

## School Newsletter

Friday 22<sup>nd</sup> January 2021

### Home learning resources

Despite the odd technical issue, the daily live Teams lessons have been going really well. Well done to pupils, parents and teachers for ensuring that learning continues using this new approach.

If you would like your child to do some additional learning at home, we highly recommend the following websites.



This website has dozens of online books for your child to read at home and also some follow up comprehension questions to check their understanding of what they have read. Please contact your child's class teacher via the class email accounts if your child has forgotten their log in details.  
<https://www.activelearnprimary.co.uk>



This website has online maths activities for each year group. Please contact your child's class teacher via the class email accounts if your child has forgotten their log in details.  
<https://login.mathletics.com/>



This website has daily video lessons and resources covering a range of subjects.  
<https://www.thenational.academy/>



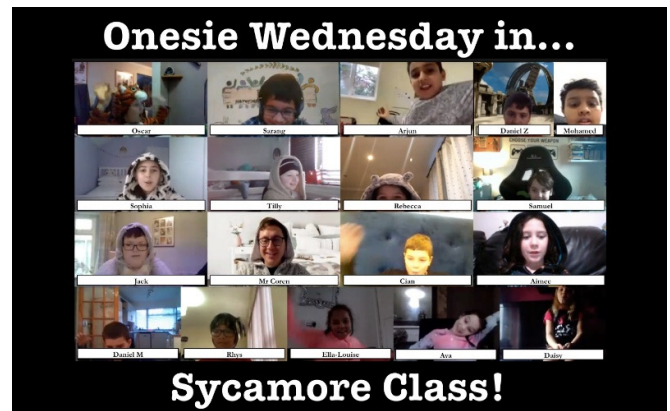
This website has daily video lessons and resources covering a range of subjects.  
<https://www.bbc.co.uk/bitesize/primary>

## Class email accounts

Please continue to use the class email accounts to share completed work and photos of the children at home with the teachers. You may even make it into the weekly newsletter! Teachers check these emails regularly and reply as soon as they can.

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 Meranti	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

## Onesie Wednesday and Pyjama Friday



Year 5 Sycamore class had a onesie Wednesday and Year 3 had pyjama Friday this week. One of the many perks of home learning!

## Food vouchers

The national voucher scheme began this week and those families eligible for free school meals will have received an email for 4 weeks of food vouchers. If you were not previously eligible for free school meals but have had a change in your personal circumstances, please contact the school office for information about how to apply.



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

**Tel:** 01895 824447

**Email:** [office@harefieldjunior.org.uk](mailto:office@harefieldjunior.org.uk)

**Web:** [www.harefieldjunior.com](http://www.harefieldjunior.com)

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

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

### **Coronavirus safety measures**

Please remember to wear a face mask and maintain social distance in and around school, particularly at drop off and pick up times, if your child is attending the critical worker and vulnerable pupil provision at school. Thank you.

### **Magic Breakfast**

We are continuing to work with the Magic Breakfast charity this term to produce fortnightly breakfast packages for those families eligible for a free school meal. Thank you to those parents/carers who collected a Magic Breakfast this week. The next collection for breakfast food items will be w/c 1<sup>st</sup> February.

If you would like to receive a Magic Breakfast pack **after half term**, please contact the School Office by phone (01895 824447) or email ([office@harefieldjunior.org.uk](mailto:office@harefieldjunior.org.uk)) requesting a pack **before Friday 29<sup>th</sup> January**. Thank you.

### **Home Learning Packs**

If you have limited or no internet access at home, home learning packs are available for collection from the school office every week:

Mondays, 12.00 – 3.00pm

Tuesdays – Fridays, 9.30am – 3.00pm

### **Key dates for your diary**

Week beginning 1<sup>st</sup> February: National Storytelling Week

Tuesday 9<sup>th</sup> February: Safer Internet Day

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

Week beginning 22<sup>nd</sup> February: Random Acts of Kindness Week

Thursday 4<sup>th</sup> March: World Book Day

Friday 12<sup>th</sup> March: World Maths Day

Friday 19<sup>th</sup> March: Red Nose Day

Wednesday 31<sup>st</sup> March: Last day of Spring term-school finishes at 1pm

## Community Links

### NNPCF London Lockdown SEND Provision Survey

The National Network of Parent Carer Forums (NNPCF) London region, are distributing a short 10 question survey, to help get a picture of how the latest lockdown is impacting the families of children and young people with SEND. The results of this survey should give the NNPCF evidence of what the main issues are, and provide valuable information which will be powerful in their discussions both nationally (with the DfE) and with Local Authorities.

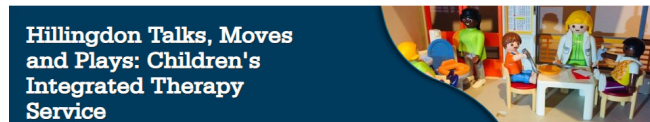
Hillingdon PCF are grateful to you for taking the time to complete this survey, and we will collate your responses to feed them back to the NNPCF. The survey closes on Sunday 31st January, so within the next two weeks please participate by clicking here:

[NNPCF London Lockdown SEND Provision Survey](#)

### Hillingdon Covid Vaccination Video

This 12 minute video shows how to proceed to get your vaccination, when you are invited to attend at one of our two Hillingdon borough hubs - Ruislip and Hayes. It has been put together by the GP Confederation in Hillingdon.

[Hillingdon Covid Vaccination Video 11January2021 \(screencast.com\)](#)



### Children's Integrated Therapy Service (CITS)

Speech and Language Therapy,  
Physiotherapy and Occupational Therapy  
CITS Advice Line: 01895 488 200

**CITS** - [www.cnwl.nhs.uk/hillingdon-talks-moves-plays](http://www.cnwl.nhs.uk/hillingdon-talks-moves-plays)

**Speech and Language Therapy** - [www.cnwl.nhs.uk/services/community-services/hillingdon-talks](http://www.cnwl.nhs.uk/services/community-services/hillingdon-talks)

**Physiotherapy** - [www.cnwl.nhs.uk/services/community-services/hillingdon-moves](http://www.cnwl.nhs.uk/services/community-services/hillingdon-moves)

**Occupational Therapy** - [www.cnwl.nhs.uk/services/community-services/hillingdon-plays](http://www.cnwl.nhs.uk/services/community-services/hillingdon-plays)

There is regularly updated information and support for parent/carer(s), education staff and professionals. This includes videos, advice sheets, strategies and resources and links to other useful websites and local services.

	@HillingdonTalks	@HillingdonMoves	@HillingdonPlays
	@Hillingdon_TalksMovesPlays		
			@HillingdonPlays

## **Lateral Flow Tests**

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 <https://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](#)

## **Exercise Guidance for Continuous Care Disabled People**

During this period of national lockdown and restrictions, the guidance for outdoor exercise is given here:

National lockdown: Stay at Home - GOV.UK ([www.gov.uk](http://www.gov.uk))

Please note that this includes an exception:

'Children under 5, and up to 2 carers for a person with a disability who needs continuous care, are not counted towards the gatherings limits for exercising outside.

If you (or a person in your care) have a health condition that routinely requires you to leave home to maintain your health - including if that involves travel beyond your local area or exercising several times a day - then you can do so.

When around other people, stay 2 metres apart from anyone not in your household - meaning the people you live with - or your support bubble. Where this is not possible, stay 1 metre apart with extra precautions (like wearing a face covering).'

## **Therapeutic Care for Carers**

The Wellbeing Team at Carers Trust Hillingdon are offering the 3 therapy opportunities listed below. Given the lockdown restrictions, the team would like to gauge whether there is any interest in trying out these therapies via Zoom. If you would like to take part using Zoom, please let the team know by registering your interest here:

[wellbeing@carerstrusthillingdon.org](mailto:wellbeing@carerstrusthillingdon.org)

### **Therapeutic Care for Carers daytime and evening practices of methods for relaxation**

#### **Release and Replenish: Evening Relaxation for Carers, Thursday 4<sup>th</sup> February**

**7.30 – 8.30 pm**

Simple Tai Chi, reflection and meditation to release the cares of the day and relax ready for sleep.



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**Take a Breath! - Thursday 4<sup>th</sup> March 3-4pm**

Simple Tai Chi and Breathwork creating some space in your day to rest and re-energise.

**And So To Bed – evening in May tbc**

Aimed at promoting rest, relaxation and hopefully a good night's sleep using a selection of sample skin products to apply with a demonstration from Leigh at Temple Spa.