

School Newsletter

Friday 14th May 2021

Celebration assembly

The pupils below were chosen by their teachers to receive special certificates in today's Celebration assembly about our school value of happiness. Well done for spreading joy by smiling in school this week.

Year 3 Hazel class	Scarlett
Year 3 Iroko class	Freddie
Year 3 Willow class	Luca
Year 4 Juniper class	Harry
Year 4 Meranti class	Ronny
Year 4 Spruce class	Francesca
Year 5 Elm class	Tyler
Year 5 Sycamore class	Jack & Kurtis
Year 5 Walnut class	Boris
Year 6 Aspen Class	Ruby
Year 6 Beech Class	Kyden

House points

Congratulations to the following pupils for earning the most house points in their class this week.

Year 3 Hazel class	Mazoon
Year 3 Iroko class	Ella
Year 3 Willow class	Jayden
Year 4 Juniper class	Amelia C
Year 4 Meranti class	Sophie
Year 4 Spruce class	Christianna
Year 5 Elm class	Micah
Year 5 Sycamore class	Chance
Year 5 Walnut class	Shreya
Year 6 Aspen Class	Poppy
Year 6 Beech Class	Rose

Well done to all of the pupils in **Red** house for earning more house points than the other houses this week.

Attendance

We aim to achieve above the national average attendance which is 96%. Well done to Year 3 Willow class for having the best attendance in school this week.

Year Y3 Willow class	100%
Year 6 Aspen class	97.0%
Year 3 Hazel class	95.7%
Year 4 Spruce class	95.4%
Year 5 Elm class	95.2%
Year 5 Walnut class	93.65%
Year 4 Juniper class	91.8%
Year 5 Sycamore class	91.7%
Year 3 Iroko class	91.4%
Year 4 Meranti class	85.6%
Year 6 Beech class	85.4%



A LIVING STREETS CAMPAIGN

Next week is walk to school week. Walk to School Week is organised by Living Streets, the UK charity for everyday walking. Families are encouraged to walk, cycle or scoot for the whole week to see the big differences that come from small steps, from healthier and happier children to fewer cars outside the school gates. This year's challenge will focus on the 'walking superpowers' that benefit individuals, communities and the planet. See if you can walk to school every day next week.

We have achieved the Rights Respecting Schools Bronze award which recognises that start we have made in teaching children about UN Convention on the Rights of the Child and their rights and responsibilities.

Well done to everyone for achieving this award, especially Miss Churchill, who is leading the Rights Respecting Schools initiative.

This week's article is Article 19 – protection from violence, abuse and neglect.

Governments must do all they can to ensure that children are protected from all forms of violence, abuse, neglect and bad treatment.



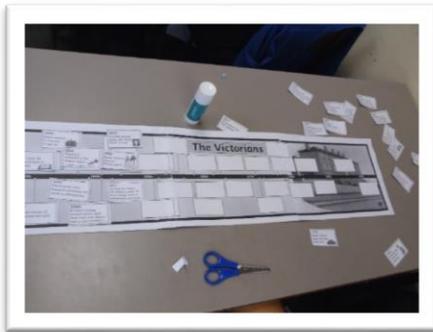
In class this week



Year 3 children are enjoying their cookery lessons with Mrs Connolly on Fridays.

"I Love cooking group because it teaches you how to cook for when you're an adult."

"I love sharing what I have cooked with my family."



Year 6 have begun learning about the Victorians by looking at key events during the Victorian era. They have also discovered what working conditions were like for children at this time. Children as young as 4 were put to work in mines, factories, mills, or as domestic servants or chimney sweeps. The alternative was the ghastly workhouse!

"I didn't know the book Oliver Twist came from this period, I enjoyed reading it during guided reading," Michalina Muszalska (6 Beech).

"I found it quite shocking how working in the mines was actually a job because kids shouldn't have to do that!" Ryan McGovern-Dupree (6 Aspen).

Parent Meetings

For ease of access Year 5 Sycamore and 5 Walnut class will be holding their Parent meetings in the school hall. Access will be via the playground. Mr Coren and Mrs Lindsay will greet you upon your arrival.

Year 6 Aspen and 6 Beech class will be holding their Parent meetings in the cloakrooms of the new building. There will be signs on the night with directions.

All other meetings will take place in your child's classroom.



Drinks in School

As the warmer weather will be upon us soon, please remember to give your child a water bottle to bring into school. May we please remind you that only water is allowed – no squash or fizzy drinks.

Key dates for your diary

Monday 17th May & Monday 24th May: Parent-teacher meetings. A letter has gone out to parents with further details.

Monday 31st May to Friday 4th June: School is closed for half term.

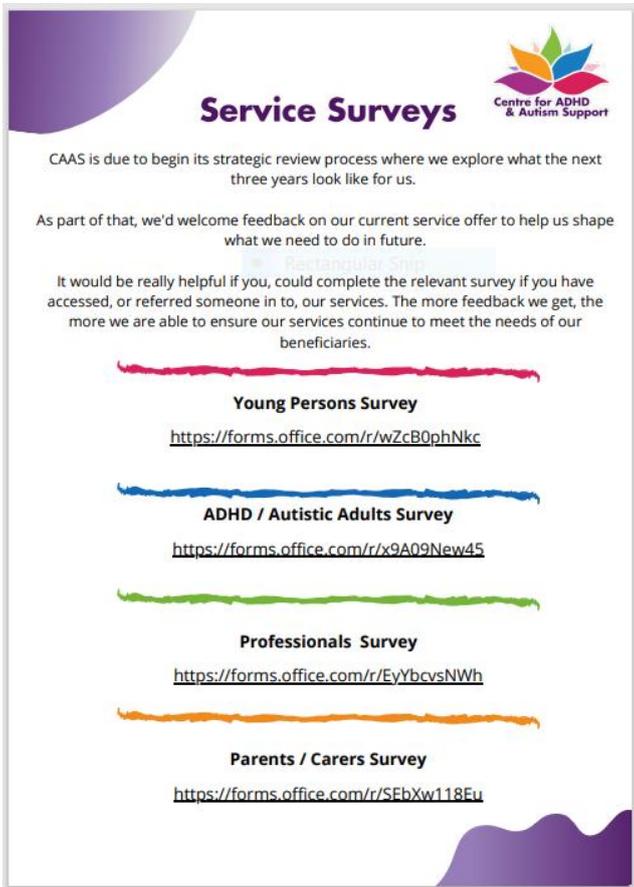
Tuesday 8th June: School photographer in for individual and class photographs. A letter has gone out to parents with further details.

Friday 18th June: School photographer in for sibling photographs. A letter has gone out to parents with further details.

Thursday 15th July: Sports day. A letter with further details will be sent out later this term.

Friday 23rd July: Last day of summer term. School finishes at 1pm.

Community Links



Service Surveys

CAAS is due to begin its strategic review process where we explore what the next three years look like for us.

As part of that, we'd welcome feedback on our current service offer to help us shape what we need to do in future.

It would be really helpful if you, could complete the relevant survey if you have accessed, or referred someone in to, our services. The more feedback we get, the more we are able to ensure our services continue to meet the needs of our beneficiaries.

Young Persons Survey
<https://forms.office.com/r/wZcB0phNkc>

ADHD / Autistic Adults Survey
<https://forms.office.com/r/x9A09New45>

Professionals Survey
<https://forms.office.com/r/EyYbcvsNWh>

Parents / Carers Survey
<https://forms.office.com/r/SEbXw118Eu>



Are you 12 years old or over and living with diabetes?

Don't forget to look after your eyes, however many you have...attend your yearly eye screening appointment

NHS
North West London Diabetic Eye Screening Programme

Want to know more?

Talk to your Doctor or contact us on:
www.nwldesp.co.uk
enquiries.nwldesp@nhs.net
020 8099 1122



HACS
Hillingdon Autistic Care & Support
Registered Charity Number 1066859

Don't miss out on training for parents, professionals and family members this term. Visit <https://www.hacs.org.uk/training-and-events> to book your place!
The next training sessions are:

Using the science of sleep to inform sleep hygiene

Saturday 22nd May 2021, 11am – 1.15pm

Sleep difficulties can be disruptive for people with Autism Spectrum Conditions (ASC) and the people they live with. During this webinar, Dr Cornelius Ani and Dr Obeagaeli Ani will explore the science that underpins sleep and how that can be used to identify and address potential reasons for disrupted sleep, and other strategies to reduce sleep difficulties and improve outcomes for affected persons and their family. **£20 per person or 50% discount for HACS Members**

Understanding Autistic Children & Young People

Wednesday 26th May 2021, 6.30pm – 9pm

This interactive Zoom training session will explore the four areas of difference associated with autism. You will be able to interact with the trainers and other parents throughout the session. **£10 per person or FREE for HACS Members – use the code AutismSupport20 at the checkout**

Autism and Sensory Differences

Wednesday 9th June 2021, 6.30pm – 9pm

Autistic individuals experience sensory information in very unique ways. This session for parents and professionals will explore sensory experiences strategies to create autism-friendly environments. **£20 per person or 50% discount for HACS Members**

Anxiety and Behaviour Support meetings

Anxiety Support Tuesday 18th May 2021 7pm – 8.30pm

Behaviour Support Tuesday 8th June 2021 7pm – 8.30pm

These online meetings are **FREE TO MEMBERS ONLY** -who are supporting an autistic person who is currently being affected by Anxiety or Behaviours that challenge and would like to seek advice about these issues. (Please note that our staff are not medically trained. The advice provided via these groups is not suitable for acute, crisis or emergency cases.)

Pre-recorded Webinar: Understanding PDA and Autism

Available on demand 6pm – 8.30pm

This recorded webinar is hosted by Laura Kerbey looks at the differences and similarities of Autism, Asperger's Syndrome and Pathological Demand Avoidance (PDA) and gives attendees a "tool-kit" of strategies to effectively support children and young people with this profile of needs. **£10 per recording or 50% discount for HACS Members – email enquiries@hacs.org.uk to buy your copy**

HACS Members please contact enquiries@hacs.org.uk for member discount codes



VEGPOWER

60-Second Vegtastic Lunchbox Hacks

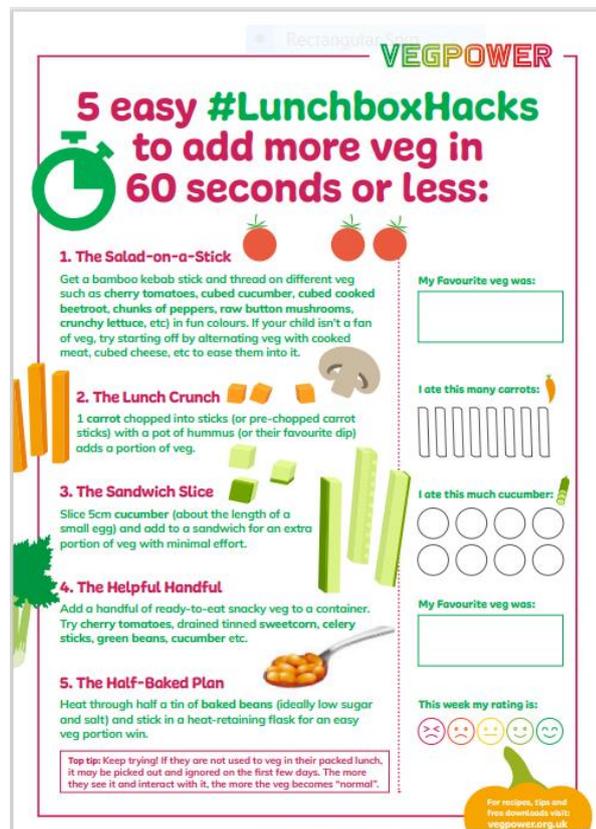
Veg are a key part of a healthy diet but it can be a real struggle to get kids to eat enough of them. Adding an extra portion or two to their packed lunch will help to up their intake. Try these simple ideas to **veg-pack their lunchboxes** with limited faff.

The basic toolkit:

- Containers (small and lidded for dips, leftovers and more)
- Cutlery (if needed)
- Thermos (any heat-retaining flask is great for soups, baked beans, leftovers, etc.)
- Bamboo kebab sticks (optional, but helpful for making veggies more fun)

Top tip: Know your portions – a child's portion of veg is roughly 50g or what fits into a child's hand.

#LunchboxHacks
@VegPowerUK
For recipes, tips and free downloads visit: vegpower.org.uk



VEGPOWER

5 easy #LunchboxHacks to add more veg in 60 seconds or less:

- The Salad-on-a-Stick**
Get a bamboo kebab stick and thread on different veg such as cherry tomatoes, cubed cucumber, cubed cooked beetroot, chunks of peppers, raw button mushrooms, crunchy lettuce, etc.) in fun colours. If your child isn't a fan of veg, try starting off by alternating veg with cooked meat, cubed cheese, etc to ease them into it.
- The Lunch Crunch**
1 carrot chopped into sticks (or pre-chopped carrot sticks) with a pot of hummus (or their favourite dip) adds a portion of veg.
- The Sandwich Slice**
Slice 5cm cucumber (about the length of a small egg) and add to a sandwich for an extra portion of veg with minimal effort.
- The Helpful Handful**
Add a handful of ready-to-eat snacky veg to a container. Try cherry tomatoes, drained tinned sweetcorn, celery sticks, green beans, cucumber etc.
- The Half-Baked Plan**
Heat through half a tin of baked beans (ideally low sugar and salt) and stick in a heat-retaining flask for an easy veg portion win.

My Favourite veg was:

I ate this many carrots:

I ate this much cucumber:

My Favourite veg was:

This week my rating is:

Top tip: Keep trying! If they are not used to veg in their packed lunch, it may be picked out and ignored on the first few days. The more they see it and interact with it, the more the veg becomes "normal".

For recipes, tips and free downloads visit: vegpower.org.uk