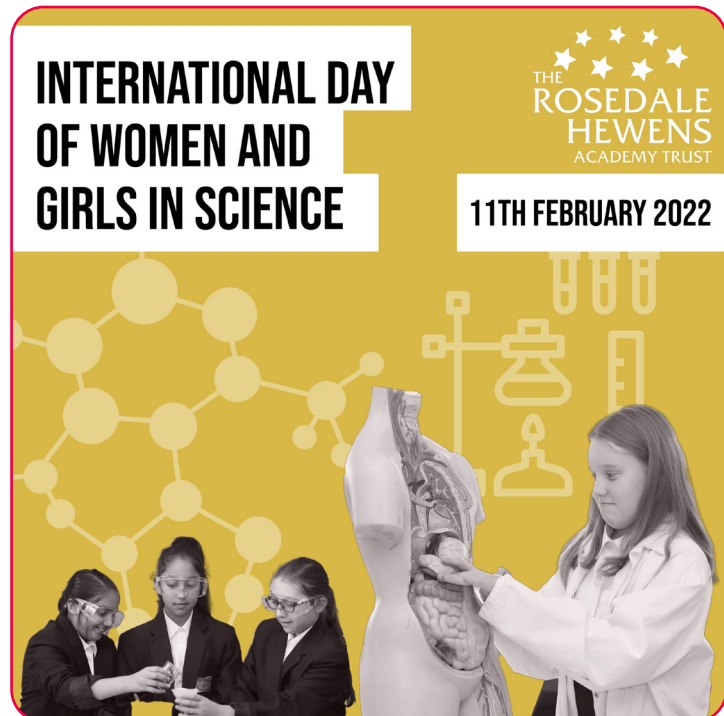
Mr Mono (PE Co-ordinator) will provide your teachers with a video of what you need to do each week. Your teachers will show this video in class. These challenges will be done in school and all scores will be recorded by your teachers by Wednesday, the following week.

Please see the schedule below for all upcoming challenges.

- Week 5: Tuck In Tuck Out – Thursday 10th February
- Week 6: Air Balloon – Thursday 24th February
- Week 7: To be confirmed – Thursday 3rd March
- Week 8: To be confirmed – Thursday 10th March

 FEBRUARY 2022		
FEBRUARY		
Tuesday 1st to Monday 28th		Library Lovers Month
Monday 7th to Friday 11th		Schools' Football Week Children's Mental Health Week
Tuesday 8th	10:45am to 12:40pm	Ten Pin Bowling Final
Tuesday 8th		Safer Internet Day
Thursday 10th		Tuck In Tuck Out Challenge
Friday 11th		International Day of Women and Girls in Science
		Valentine's Day Celebration - Non-Uniform Day
		Hewens Got Talent Assembly - POSTPONED
		Last Day of Term
Monday 14th to Friday 18th		Half Term Holiday

International Day of Women and Girls in Science



Friday 11th February marks the International Day of Women and Girls in Science. The day recognises the critical role women and girls play in Science and Technology and focuses on the reality that Science and gender equality are both vital for the development and achievement of ground-breaking research.

This day is an opportunity to demolish stereotypes, defy gender biases and defeat discrimination that hold women and girls back in Science, Technology, Engineering and Mathematics (STEM) fields. It is a day to promote full and equal access to and participation in Science for women and girls, and further achieve gender equality and the empowerment of women.

	Week Commencing: <i>Monday 7th February</i>	
	MENU 1	

MONDAY		
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
TUESDAY		
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
WEDNESDAY		
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
THURSDAY		
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
FRIDAY		
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>		

Valentine's Day Celebration - Non-Uniform Day

On Friday 11th February, we would like to invite all children to come into school wearing something red and white for Valentine's Day. Please can you ensure your child brings in a contribution of £1; all proceeds will go towards much needed resources within the School. Thank you for your continued support.

Hewens Got Talent - Postponed

Due to the cold weather conditions, we have decided to postpone the Hewens Got Talent assembly to the Summer Term. By doing this, we can enjoy the event in the Quad Area in the sunshine with all year groups present.

Last Day of Term - Friday 11th February

School will be closed from Monday 14th to Friday 18th February for the Half Term holiday. We finish at the usual staggered times on Friday 11th February. School opens again on Monday 21st February at the normal staggered times. It is essential that your child arrives on time as lessons will begin promptly.