

## School Newsletter

Friday 25<sup>th</sup> June 2021

### Jump Back Up July

This month's theme is all about resilience and understanding how we can build skills that will help us to bounce back. We can't always predict or control what life throws at us, but we can build a range of skills and nurture our resources to help us respond flexibly, effectively deal with challenges, recover more quickly and even learn and grow as a result. The calendar below has suggestions for how to build resilience this month.

**Jump Back Up July 2021**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Take a small step to help overcome a problem or worry	2 Adopt a growth mindset. Change "I can't" into "I can't...yet"	3 Be willing to ask for help when you need it	4 Find something to look forward to today	5 Get the basics right: eat well, exercise and go to bed on time	6 Pause, breathe and feel your feet firmly on the ground	7 Shift your mood by doing something you really enjoy
8 Avoid saying "must" or "should" to yourself today	9 Put a problem in perspective by seeing the bigger picture	10 Reach out to someone you trust and share your feelings with them	11 Look for something positive in a difficult situation	12 Write your worries down and save them for a specific 'worry time'	13 Challenge negative thoughts. Find an alternative interpretation	14 Get outside and move to help clear your head
15 Set yourself an achievable goal and take the first step	16 Find fun ways to distract yourself from unhelpful thoughts	17 Use one of your strengths to overcome a challenge today	18 Let go of the small stuff and focus on the things that matter	19 If you can't change it, change the way you think about it	20 When things go wrong, pause and be kind to yourself	21 Identify what helped you get through a tough time in your life
22 Find 3 things you feel hopeful about and write them down	23 Remember that all feelings and situations pass in time	24 Choose to see something good about what has gone wrong	25 Notice when you are feeling judgmental and be kind instead	26 Catch yourself over-reacting and take a deep breath	27 Write down 3 things you're grateful for (even if today was hard)	28 Think about what you can learn from a recent problem
29 Be a realistic optimist. Focus on what could go right	30 Reach out to a friend, family member or colleague for support	31 Remember we all struggle at times - it's part of being human				

**ACTION FOR HAPPINESS**      **Happier · Kinder · Together**

### Celebration assembly

In Monday's assembly, Miss Churchill told the children about World refugee Day and how it links to our school value of 'compassion'. Well done to the pupils below for being chosen by their teachers to receive special certificates in today's Celebration assembly for caring and being kind to all.

Year 3 Hazel class	Skye
Year 3 Iroko class	Sibina
Year 3 Willow class	Amelia
Year 4 Juniper class	Dawsyn
Year 4 Meranti class	Oly

Year 4 Spruce class	Julia
Year 5 Elm class	Ella-Mae
Year 5 Sycamore class	Milly
Year 5 Walnut class	Kalen
Year 6 Aspen Class	Tabitha
Year 6 Beech Class	Rafeal

### House points

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

Year 3 Hazel class	Mara
Year 3 Iroko class	Ajizh
Year 3 Willow class	Skye
Year 4 Juniper class	Daniel
Year 4 Meranti class	Riley
Year 4 Spruce class	Mitchell
Year 5 Elm class	Finley
Year 5 Sycamore class	Milly
Year 5 Walnut class	Sophie
Year 6 Aspen Class	Nevaeh
Year 6 Beech Class	Georgia

Well done to all of the pupils in **Yellow** 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 5 Elm class for having the best attendance in school this week.

Year 5 Elm class	97.9%
Year 5 Sycamore class	96.9%
Year 3 Willow class	95.6%
Year 3 Iroko class	95.0%
Year 4 Juniper class	94.4%
Year 6 Aspen class	94.1%
Year 3 Hazel class	93.9%
Year 4 Meranti class	91.1%
Year 5 Walnut class	91.1%
Year 4 Spruce class	90.0%
Year 6 Beech class	88.0%

### Sports Day

As mentioned in last week's newsletter, Sports day is on Thursday 15<sup>th</sup> July on the school field and parents are able to attend. Pupils will take part in their year groups, rather than the whole school together. The timings are as follows:

9.15am Year 3  
10.30am Year 5

12.45pm Year 4

2pm Year 6

Pupils will need to come in to school wearing their PE kit and a t shirt matching the colour of the house that they are in (Blue, Green, Red or Yellow).

### **Rights Respecting Schools Articles of the week**



World Refugee Day was on 20th June 2021 and helps to raise awareness of the lives and experiences of refugees. A refugee is someone who has had to flee their home because their lives were in danger in their home country.

#### **Article 22 (refugee children)**

If a child is seeking refugee or has refugee status, governments must provide them with appropriate protection and assistance to help them enjoy all the rights in the Convention. Governments must help refugee children who are separated from their parents to be reunited with them.

#### **Article 10 (family reunification)**

Governments must respond quickly and sympathetically if a child or their parents apply to live together in the same country. If a child's parents live apart in different countries, the child has a right to visit and keep in contact with both of them.

#### **School Photograph Deadline**

Order and payment slips for individual and sibling school photos need to be returned to school by Monday 28<sup>th</sup> June. Order and payment slips for class photos will need be returned by 1<sup>st</sup> July.

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

Week beginning 5<sup>th</sup> July: Year 6 Bikeability training.

Thursday 15<sup>th</sup> July: Sports day. 9.15am Year 3, 10.30am Year 5, 12.45pm Year 4, 2pm Year 6

Monday 19<sup>th</sup> July: End of year reports will be sent out to parents

Monday 19<sup>th</sup> July: Transition morning. Pupils will spend the morning with their new teachers in their new classes. A letter will be sent out soon with further details.

Monday 19<sup>th</sup> July at 1.30pm: Year 6 Aladdin performance. Ticket only (maximum 2 per family).

Tuesday 20<sup>th</sup> July at 6pm: Year 6 Aladdin performance. Ticket only (maximum 2 per family).

Wednesday 21<sup>st</sup> July: Year 6 picnic. Non uniform day for Year 6 pupils only.

Thursday 22<sup>nd</sup> July: Year 6 disco. Non uniform day for Year 6 pupils only.

Friday 23<sup>rd</sup> July at 11.30am: Year 6 leavers' ceremony.

Friday 23<sup>rd</sup> July: Last day of summer term. Non uniform day for Year 3, 4 and 5 pupils only. School finishes at 1pm.

### **Community News**

## Get a first view of the plans for your new hospital



You can now get a first view of the plans for the new Hillingdon Hospital. With artists' impressions and plans of the proposed new building as well as information on how it will improve services, the exhibition sets out the vision for a new, modern, 21st-century hospital. Under the proposals, the current hospital will remain open during the building works. The new hospital will provide the same range of healthcare services but with significant improvements that should mean a better patient experience. Visit the [public exhibition website](#) to find out more and give feedback. There's also a [public webinar on Thursday 1 July](#) when you can hear about the plans and ask any questions.

## Update for NW London on the vaccine programme and new variants

### Rise in new variants and the vaccine

Across all NW London boroughs (Brent, Harrow, Hillingdon, Hounslow, Ealing, Hammersmith and Fulham, Kensington and Chelsea and Westminster) we are seeing a rise in the rates of new Covid-19 variants.

There is no evidence to suggest the Covid-19 vaccine is not working in terms of providing protection against variants, but it has never been more important to come forward for your first vaccine and ensure you have your second for maximum protection.

All our large vaccination centres listed below are all providing Pfizer vaccines.

Anyone over the age of 36 can now book at [www.nhs.uk](http://www.nhs.uk) or walk-in to one of our vaccination centres for a first dose of the vaccine. GPs are also sending invites so you can book in.

Walk-in availability varies, booking guarantees you a slot, services are open 9am-7pm.

### Walk-in vaccination services

The vaccination centres providing a walk-in service for first doses are open from 9am to 7pm daily, (Except Byon Hall and Brentford leisure centre - see below.)

Full details [are here](#)



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

- Brentford leisure centre 658 Chiswick High Rd, Brentford TW8 0HJ (Monday to Thursday)
- Bryon Hall Christchurch Avenue, Harrow HA3 5BD (Monday to Wednesday only)
- Ealing - CP House, 97-107 Uxbridge Road, Ealing W5 5TL
- Heathrow Vaccination Centre, Compass Centre, Bath Road, Heathrow, TW6 2GW
- Marble Arch Vaccination Centre: 86 Edgware Rd, London W2 2EA
- Novotel London West, 1 Shortlands Hammersmith International Ctre, Hammersmith, London W6 8DR
- The Record Store, The Old Vinyl Factory, 15 Pressing Lane, Hayes, UB3 1HA
- Science Museum, Exhibition Road, South Kensington, London SW7 2DD
- Wembley Vaccination Centre: Olympic Office Centre, 8 Fulton Rd, Wembley, London, HA9 0NU

You are asked to bring ID, your name and address and your NHS number if you have it (if you don't have your NHS number you can still walk-in).

Following your walk-in you will then be able to book your second vaccine at 8 weeks 48 hours later using [www.nhs.uk](http://www.nhs.uk)

### **Second doses**

To help ensure residents get the maximum protection possible, we are bringing forward the date of second vaccines from 12 weeks to 8 weeks.

If you had a vaccine at a GP service, you will be texted inviting you to attend a new date. If you attended a pharmacy or large vaccination centre and booked your second dose through the national booking system [www.nhs.uk](http://www.nhs.uk) – you will be texted to invite you to change your second appointment. You will need to cancel the appointment you have and rebook – there are plenty of appointments available to do this.