

Winter Adventure



Little Acorns went on a winter adventure to explore the changes in the season and collected some sticks and leaves. They learnt all about how the trees survive in the winter months and how we can look after the trees around us. They had lots of fun exploring the changes that occur in this wintery season.





SATs Parent Workshop



On Wednesday 12th January, the Year 6 teachers presented a comprehensive SATs workshop for parents, guardians, and carers on how to support their children with improving Mathematics, Reading, Writing and Grammar skills. The workshop included information on the national expected standard in Year 6 for Mathematics, Reading, Grammar and Writing, as well as, how and when SATs will be administered and supported during this academic year. Overall, it was a successful and informative workshop. If you missed the opportunity to attend, or require any clarification, please see your child's classroom teacher for further information. Thank you to everyone who attended the workshop.



Fun Clubs Begin

From the week commencing Monday 24th January, we will be starting our Fun Clubs again. All clubs will be held on either Wednesday or Thursday each week and will run until Wednesday 23rd and Thursday 24th March. Your child should have given you a letter with the choice of clubs for you to complete and return to the School office.

Hearing and Vision Screening – Reception

On Monday 24th January, the School nurses will be visiting the School to carry out a Hearing and Vision Screening for the Reception children.

Virtual Asthma Workshops



H4All stronger together The Confederation

MyHealth My self, My life

CHILDHOOD ASTHMA

Join our **FREE Virtual Asthma Workshop**

JANUARY

4pm - 5pm

31st

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

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. There are limited spaces available so if you are interested, please contact the team to book your place.

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.

Extra Vigilance on Hewens Road

At Hewens Primary, our number one priority is the safeguarding of all pupils. With this in mind, it is necessary for us to have a staggered start at the beginning of the day, along with the two other schools that share the roadway. This means that we have to be extra vigilant about traffic and safety outside the School. Please can we reiterate that no cars are to be parked on the double yellow lines, on the pavement or on the 'keep clear' areas. Cars should also avoid making U-turns on Hewens Road as this is leading to congestion in both directions during peak times.

Time to Talk Day and Children's Mental Health Week



time to talk day 03/02/22

Y O U O K ?


However you do it, start a conversation about mental health

Talk, Listen, Change Lives

#TimeToTalk

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/>).

The following week 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>).

 JANUARY TO FEBRUARY 2022	
JANUARY	
Monday 24th	Hearing and Vision Screening - Reception
Wednesday 26th to Thursday 27th	Fun Clubs Begin
Thursday 27th	Step In Step Out Challenge
Monday 31st January to Friday 4th February	SATs Practice Papers Week
FEBRUARY	
Tuesday 1st to Monday 28th	Library Lovers Month
Tuesday 1st	Chinese New Year Celebrations
Thursday 3rd	Wall Ball Challenge
Friday 4th	NSPCC Number Day - Non-Uniform Day
Monday 7th to Friday 11th	Schools' Football Week

HOW TO PROPERLY WASH YOUR HANDS

HELP PREVENT THE SPREAD OF COVID-19



1 WET HANDS



2 USE SOAP



3 PALM TO PALM



4 FINGERS INTERLACED



5 BACK OF HANDS



6 BASE OF THUMBS



7 FINGERNAILS



8 WRIST



9 RINSE HANDS WITH WATER



10 DRY HANDS WITH TOWEL

Precautionary Measures for Coronavirus

As a result of the Prime Minister's plans to end Plan B restrictions, a number of changes have been made to the current coronavirus (COVID-19) measures implemented within the Trust following his announcement on Wednesday 19th January.

A new national approach to daily testing for contacts of COVID-19 has been introduced. All adults who are fully vaccinated and children aged 5 to 18 years and 6 months, identified as a contact of someone with COVID-19 should take a lateral flow device (LFD) every day for 7 days instead of self-isolating. Additionally, the 10-day self-isolation period for those who record a positive polymerase chain reaction (PCR) test result for COVID-19 has now been reduced to 5 days in most circumstances. For further information, please read the letter that was distributed via (<https://trhat.co.uk/letters-covidupdate190122/>).

	Week Commencing: <i>Monday 24th January</i>	
MENU 3		
MONDAY		
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	<i>Orange Jelly</i>	<i>Fresh Fruit and Yoghurts</i>
TUESDAY		
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	<i>Chocolate Mousse</i>	<i>Fresh Fruit and Yoghurts</i>
WEDNESDAY		
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	<i>Apple Crumble</i>	<i>Fresh Fruit and Yoghurts</i>
THURSDAY		
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	<i>Vanilla Sponge with a Pineapple Ring and a Cherry</i>	<i>Fresh Fruit and Yoghurts</i>
FRIDAY		
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	<i>Chocolate Brownie Tray Bake</i>	<i>Fresh Fruit and Yoghurts</i>
<i>Please note that all main meals are served with Fresh Vegetables of the Day</i>		

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 3: Step In Step Out – Thursday 27th January
- 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