

School Newsletter

Friday 11th September 2020

Welcome back

It's been wonderful welcoming the children back to school this week.



"It was a little bit weird at first but has been really good because I've seen my friends. The lessons have been very fun." Olivia (Year 3)

"I've been looking forward to seeing my friends and the teachers." Ronnie (Year 4)

"I'm glad we are back at school after being home for so long. The maths lessons are really fun." Ava (Year 5)

"During lock down I couldn't stop thinking about being in year 6. When I first stepped back in, I knew it was going to be a great year. It's been amazing!" Ethan (Year 6)

Thank you to pupils, parents and staff for adapting to the changes we have put in place to keep everyone as safe as possible. We are reviewing these new routines regularly and will inform parents of any changes in future newsletters.

Coronavirus Symptoms

Please do not send your child (or any of their siblings) in to school, and call the school office to inform us immediately, if your child, or anyone in your household, displays any of the following coronavirus symptoms:

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature);
- **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual);
- **a loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal.

Breakfast club

Breakfast club will continue to run in the school hall from 8am. Parents will need to book a place on this in advance by emailing the school office by 9am each Friday to book a place for the following week. The cost is £2.50 a day.

School Office

Please only visit the school office if it is absolutely necessary to do so. Where possible, instead of visiting the school office in person, please call or email using the details at the top of this page.

Self-care September

Self-care isn't selfish, it's essential. No-one's perfect. But so often we compare our insides to other people's outsides. This month we're encouraging everyone to be kinder to themselves (as well as others), especially when things go wrong. Self-care increases our resilience and helps us get more out of life. It also helps us accept others as they are too.



ACTION CALENDAR: SELF-CARE SEPTEMBER 2020

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|--|---|--|--|--|
|  7 Remember it's ok not to be ok. We all have difficult days 14 Talk kindly to yourself like you would to someone you love 21 Remind yourself that you are loved and worthy of love 28 Accept your mistakes as a way of helping you make progress | 1 Remember that self-care is not selfish. It's essential 8 Notice the things you do well today, however small 15 Find a caring, calming phrase to say to yourself when feeling low 22 Look at photos from a time with happy memories 29 Write down three things you appreciate about yourself today | 2 Be willing to share how you feel and ask for help when needed 9 Avoid saying 'I ought to' or 'I should' to yourself 16 Notice what you are feeling today, without any judgment 23 Let go of other people's expectations of you today 30 You matter. Remember that you are enough, just as you are | 3 Free up time in your diary by cancelling any unnecessary plans 10 Give yourself permission to say No to requests from others 17 Leave positive messages for yourself to see regularly 24 Ask a trusted friend to tell you what they like about you | 4 Forgive yourself when things go wrong. We all make mistakes 11 Aim to be good enough, rather than perfect 18 Don't compare how you feel inside to how others appear outside 25 Release yourself from inner demands and self-criticism | 5 Plan a fun or relaxing activity this weekend and make time for it 12 Let go of being busy. Allow yourself to take some breaks today 19 Get active outside and give your mind & body a natural boost 26 Find a new way to use one of your strengths or talents today | 6 Focus on the basics: eat well, exercise and go to bed on time 13 Make time today to do something you really enjoy 20 No plans day - make time to slow down and be kind to yourself 27 Take your time. Make space to just breathe and be still |



Self-care is not selfish. You can't pour from an empty cup



ACTION FOR HAPPINESS



www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/self-care-september **Keep Calm · Stay Wise · Be Kind**

Homework

One aspect of our coronavirus safety measures is to avoid items going back and forth between school and home as much as possible. As a result of this, homework procedures will be different this term.

We will be sending homework out every Monday. Paper copies will be sent home with the children. The homework will also be emailed, along with the answers, to parents every Monday. The homework should not be sent back in to school. Parents should go through the homework with the children at home after children have completed it, using the answers that have been emailed.



Address: Park Lane, Harefield, Middlesex, UB9 6BJ

Tel: 01895 824447

Email: office@harefieldjunior.org.uk

Web: www.harefield-jun.hillingdon.sch.uk

Executive Head Teacher: Mr A.Sunner

Head of School: Mr J.Downs

Communication reminder

Please email any questions you have for teachers to the class email accounts and teachers will respond within 3 working days. The class email addresses are:

| Class | Email address |
|-----------------|--------------------------------------|
| Year 3 Hazel | hazelclass@harefieldjunior.org.uk |
| Year 3 Willow | willowclass@harefieldjunior.org.uk |
| Year 3 Iroko | irokoclass@harefieldjunior.org.uk |
| Year 4 Juniper | juniperclass@harefieldjunior.org.uk |
| Year 4 Maranti | maranticlass@harefieldjunior.org.uk |
| Year 4 Spruce | spruceclass@harefieldjunior.org.uk |
| Year 5 Elm | elmclass@harefieldjunior.org.uk |
| Year 5 Sycamore | sycamoreclass@harefieldjunior.org.uk |
| Year 5 Walnut | walnutclass@harefieldjunior.org.uk |
| Year 6 Aspen | aspenclass@harefieldjunior.org.uk |
| Year 6 Beech | beechclass@harefieldjunior.org.uk |

Key dates for your diary

Week beginning 19th October: Parent-teacher meetings. More details to follow.

Monday 26th October to Friday 30th October: School is closed for half term.

Friday 18th December 2020: Last day of Autumn term. School finishes at 1pm.

Tuesday 5th January 2021: First day of Spring term.