



Friday 15^h November 2024

Dear Parents/Carers,

What a fantastic week of learning we have had at Havelock Primary School! It's hard to believe that we are already two weeks into the autumn half term. The enthusiasm and dedication of our students and staff continue to shine brightly.

Anti-Bullying Week

This week, we celebrated Anti-Bullying Week with a series of engaging lessons and activities. On Tuesday, 12th November, our students participated in Odd Socks Day, proudly wearing their mismatched socks to promote individuality and acceptance. It was wonderful to see the school community come together to support such an important cause.

'We Can Cook' Workshops

Our Year 1 and Year 5 students had their first 'We Can Cook' workshops this week. These sessions are designed to teach our children how to prepare and cook healthy dishes. The excitement in the kitchen was palpable, and we are looking forward to many more culinary adventures in the weeks to come.

We are a growth mindset school. Our job is to challenge our pupils and let them thrive.

Havelock Primary School, Nursery & ARP Newsletter



NSPCC Assembly: Speak Out. Stay Safe.

Children across the school attended an assembly from the NSPCC on their 'Speak Out. Stay Safe.' programme. This important initiative helps children understand the different types of abuse and empowers them to speak out if they ever feel unsafe. It was a valuable and informative session for all.

Celebrating Our Competitors

We are incredibly proud of our students who represented Havelock in various competitions this week. Congratulations to those who took part in the bowling competition, the hybrid competition with Featherstone High School, and the Year 5/6 tag rugby tournament. Your hard work and sportsmanship are truly commendable.

Wishing everyone a restful and enjoyable weekend.

Warm regards,

Kind Regards,

Mr Bailey
Co-Headteacher



**Some Nursery spaces
are still available**

Contact our school office to discuss joining!

@HavelockPrimary

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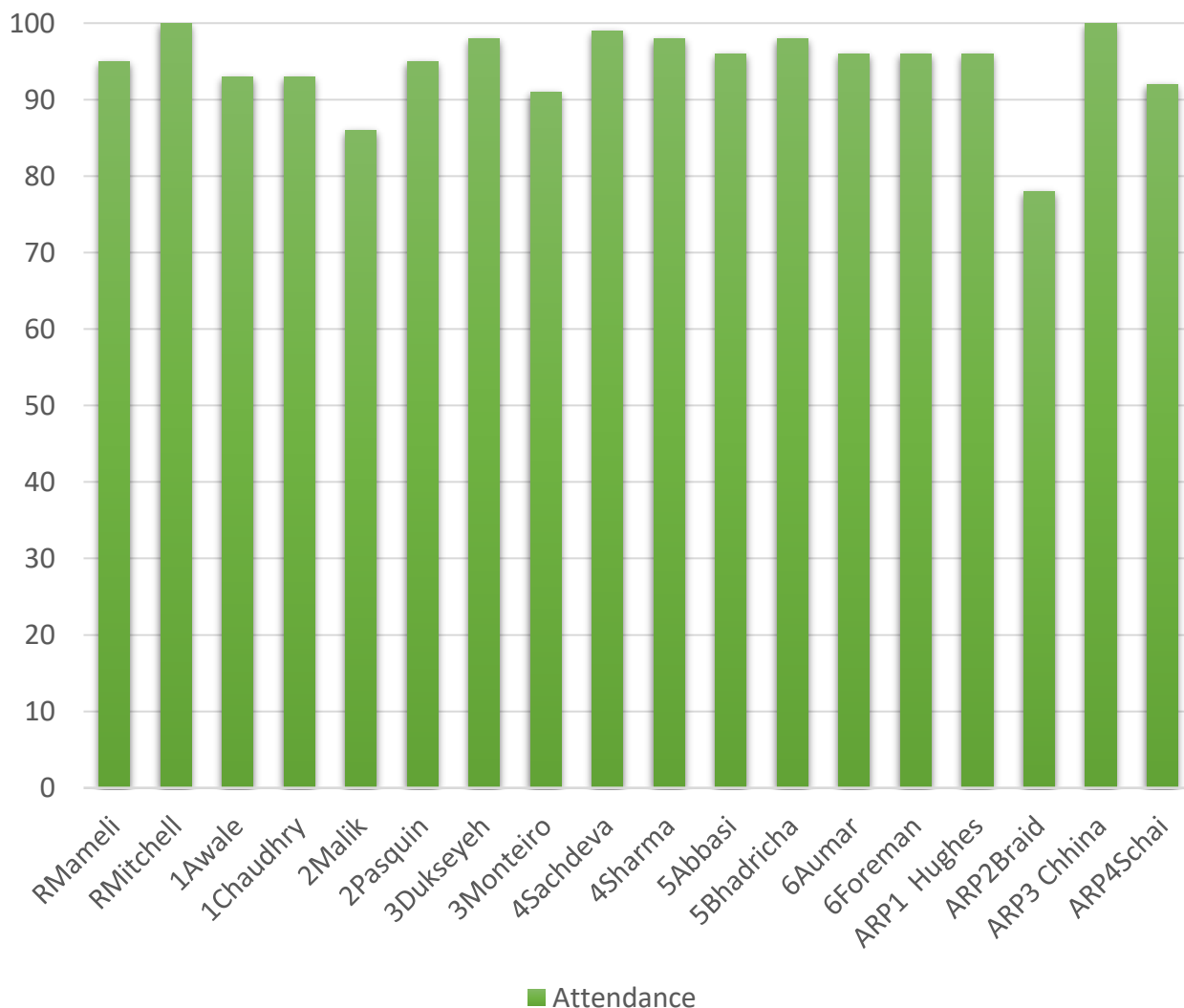
Havelock Primary School, Nursery & ARP Newsletter



2024 - 2025 Attendance at Havelock

Remember, good attendance is over 96%!
Below are the figures for the last week for all classes.

Congratulations to:
Reception Ms Mitchell and ARP3 for their
100% attendance



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Havelock is a Rights Respecting School



Article of the week:

Article 22 is all about children who move from their home country to another country as refugees (because it was not safe for them to stay there) should get help and protection and have the same rights as children born in that country.

Parents can guide their children in their learning as they look at this topic further in school or in assemblies by talking about stories of migration and movement.

Reflection:

Talk to your child about ...

- What books they are studying in school which might link to this article?
- What is a refugee?
- Why might people leave their home?

How can we show appreciation for what we have?

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Phonics

Please continue watching the phonics videos on class dojo that are sent by your child's phonics teacher. Try practising the below with your children.

Try saying the sound 'ng':

<https://schools.ruthmiskin.com/training/view/joVTXlPz/ZAx843Vs>

Now try Fred talk, read the word and spell the word:

<https://schools.ruthmiskin.com/training/view/oj8FOuG/RKCuVx5p>

<https://schools.ruthmiskin.com/training/view/YpnASZtL/HrHu9nl> (1.6 4)

Can you hold a sentence and write all the words:

<https://schools.ruthmiskin.com/training/view/ToPczJpF/RecAUXMr> (green 5)

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EYFS

In Nursery the children have been learning about special times. They understand a special time is an occasion they celebrate with their family and are beginning to find out why and how.



This week they have been recapping their celebrations of 'Halloween' and 'Diwali'. Parents have been sharing photos of their celebrations at home so children can talk about it with their friends



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EYFS

The children have been working hard to create resources to support their role play such as:



Designing Diwali cards and mendhi designs



Printing firework patterns



Decorating Halloween costumes

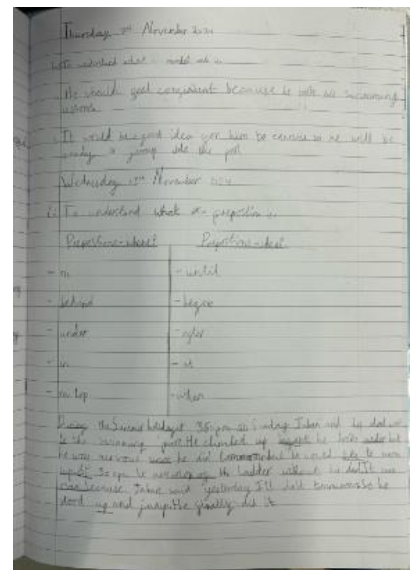
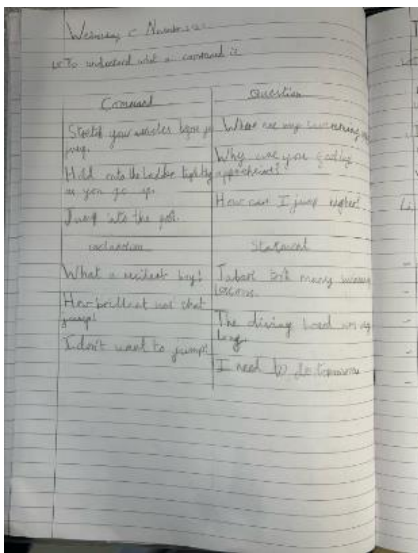
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English at Havelock Year 3

This week, in year 3 have been learning about instructional writing. The pupils spend the start of the week working on their grammar skills and using different types of sentences. For example, commands, questions, exclamation and statements. They have also started to learn about the different features that are used in instructions. This includes prepositions, modal verbs and imperative verbs.

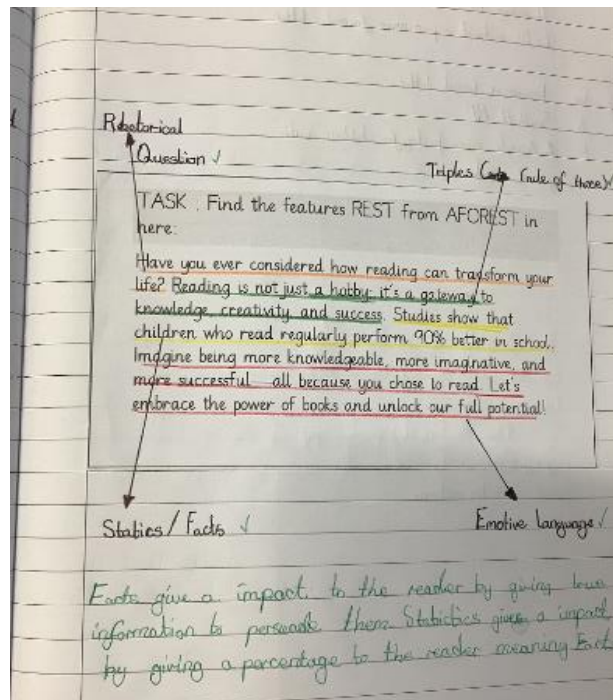
Next week, the children will be beginning their shared writing task where they will work collaboratively to write instructions about how to swim. This links in with our English text 'Jabari Jumps'.



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English at Havelock Year 5

In Year 5, pupils have been exploring the novel *Welcome to Nowhere* by Elizabeth Laird, which has led them to research life in Syria both before and after the war. For their independent task, they will be writing a formal persuasive letter. This week, they will be deconstructing the key features of persuasive writing, such as structured arguments, formal language, and emotive vocabulary.



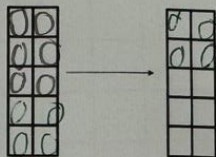
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Maths at Havelock Year 2

In Year 2, pupils have been learning to add three addends efficiently by identifying pairs that total to 10. They have advanced their learning by moving on to adding two numbers that bridge through 10. Pictorial representations were used to illustrate and support their understanding. Great learning year 2!

Task A

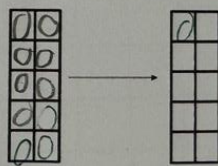
The farmer had 6 chickens.
Then, she bought 8 more.
Now there are 14 chickens altogether.

Two ten frames are shown. The first ten frame has 6 circles in the top two rows. An arrow points to the second ten frame, which has 6 circles in the top two rows and 8 circles in the bottom two rows, totaling 14 circles.

First, I partitioned the 8 so $4 + 4 = 8$
Then, on my first ten frame I add 6 to 4 make number pairs to 10
To get the total, I do 10 add 4 which equals 14

Task B

Jacob scored 7 points for the team.
Then, Sofia scored 4 more points.
Now the team has 11 points.

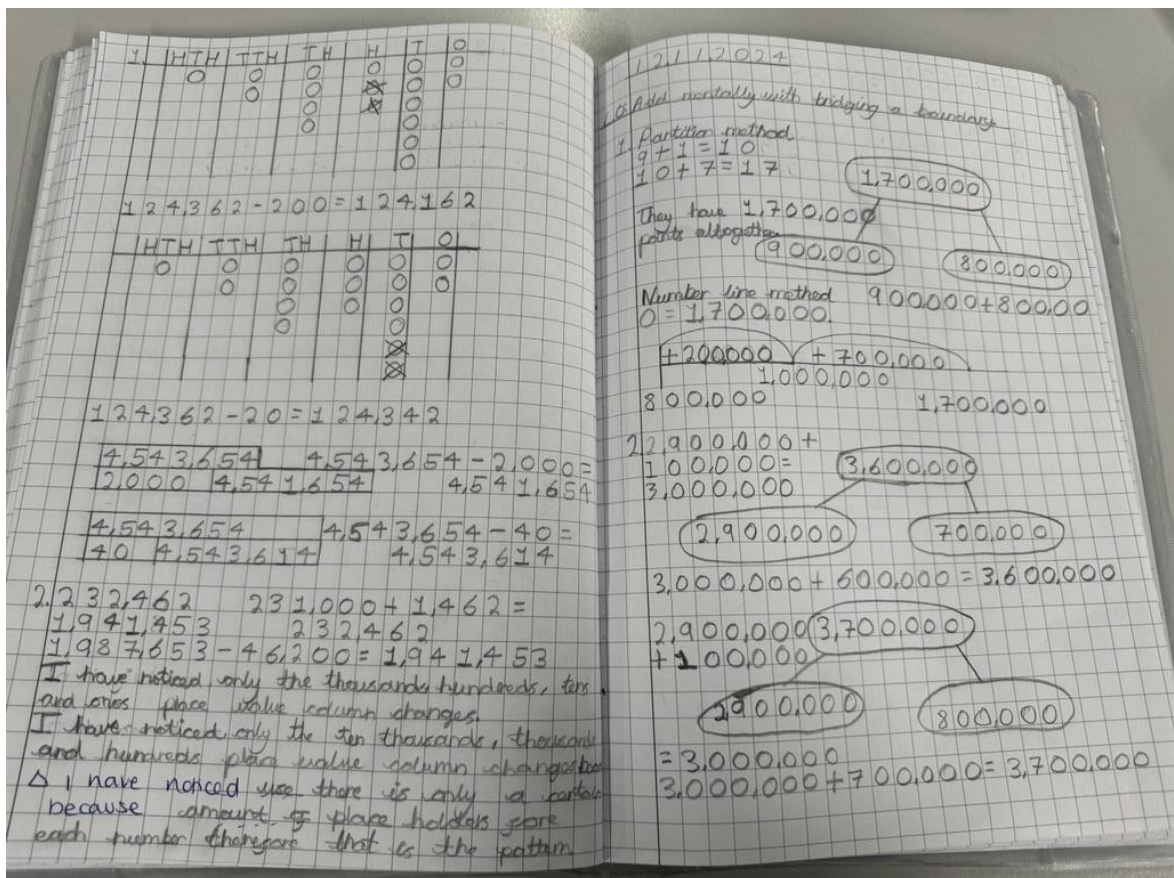
Two ten frames are shown. The first ten frame has 7 circles in the top two rows. An arrow points to the second ten frame, which has 7 circles in the top two rows and 4 circles in the bottom two rows, totaling 11 circles.

First, I partitioned the 4 so $3 + 1 = 4$
Then, on my first ten frame I add 7 to 3 make number pairs to 10
To get the total, I do 10 add 1 which equals 11

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Maths at Havelock Year 6

In Year 6, pupils have been learning to add powers of 10 to a 7-digit number, both with and without bridging a boundary. Initially, they used manipulatives to demonstrate their understanding before transitioning to pictorial and abstract methods. To deepen their learning, they explored and identified patterns in their calculations.



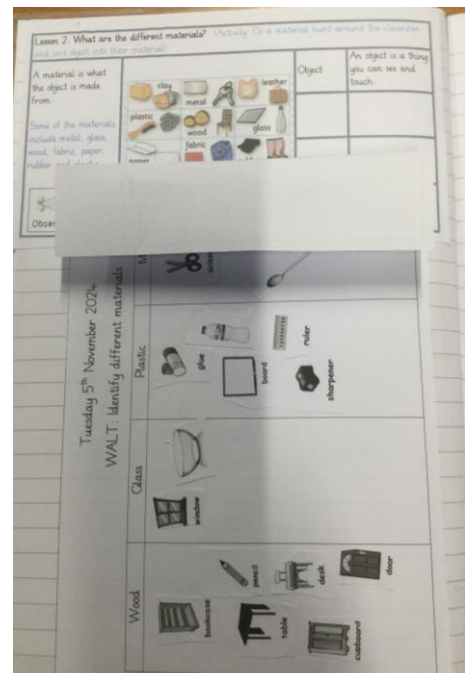
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Science at Havelock Year 1

In year 1, the children are learning about materials.

The children have examined various objects and identified what each one is made from. This activity not only builds their vocabulary around materials but has also encouraged their curiosity about the world in understanding how everyday items are designed.

Their big question, "What are the properties of different materials?" will guide them in the coming weeks to think about characteristics like hardness, flexibility, transparency, and absorbency when choosing a material to design their boat.



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Science at Havelock Year 4

In year 4, they have started their new unit on sound. Their big question this term is, 'What is sound and how can it be changed?'

Children made sounds using a range of instruments and objects. They tested how an object makes vibrations for sound to travel.

In the coming weeks, children will be experimenting in creating their own instrument for sound and explain how sound waves are formed.



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ARP

ARP 1

ARP 1 have shared, as a class, some photos of what ARP 1 got up to over the holidays and used CS to describe this.

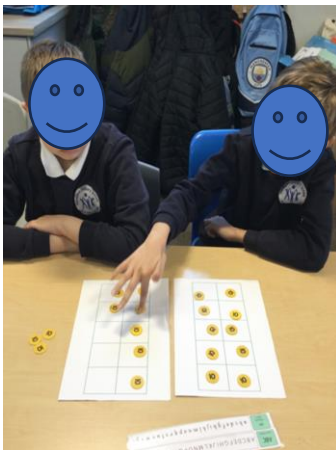


ARP 2

ARP 2 made poppies to mark Remembrance Day and wrote who, what, doing sentences in English. In maths, they are learning about 2D shapes and can already name quite a few!

ARP 3

ARP 3 were looking at doubling. They used their finger-prints to double an amount. They then moved onto near doubles using numicon.



ARP 4

In maths, ARP4 have been working on the place value of four-digit numbers. The pupils used counters and base 10 blocks to support their reasoning when determining the value of different digits.

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Monster Cat Theatre - bullying awareness workshop



On Tuesday 5th, Year 4 were fortunate enough to receive a visit from the Monster Cat Theatre, who kindly presented a bullying awareness workshop.

The workshop provided children with tools and strategies to handle bullying situations, such as how to safely intervene as a bystander, how to seek help, and how to support peers who are being bullied



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We Can Cook workshops

Last week, Years 1 and 5 participated in an exciting 'We Can Cook' workshop. The children were fully engaged throughout the session, sampling a variety of fruits and vegetables and even creating their own Vietnamese rainbow rice paper wraps—which turned out to be a big hit! They cannot wait for their next session.



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NSPCC Assembly: Speak out. Stay safe.



We have been taking part in the NSPCC programme: Speak Out. Stay Safe. The programme helps children understand the different types of abuse, understand their rights to be safe and speak out as well as help them understand that abuse is never their fault.

Key stage 1 and 2 have watched an assembly and taken part in the lessons which encourages pupils to speak out about things that make them feel uncomfortable or upset them.

There will also be a workshop for years 2, 5-6 and finally pupils will be completing a survey on how they found the programme.

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Anti-bullying week



This week was Anti-Bullying week and children took part in role play activities across the school, acting out scenarios to show how agreements could be resolved choosing respect.
We also had our Odd Socks Day! .

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World Diabetes Day

14th November 2024

Diabetes is a long term condition which can be managed, however if left untreated it can lead to complications which include Blindness, Kidney and Foot problems, Heart Disease and other life altering conditions.

The Community Diabetes Team (DICE) including Diabetes Specialist Nurses, Dietitians and Podiatrists are holding a health screening for:



Blood Testing



Blood Pressure



Waist checks



Lung function screening



Weight

- **Thursday 14th November 2024 – 10.00am to 2:00pm** at Southall Town Hall, High Street, Southall, UB1 3HA with **Southall Community Alliance**.

Other Services available on the day: Right Start Diabetes Education Service, Diabetes coaching service, Home Oxygen Service HOSAR) and TB screening

Come and get screened - No Appointment required

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contact

*For families
with disabled children*

DOES YOUR AUTISTIC CHILD
NEED HELP TO SLEEP BETTER?

Come along to our FREE online workshop!

Understand the impact of poor sleep and find out about creative and proven ways to improve sleep patterns in autistic children. Get support for yourself too!

Why sleep issues occur | Bedtime routines
Share experiences | Top tips to help

Thursday 21 November, 10.30am

To join us please [register your interest](#)



contact *For families
with disabled children*

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Online Parenting Courses - Family Lives

Being a parent has never been easy. There are no manuals for it, and previous generations may not be able to provide the insight you're looking for. The family unit is more dispersed than ever, with some families existing hundreds of miles from what may be called a 'core unit'. The rapid pace of societal change in the UK rapidly outstrips the knowledge of the immediate past. The result is that many parents may find themselves lost in a maelstrom of contradictory advice. For adults, time has never been more compacted. Family Lives has produced a series of online parenting courses, to make this challenge a little easier. If interested please follow the link below:

<https://www.familylives.org.uk/how-we-can-help/online-parenting-courses>

Family Lives offers a confidential and free* helpline service for families in England and Wales (previously known as Parentline). They can be contacted on **0808 800 2222** for emotional support, information, advice and guidance on any aspect of parenting and family life. Their website is also a rich source of useful support and advice.

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**If you need to
talk, we're
here to listen**

0808 800 2222

askus@familylives.org.uk

Live chat - www.familylives.org.uk

Free* confidential helpline,
email and live chat service for
advice, information and support
on any aspect of family life.

Helpline opening hours:

Mon - Fri: 9am - 9pm

Sat - Sun: 10am - 3pm

Live chat opening hours:

Mon: 1.30pm - 9pm

Tues - Fri: 10.30am - 9pm



We build better family lives together

www.familylives.org.uk



INVESTORS IN PEOPLE®
We invest in people Standard



© Family Lives | Reg company number: 3817762 | Reg charity number: 1077722 | Reg'd in England and Wales. 15-17 The Broadway, Hatfield.

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BREAK FREE FROM THE CYCLE OF ABUSE!

empower
HER

Explore the empowerment strategies rooted in the cultural context, gain valuable insights and practical tools to break free from the cycle of abuse and reclaim your independence,

 GREENFORD, EALING

Join Us Engage in our 10-week program, meeting for 2 hours each week, designed to help women explore their cultural mindset and examine beliefs that drive their behavior.

For referrals with other languages, please arrange a translator

FREEDOM PROGRAMME

FOR HINDI-URDU-
PUNJABI SPEAKERS



TARGET AUDIENCE

Women from South Asian and Muslim communities, who are looking to develop self-awareness through knowledge and understanding of the root causes of violence and abuse.




KEY TOPICS COVERED

- Exploring cultural mindsets as a woman in your society
- Examining beliefs that influence your behavior and actions
- Developing self-awareness and understanding the root causes of violence and abuse
- Register Now and Start Your Journey to Empowerment

**ENROLL
NOW**

Collecting referrals for online and face-to-face sessions. In face-to-face, a brief summary report will be provided at the end.

Contact Us

 www.parentingu.co.uk
 zuhra@parentingu.co.uk
 02089301081



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Empower
HER

Heal, Empower, Thrive

Breaking the Cycle of Abuse and Trauma

We offer personalized one-to-one support for victims and survivors of domestic violence, focusing on breaking harmful patterns.
Are you seeing a parent stuck in cycles of abuse?

Unsure how to help?

Our tailored programs, led by experts in violence and abuse, help survivors heal, grow, and gain self-awareness. By understanding themselves better, they can break free from the past and move towards healthier relationships.

Programme Details

- Duration: 13-22 weeks (*subject to assessment*)
- Time: 3 Hours/ session
- Will be provided with Freedom book, with weekly reflections & brief final summary

Target Audience

Women on Child Protection Plans, PLO, or court orders, learning difficulties, disabilities, or mental health challenges, early childhood trauma or ACEs

Freedom Intervention Programme

*Bespoke Support for
Domestic Abuse Survivors*

02089301081

zuhra@parentingu.co.uk

www.parentingu.co.uk

Testimonials

“ For the first time, I felt heard and understood ”

“ I have more self-awareness now and am able to focus on my self-care ”

“ I learned that children, regardless of age, are deeply affected emotionally and all feel scared. ”

“ My understanding on dominator behaviour is clearer now ”

Our approach

BREAKING HARMFUL CYCLES

We help women understand and break patterns of abuse and behavior rooted in early childhood.

CULTURALLY SENSITIVE CARE

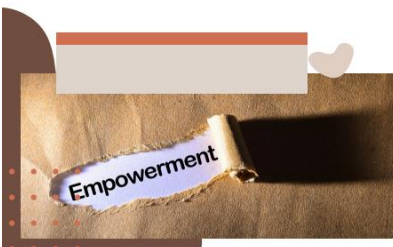
Our support is tailored to address cultural beliefs and societal conditioning.

HUMAN RIGHTS PERSPECTIVE ON VIOLENCE AND ABUSE

"All human beings are born free and equal in dignity and rights."

— Universal Declaration of Human Rights, Article 1

Violence against women is a violation of fundamental human rights. We stand by the principles of equality, dignity, and respect for all. Our programs are committed to breaking the cycle of abuse and empowering women to live free from violence.



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FREE
online parenting workshop



THE IMPORTANCE OF POSITIVE MALE ROLE MODELS

Delivered by:
Chris Kolade
and Derek Willis
Ealing Parenting Team

Tuesday, 19th
November 2024
10am-12pm
via MS Teams

This workshop is designed to provide fathers and father-figures with practical tools and insights on parenting, and will include information on:

The importance of positive male role modelling
Approaches to discipline
Improving communication within the family
Work / Life balance

The goal is to empower fathers / grandfathers / uncles / foster fathers etc to become more effective and engaged in their children's lives, while maintaining balance and fostering healthy family dynamics

This workshop is aimed men who would like to be more positive figure in the life of a child

email parentingserviceadmin@ealing.gov.uk to register or for more info



**SUPPORTIVE
ACTION FOR
FAMILIES IN
EALING**



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empower HER

Discover the Hidden Effects

WORKING TOWARDS FREEDOM FROM DOMESTIC ABUSE

We eagerly anticipate your active participation

Join us for a captivating and enlightening **10-week** freedom programme online, only designed for women seeking to gain a deeper understanding of the crucial role they play when family life is affected by violence and abuse.

FREEDOM PROGRAMME
Virtual Online

ENQUIRE COST

zuhra@parentingu.co.uk | 02089301081

Key Terms & Conditions for the Participants


- Must keep their cameras on
- Should be in a separate room where no one else should be present during the session
- Must respect each other's privacy
- Must adhere to attendance. Missing more than 3 sessions will result in closure

Programme Details

Mode of Learning	Zoom Online
Day	Thursday
Time	10.30 AM to 12.30 PM

This programme is subject to Initial Assessment of women before starting

For more information request programme booklet. To book a free consultation regarding your specific case, please contact Munaza Zaman at munaza@parentingu.co.uk



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Who We Are

ParentingU is committed to raising awareness about the essential role of parenting in shaping future generations, with a focus on supporting Muslim, South Asian, and BME families.

Our mission is to empower communities to break generational cycles of parenting by promoting nurturing and positive caregiving, ensuring children are equipped with a strong foundation for their future.



With a team of dedicated professionals, we guide families in understanding their children's development and adopting effective parenting strategies. We offer a non-judgmental, confidential, and supportive environment. We provide support in English, Urdu, Hindi, Punjabi, Arabic, Dari, Farsi, Pashto, Somali and other languages upon request.

Contact

-  www.parentingu.co.uk
-  info@parentingu.co.uk
-  +44 7813 607 006



**Every Family, Every
Child - Supporting
You with a Whole-
Family Approach**

What We Do

We offer accredited parenting programmes and personalised plans for families, including those with learning difficulties, disabilities, neurodiverse needs, mental health challenges, and trauma. Our services also assist families with children on Child Protection Plans, those under PLO, or needing help with Interim Care Orders, Supervision Orders, or Letters of Intention. Our package cost includes an initial assessment and genogram, as well as comprehensive summary reports and resources. We offer flexible delivery options, including in-person group sessions, one-to-one support, hybrid models, online sessions, and tailored packages for individuals.

Are you dealing a case where cultural understanding is crucial? ParentingU provides culturally sensitive support, recognising the beliefs and backgrounds of parents. If you require assistance with a challenging situation, please get in touch to discover how we can help.

At ParentingU, we support families on their parenting journey by listening to their stories, building trust, and creating tailored plans that meet their unique needs. Whether working with parents, grandparents, relatives, siblings, friends, or foster carers, we offer specialised support to help them succeed in their caregiving roles. We provide the right support, with care that truly understands where families come from and what they need to thrive.

Our highly trained staff deliver programmes in multiple languages and bring extensive expertise in working with diverse communities. With our empathetic approach and experience, we are the ideal partner for children's services and social care.

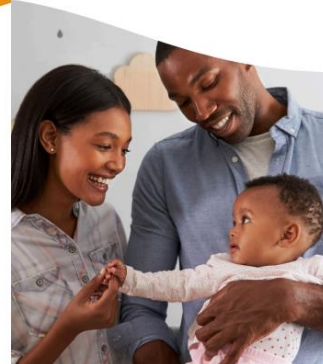


Free Consultation

After receiving a referral, we review the case with our team to discuss how we can best support the parent or family. If we're unable to provide the necessary assistance, we'll connect you with one of our partner agencies. You can also book a FREE 30-minute consultation to discuss the case before making a referral.

Why Choose Us

The UK's leading service supporting diverse families by breaking cultural and language barriers.



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