

## School Newsletter

Friday 8<sup>th</sup> January 2021

### Welcome back

We hope you have had an enjoyable Christmas and wish you all a very happy new year. Unfortunately, we were faced with the problem of another national lock down at the start of this term and so were not able to welcome the majority of pupils back to school.

“A problem is a chance for you to do your best,” Duke Ellington (American composer).

Nevertheless, it has been a really successful start due to the efforts of staff, pupils and parents who have been at their best in such difficult circumstances. We have been able to support pupils and families through organising, at short notice, onsite provision for children of critical workers and vulnerable pupils, remote learning via Teams, home learning packs for those that do not have internet access at home and also providing food packages for our most vulnerable families. Well done to everyone for their outstanding efforts this week.

### Happier January

How can we start this new year happier? Things have certainly not been easy over the last year, and we are still in difficult and uncertain times. The best way to try to handle our difficult emotions and experiences is by focusing on what we can control. This month, we're encouraging everyone to focus on small steps to try to boost happiness - for ourselves and others around us - to spread kindness and hopefully inspire others to do the same.




## ACTION CALENDAR: HAPPIER JANUARY 2021




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p><b>"Happiness is when what you think, what you say, and what you do are in harmony" - Gandhi</b></p>				<p><b>1</b> Find three good things to look forward to this year</p>	<p><b>2</b> Make time today to do something kind for yourself</p>	<p><b>3</b> Do a kind act for someone else to help to brighten their day</p>
<p><b>4</b> Write a list of things you feel grateful for in life and why</p>	<p><b>5</b> Look for the good in others and notice their strengths</p>	<p><b>6</b> Take five minutes to sit still and just breathe</p>	<p><b>7</b> Learn something new and share it with others</p>	<p><b>8</b> Say positive things to the people you meet today</p>	<p><b>9</b> Get moving. Do something physically active (ideally outdoors)</p>	<p><b>10</b> Thank someone you're grateful to and tell them why</p>
<p><b>11</b> Switch off all your tech 2 hours before bedtime</p>	<p><b>12</b> Connect with someone near you - share a smile or chat</p>	<p><b>13</b> Be gentle with yourself when you make mistakes</p>	<p><b>14</b> Take a different route today and see what you notice</p>	<p><b>15</b> Eat healthy food which really nourishes you today</p>	<p><b>16</b> Get outside and notice five things that are beautiful</p>	<p><b>17</b> Contribute positively to a good cause or your community</p>
<p><b>18</b> Focus on what's good, even if today feels tough</p>	<p><b>19</b> Get back in contact with an old friend you miss</p>	<p><b>20</b> Go to bed in good time and give yourself time to recharge</p>	<p><b>21</b> Take a small step towards an important goal</p>	<p><b>22</b> Try out something new to get out of your comfort zone</p>	<p><b>23</b> Plan something fun and invite others to join you</p>	<p><b>24</b> Put away digital devices and focus on being in the moment</p>
<p><b>25</b> Decide to lift people up rather than put them down</p>	<p><b>26</b> Say hello to a neighbour and get to know them better</p>	<p><b>27</b> Challenge your negative thoughts and look for the upside</p>	<p><b>28</b> Ask other people about things they've enjoyed recently</p>	<p><b>29</b> Use one of your personal strengths in a new way</p>	<p><b>30</b> Count how many people you can smile at today</p>	<p><b>31</b> Write down your hopes or plans for the future</p>

ACTION FOR HAPPINESS







www.actionforhappiness.org

**Happier · Kinder · Together**

Learn more about this month's theme at [www.actionforhappiness.org/happier-january](http://www.actionforhappiness.org/happier-january)

### Food packages



A huge thank you to school staff and our catering company, The Pantry, for organising the food packages that our most vulnerable families were able to collect from school today. We are planning to continue to organise a weekly food package for those families for the duration of the current lock down, or until the government reintroduce the nation food voucher scheme that was in place last year.

### Magic Breakfast



We are continuing to work with the Magic Breakfast charity this term to produce fortnightly breakfast packages for our most vulnerable families. Thank you to the school staff involved in organising this.

### Remote education via Teams

Teachers, pupils and parents have done a wonderful job of adapting to a new way of learning this week and should be commended for their efforts. We have had many positive comments from parents about these online lessons which we very much appreciate-thank you to those parents for their kind words.

### Home Learning Packs

If you have limited or no internet access at home, home learning packs will be available for collection from the school office every week at the following times.

Mondays 12pm–3pm

Tuesdays to Fridays 9.30am–3pm

### Applying for a place in junior school for September 2021

If your child is currently in year 2, you must apply for a junior school place by Friday 15<sup>th</sup> January 2021. For full details and to apply online, visit:

[www.hillingdon.gov.uk/schooladmissions](http://www.hillingdon.gov.uk/schooladmissions)

### Key dates for your diary

Monday 15<sup>th</sup> – Friday 19<sup>th</sup> February 2021: School is closed for half term.

Wednesday 31<sup>st</sup> March 2021: Last day of Spring term. School finishes at 1pm.



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**Executive Head Teacher:** Mr A.Sunner

**Head of School:** Mr J.Downs

## Community Links

### Lateral Flow Tests

From Monday 4th January, Hillingdon residents can book slots for a Lateral Flow Test (LFT) if they wish to, at the Beck Theatre, to test all those **without** any COVID-19 symptoms.

The rapid lateral flow swab tests provide results within an hour and help to identify those who are unknowingly carrying the virus. It also enables those who test positive, their household members and their close contacts, to self-isolate, which can help drive down the R rate locally and save lives.

**Please note: If you have any COVID-19 symptoms (a new continuous cough, high temperature, or loss/change to your sense of smell or taste), you should self-isolate and book a PCR (Polymerase Chain Reaction) test at a local testing site by visiting [www.gov.uk/get-coronavirus-test](http://www.gov.uk/get-coronavirus-test) or by phoning 119.**

Click this link for more information and to make LFT bookings, one booking per person:  
[Hillingdon Lateral Flow Tests](#)