

## Bikeability



The Year 6 children have all finished their four-day Bikeability Safer Cycling course. The children involved have shown a huge level of listening and commitment to this course. They learnt how to prepare their bikes before setting off using 'A.B.C.D' – Air, Brakes, Chain and Direction. They also learnt about the rules of the road, including how to signal, and the rules for 'right of way'. Congratulations all for passing!







## Church Trip



Last week, Year 1 children visited a church in our local area, as part of their Religious Education learning. The children had the chance to learn about what happens in a Baptist Church, from Pastor Bill. They had the opportunity to watch the ceremony of an adult baptism within the church and they were fortunate enough to hear from some of the church's congregation about what it is like to be a Christian and how their faith is special to them. The children had lots of fun on their trip and can't wait to visit again!





## Pedestrian Training



Last week, children in Reception, Years 1 and 5 took part in an Indoor and Outdoor Practical Pedestrian Training session. The children were very engaged throughout the session and gained valuable knowledge on how to be responsible pedestrians. The children had a lot of fun while learning important life skills.







### Virtual Asthma Workshops

## CHILDHOOD ASTHMA

Join our  
**FREE Virtual  
Asthma Workshop**

**4pm - 5pm**

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 31st January, 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. Please contact the team to book your place.



## Year 1 Phonics, and Years 2 and 6 SATs Tests

We would like to remind parents, guardians and carers, children in Year 1 will practise their Phonics tests, whilst Years 2 and 6 will sit their practice SATs during the week commencing Monday 31st January. It is also extremely important that they attend school every day.

Please also remember that a good breakfast is always an essential meal for children before school, but in particular when they are sitting tests. Research has shown that children who eat a healthy breakfast have improved alertness, concentration, mental performance, mood and memory. We wish all our children every success in their tests!

## National Storytelling Week

Have you ever witnessed the enchanting words on a page magically transform into worlds and people, voices and conflict? It is unpredictable yet exhilarating at the same time and you remain completely engrossed as you step into a world of imagination. Storytelling forges connections amongst people. It brings language alive whilst creating an immersive experience with journeys through the unknown, conveying the culture, history and values that unite, influence and inspire us.

The week of Monday 31st January is National Storytelling Week. During the week, the children will be celebrating storytelling. They will also be encouraged to tell their own stories. Our key question to be answered throughout the week is, 'Why are stories and storytelling important?'

## Chinese New Year



Chinese New Year is the festival that celebrates the beginning of a new year on the traditional lunisolar Chinese calendar. It will take place on Tuesday 1st February with this year being celebrated as the Year of the Tiger. To embrace the euphoric atmosphere this festival tends to bring, be sure to enjoy this week's Noodles and Vegetable Stir Fry on Wednesday 2nd February!

## 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.

## 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 4: Wall Ball – Thursday 3rd February
- 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

## Time to Talk Day



For many, it is hard enough to experience mental health problems without having to face the judgement and isolation that often surrounds them. As such, in order to end mental health discrimination, Mind, a mental health charity who provide advice and support to empower anyone experiencing a mental health problem, will run the nation's biggest mental health conversation for Time to Talk Day on Thursday 3rd February. Friends, families, communities and workplaces can come together to talk, listen and change lives. No one should have to face a mental health problem alone, so join Mind and take part in the day via (<https://timetotalkday.co.uk/>).



## NSPCC Number Day



**NSPCC ROCKS**

**Play February 4th  
from 7:30AM to 7:30PM**

**1-hour  
time limit  
per person**

**Answer as many  
questions as possible**

**Winning class will  
have the highest  
number of correct  
answers per pupil**

**Play in  
any  
game type**

**Ask your teacher for full details or visit:  
[trockstars.com/page/nspecrocks22](http://trockstars.com/page/nspecrocks22)**

On Friday 4th February, our school will participate in NSPCC Number Day which is a maths-inspired fundraising day for all primary children. Children will be encouraged to 'Dress Up for Digits' and make a donation to wear an item of clothing with a number on it. They should be able to express themselves in different ways about the number they are wearing: write it in words, partition the digits and create their own mathematic problems. As an addition to this, Times Tables Rock Stars are running a competition 'NSPCC Rocks' on Friday 4th February which the School has enrolled in. So let's log on and get counting!

## Young Voices New Concert Date

We are delighted to announce that we have been given a new date for the Young Voices concert. The concert will now take place on **Monday 23rd May** at the same venue, the O2 Arena. The children who are taking part have continued to practise their singing for vocal improvement and are really excited to be part of the performance in May. All tickets that were purchased to see the concert in January have been transferred to the new date in May. If you are no longer able to attend, please do contact the School Office and we can assist you with a refund.

Should you have any other queries relating to the Young Voices concert, please visit the School Office to speak to us rather than contacting Young Voices or the O2 directly. Thank you.

	<b>Week Commencing: Monday 31st January</b>
<b>MENU 4</b>	

MONDAY		
Meal Choice 1	Spaghetti Bolognese	Halal
Meal Choice 2	Spaghetti Bolognese	Non Halal
Meal Choice 3	Mediterranean Pasta Bake	Vegetarian
Meal Choice 4	Bolognese with Gluten free Pasta	Gluten/Dairy Free
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
Meal Choice 4	Gluten free Pork Sausages with Mashed Potatoes without Milk or Butter	Gluten/Dairy Free
Dessert Choice	Jam and Coconut Sponge	Fresh Fruit and Yoghurts
WEDNESDAY		
Meal Choice 1	Chicken with Noodles and Vegetable Stir Fry	Halal
Meal Choice 2	Chicken with Noodles and Vegetable Stir Fry	Non Halal
Meal Choice 3	Vegetable Stir Fry with Noodles	Vegetarian
Meal Choice 4	Chicken with Vegetable Stir Fry	Gluten/Dairy Free
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	Cheese and Onion Tart	Vegetarian
Meal Choice 4	Roast Chicken with Roast Potatoes and Gluten free Gravy	Gluten/Dairy Free
Dessert Choice	Chocolate Sponge	Fresh Fruit and Yoghurts
FRIDAY		
Meal Choice 1	Fish Fingers or Battered Chicken with Potato Wedges	Halal
Meal Choice 2	Fish Fingers or Battered Chicken with 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	Custard Tart	Fresh Fruit and Yoghurts
<i>Please note that all main meals are served with Fresh Vegetables of the Day</i>		

JANUARY TO FEBRUARY 2022		
JANUARY		
Monday 31st	4:00 to 5:00pm	Virtual Asthma Workshop
Monday 31st January to Friday 4th February		SATs Practice Papers Week
		National Storytelling Week
FEBRUARY		
Tuesday 1st		Chinese New Year Celebrations
Tuesday 1st to Monday 28th		Library Lovers Month
Thursday 3rd		Wall Ball Challenge
		Time to Talk Day
Friday 4th		NSPCC Number Day (Non-Uniform Day)
Monday 7th to Friday 11th		Schools' Football Week
		Children's Mental Health Week
Tuesday 8th		Safer Internet Day
Tuesday 8th	10:45am to 12:40pm	Ten Pin Bowling Final
Thursday 10th		Tuck In Tuck Out Challenge
Friday 11th		Hewens Got Talent Assembly