



Monday 14th October 2024

Dear Parents/Carers,

I hope this newsletter finds you well. As we approach the final two weeks of this half term, I am delighted to reflect on the fantastic progress and achievements of our students. The term has been going exceptionally well, with our children showing great enthusiasm and dedication in their learning and extracurricular activities.

Year 5 and 6 Netball Tournament Success

This week, our Year 5 and 6 children participated in a thrilling netball tournament. I am incredibly proud to announce that they made it to the finals! Their teamwork, sportsmanship, and determination were truly commendable, and they represented Havelock Primary School with great pride. Well done to all the players and coaches involved!

Visit from Dutch Headteachers

Last week, we had the pleasure of welcoming headteachers from Holland who were eager to learn about how we support our children at Havelock. They spent time observing our classrooms and interacting with our staff and students. I am pleased to share that they were very impressed with what they saw, particularly our inclusive practices and the positive learning environment we foster.

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Havelock Primary School, Nursery & ARP Newsletter



Oracy October

This month, we are celebrating Oracy October. Oracy skills, which include speaking and listening, are essential for our children's development. These skills help them articulate their thoughts clearly, listen actively, and engage confidently in discussions. We continue to focus on teaching these skills across all lessons and assemblies, and it is wonderful to see our students showcasing their oracy abilities with such confidence.

Thank you for your continued support. Let's make the most of these last two weeks of the half term!

Important Dates

- **Friday 18th October** - Pyjama Fundraiser Day
- **Friday 25th October** - Last day of Autumn 1 half term
- **Monday 4th November** - First day of Autumn 2 half term
- **Monday 4th November to Friday 8th November** - Book Fair

Have a great weekend,

Kind Regards,

Mr Bailey



**Some Nursery spaces
are still available**

Contact our school office to discuss joining!

@HavelockPrimary

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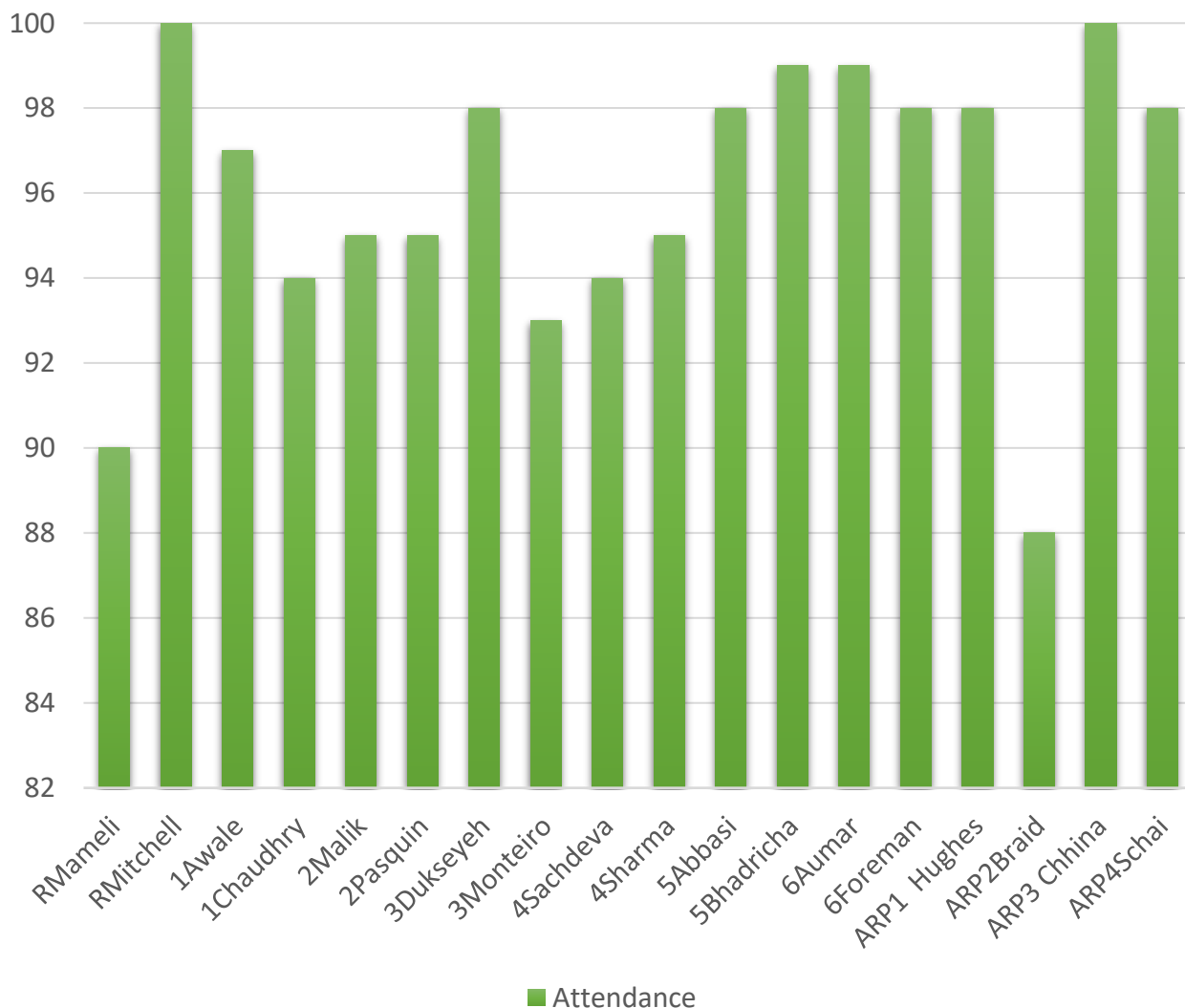


2024 - 2025 Attendance at Havelock

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

Congratulations to:

ARP3 for their **100% attendance**



■ Attendance

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Havelock is a Rights Respecting School



Article of the week:

Article 12 is all about showing respect for children's views.

All children have the right to give their opinions freely on issues that affect them. This month is Oracy October and the theme is listening. We invite all parents to share in with the theme and encourage active listening.

Reflection:

Talk to your child about ...

- What strategies can your child use to show you they are listening?
- What can you do as a family to reduce screen time and talk to each other?
- What topics is your child interested in ?

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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 'th':

<https://schools.ruthmiskin.com/training/view/UDDsGm/90smFrTq>

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

<https://schools.ruthmiskin.com/training/view/j1COdd7h/Rh1fipm1> (1.6 3)

<https://schools.ruthmiskin.com/training/view/UXjNdqcC/ZwaoreCY>

Can you hold a sentence and write all the words:

<https://schools.ruthmiskin.com/training/view/LVUPHner/RpWOTPWK> (green 2)

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Phonics Screening check & Parent workshop

The phonics screening check will take place in June for Year 1 and some Year 2 children.

There will be a parent workshop next week on **Thursday 17th October 2024 at 9:00am and 3pm** in KS1 hall.

It is very important you attend so you are aware of how the phonics test will be carried out and the best way to support your child at home.

Please continue watching the videos with your child on Class Dojo every day and practice the example booklets sent home weekly.

[Preparing for the phonics screening check - Oxford Owl for Home](#)



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Attendance Coffee Morning



Thank you so much for attending our Coffee Morning all about attendance. It was a pleasure seeing you and going through the school's and Ealing's procedures around attendance. We look forward welcoming you to more coffee mornings over the school year.

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Year 5/6 Tournament

Y5/6 attended a netball tournament at Villiers High School. They played against other schools and did an amazing job. They were undefeated and only lost out by 1 goal in extra time. They were a credit to themselves and represented the school in an outstanding way! Well done everyone!

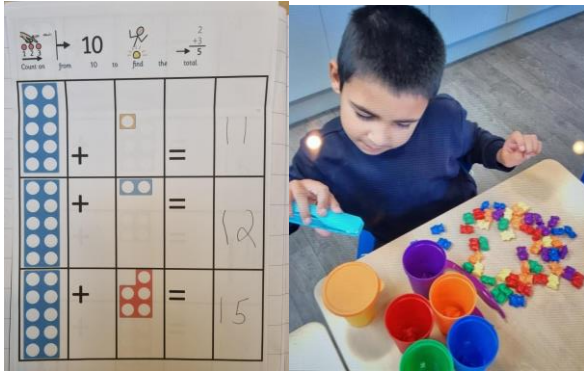


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ARP

ARP 1

ARP 1 have been looking at copying and creating colour patterns this week in Maths.

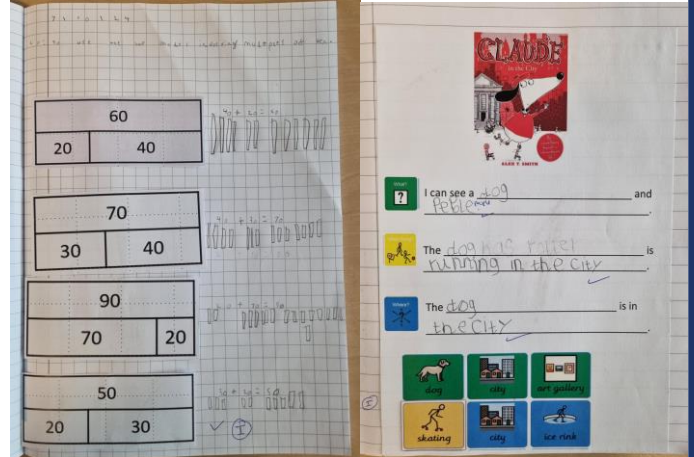


ARP 2

ARP 2 have been counting on from 10 using Numicon to support, and working on their fine motor skills by sorting coloured items using tongs.

ARP 3

This week in maths, ARP 3 used the bar model to partition numbers. They also used colourful semantics to complete sentences.



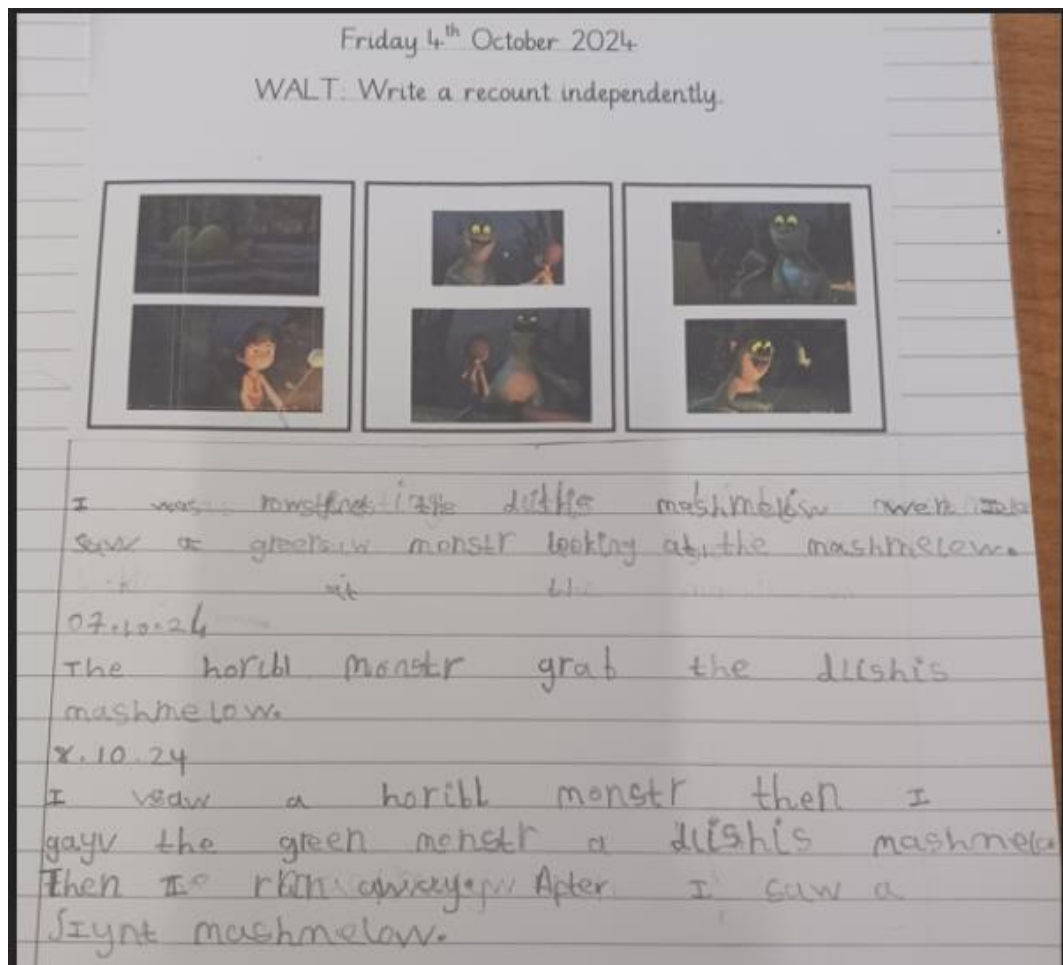
ARP 4

In maths, ARP4 have been learning about making 100 out of 5 equal parts of 20. The pupils used dienes to explore the relationship between multiplication and addition.

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English at Havelock Year 1

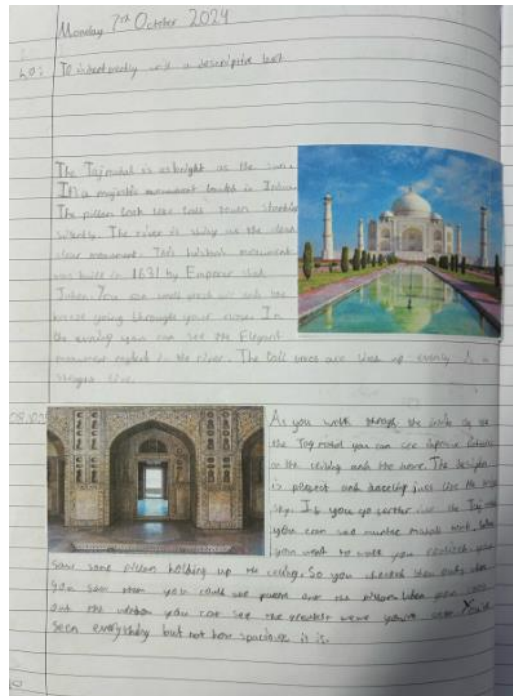
This week, year 1 wrote a recount of the story 'The marshmallow'. The children engaged in various activities encouraging oracy to bring the story to life, followed by an independent write where they recounted the story from the perspective of the little boy in the story. Have a look at the writing below.



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English at Havelock Year 3

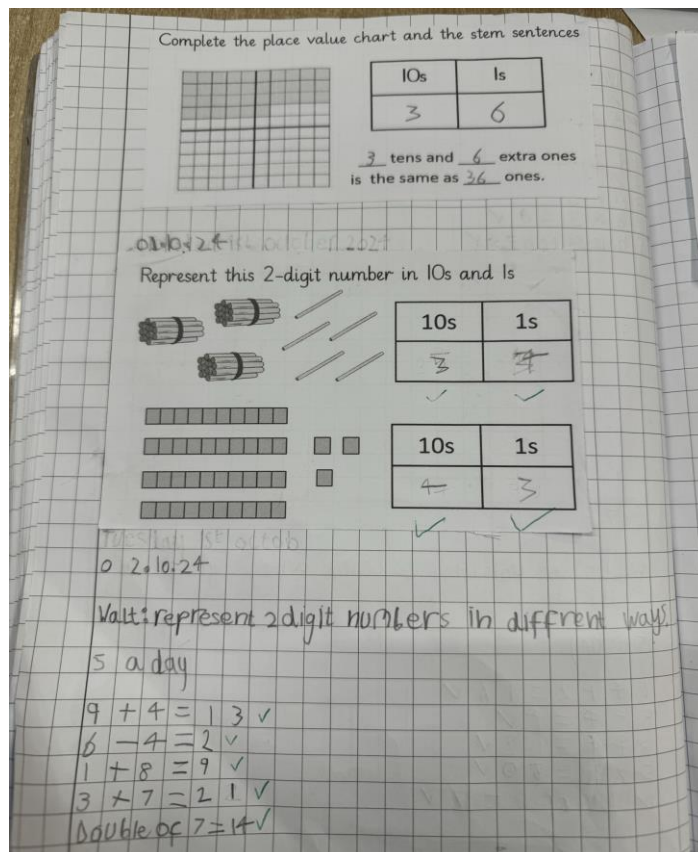
This week, our Year 3 students have been writing their independent pieces of descriptive writing. They have put in tremendous effort to incorporate all the features they have learned in their English lessons, such as adjectives and similes. Their hard work is truly paying off as they bring their writing to life with descriptive language. Currently, Year 3 is focused on the important task of editing and improving their writing, ensuring that their final pieces flow well and are engaging. We are incredibly proud of their dedication and progress so far!



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Maths at Havelock Year 2

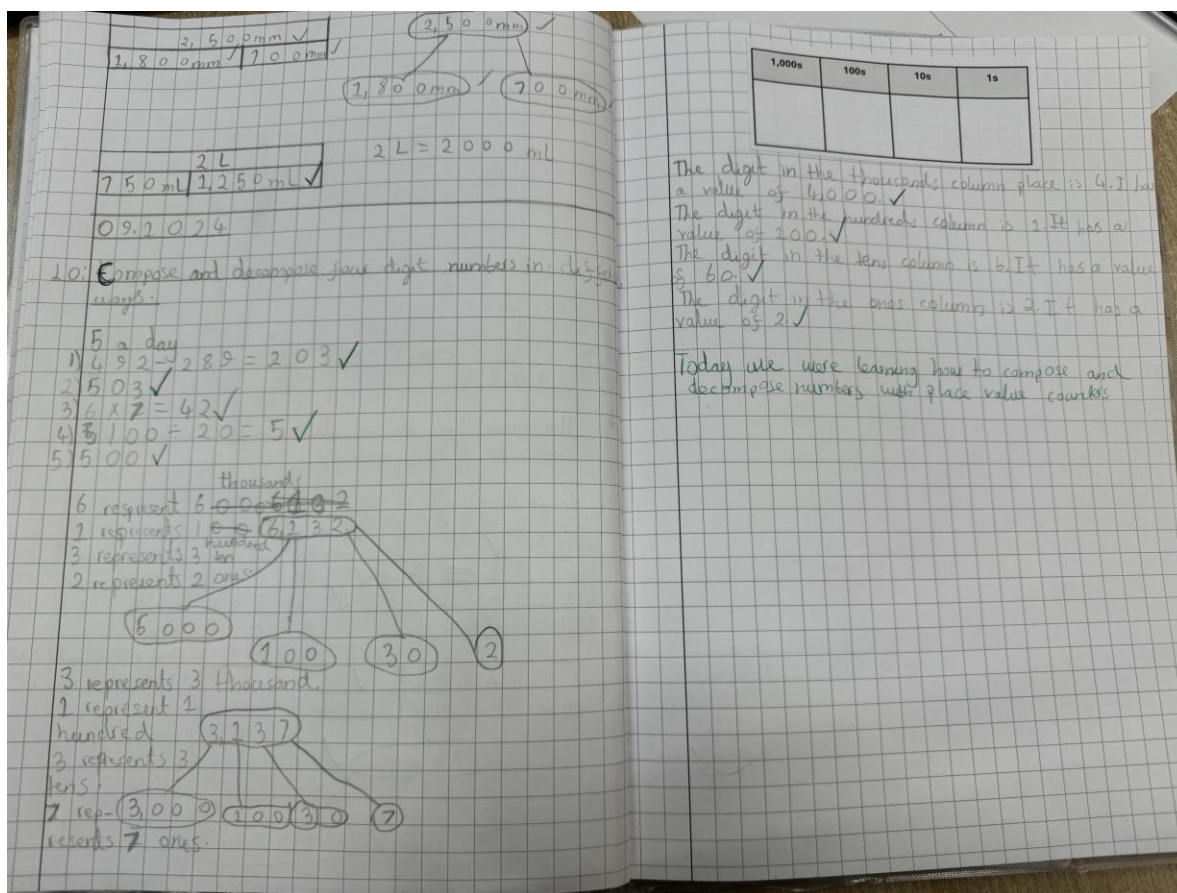
Year 2 have been working hard on understanding and representing 2-digit numbers in different ways, focusing on the tens and ones in each number. They have used manipulatives such as base ten blocks to show the value of digits.



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Maths at Havelock Year 4

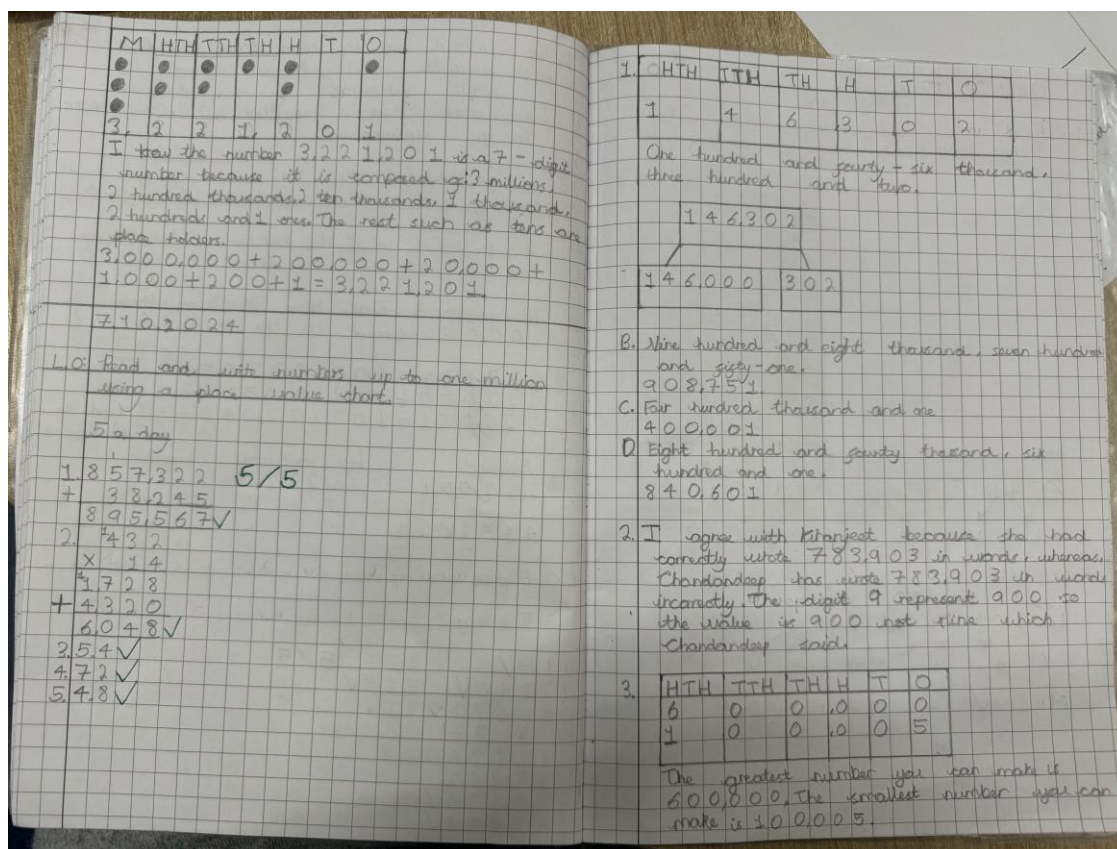
Year 4 students have been developing their understanding of four-digit numbers, focusing on how to compose and decompose. They gained confidence in explaining what each digit represents, aided by partitioning model.



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Maths at Havelock Year 6

Year 6 students have been focusing on learning how to read and write numbers up to one million. To grasp these larger values, they have been using place value and partitioning techniques. Partitioning numbers has helped students to see how each digit contributes to the overall value.



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Cost of living support and advice

Please see the link below regarding information about all the different sources of help, benefits, grants and money-saving discounts the council has on offer.

[Cost of living support and advice | Ealing Council](#)

Local financial
support

Government
financial support

Families and
childcare

Older people

Leisure activities

Food

If you need to speak to someone urgently, please call the contact centre on 020 8825 7170.

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ALFIE



Active Living and Fun Food In Ealing

Our Service: Healthy Weight Support for Children and Teens

The Ealing Healthy Weight Team are dedicated to helping children and teenagers achieve and maintain a healthy weight through our engaging programmes, **ALFIE** and **Teen Thrive**. Our services are designed to support families in making positive lifestyle changes together.

ALFIE (Active Living Fun Food in Ealing)

This programme is for children aged 5-13 who have been identified as above a healthy weight. This multi-component program focuses on:

- **Nutrition:** Interactive workshops on healthy eating, including food groups, portion sizes, and label reading.
- **Physical Activity:** Fun and engaging activities such as multi-sports, Junior Gym, and HIIT classes to improve fitness and build confidence.
- **Family Involvement:** Encouraging the whole family to create healthier habits together.

All programmes are free for eligible families and require a parent or guardian to accompany children for the duration of sessions

Teen Thrive (The Wellness Initiatives)

This program supports teenagers aged 14-18 who are looking to adopt healthier habits. Some of our programs include:

- **Group Workshops** on nutrition for teenagers to understand the basics of a balanced diet, mindfulness with food, understanding emotional triggers, and improving body image.
- **1-to-1 clinics** to discuss health goals and weight management and ask any questions they may have.
-

Timetables

We offer programs at various times and locations throughout the borough. Scan here to check out our current programme timetable



Eligibility and How to Join

Our programs are available for children and young people who:

- Are above the 91st centile for weight (<https://www.nhs.uk/bmi>).
- Live, have a GP, or go to school in Ealing.

To join our next programme or to request a call back to learn more information scan the QR code



Or contact us via email clcht.ealinghealth4life@nhs.net with your child's name, date of birth and NHS number.

Follow us on Facebook and Instagram @ALFIE_Ealing

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ALFIE's Timetable 2024/25



Free Healthy Lifestyle Programme for children aged 5 – 13 years who are above a healthy weight (overweight). Supporting families to be healthier and fitter through nutrition and physical activity. Sessions include healthy eating workshops and physical activities and for the whole family.

Session	Venue	Day and Time
Junior Gym 11 – 13 years Free 6 or 8-week healthy eating programme with free access to the gym	Dormers Wells Leisure Centre Dormers Wells Lane, Southall, UB1 3JB 20 th January – 17 th March 2025 *Excluding half term holidays	Mondays 5.00 – 6.30pm
ALFIE Healthy Families 5-13 years	Haven Green Baptist Church Castlebar Road, London, W5 2UP 4 th June – 2 nd July 2024 1 st October – 26 th November 2024 21 st January – 18 th March 2025 *Excluding half term holidays	Tuesdays 5.00 – 6.30pm
ALFIE Healthy Families 5-10 years AND ALFIE HIIT Class 11- 13years	Ravenor Primary School Greenway Gardens, Greenford, UB6 9TT 5 th June – 10 th July 2024 2 nd October – 27 th November 2024 22 nd January – 19 th March 2025 *Excluding half term holidays	Wednesdays 3:45 – 5:00pm 5-10 years Or 5:00 – 6.30pm 11 – 13-years
Healthy Families 11- 13years	Villiers High School Boyd Ave, Southall UB1 3BT 6 th June – 11 th July 2024 3 rd October – 28 th November 2024 *Villiers Pupils Only	Thursdays 2:30 – 4: 30pm

1-2-1 Sessions are available to those who are unable to join a group. Places on these programmes are very limited. Parent/Carer MUST attend.

To book a place please email us by scanning the QR code or email us directly: clcht.ealinghealth4life@nhs.net

You can also find us on Instagram (search ALFIE_Ealing)

We also have Summer Holiday; 2- 4 years and 14 plus programmes call for more info!



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FREE
online parenting workshop



Parenting Workshops Autumn 2024

**10th
Sept
10am-12pm**

CONTACT EALING

This workshop looks at support available for families of children & young people with additional needs, including information on education, health, social care and finances

**17th
Sept
10am-12pm**

UNDERSTANDING YOUR TEENAGER

Learn about how the emotional development through adolescent, how to support mental health in teenagers and tips to empathise with your child

The session is for parents/carers of young people aged 12-18

**1st
Oct
10am-12pm**

UNDERSTANDING YOUR EMOTIONS AND MANAGING YOUR RESPONSES

Designed to provide you with practical tools and strategies to understand emotions, this session will help you to identify triggers and manage your responses.

**8th
Oct
10am-12pm**

IMPACT OF DOMESTIC ABUSE ON CHILDREN & YOUNG PEOPLE

How to identify abusive behaviour, develop an understanding of how to recognise the effects of domestic abuse on parenting, and learn where to find local support

email parentingserviceadmin@ealing.gov.uk to register your place



**SUPPORTIVE
ACTION FOR
FAMILIES IN**



**EALING
PARENTING
SERVICE**

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FREE

online parenting workshop



Domestic Abuse and the impact on children & young people

Tuesday 7th
October 2024
10am-12pm
via MS Teams



- ✘ Increase your knowledge of how to recognise abusive behaviour
- ✘ Develop an understanding of how to recognise the impact/ effects of domestic abuse on children & young people
- ✘ Learn how domestic abuse can impact on parenting
- ✘ Gain knowledge and awareness of local support services
- ✘ Have your questions answered in a confidential space



Delivered By:
Pat Chapman &
Michelle Saupe
SAFE

email parentingserviceadmin@ealing.gov.uk to register



**SUPPORTIVE
ACTION FOR
FAMILIES IN
EALING**



**EALING
PARENTING
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September
2024

Ealing Mental Health Support Team

NHS
West London
NHS Trust

Your termly newsletter!
Back to school!

Is your child feeling...

Demotivated, anxious, stressed, worried, sad,
irritable, low, panic, tired or lacking energy?

We can help you and your child

Ealing Mental Health Support Team (MHST)
supports the wellbeing of children and young
people in Ealing schools.

In primary schools, we offer 1:1 support
to parent's whose children feel:

- Worried and present with
behaviours that challenge

In secondary Schools, we offer 1:1 support to
young people who sometimes feel:

Anxious or low in mood

We also support children and young people
with learning disabilities and/or autism, their
families and school staff.

If you have any questions about the above,
please speak with your schools Mental Health
Link Worker.

Dates to remember:

ADHD Awareness Month: October

Children's Health Day:
7 October

World Dyslexia Awareness Day:
10 October

Anti-Bullying Week:
11 -15 November

Your voice matters

You told us that it would be helpful to
know more about Autism Spectrum
Condition (ASC) in teenagers.
We are delivering a workshop on 25
October specifically in response to your
requests. Check it out!

*Thank you for your feedback - keep it
coming!*



Promoting hope & wellbeing together



ELP

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Back to school

Going back to school can be a difficult time. Maybe you are worried about having a new teacher, feeling motivated or homework. It's good to remember that these feelings are common.

Helpful tips!

- Have you planned your week?
- Have you got all the things you need
- Do you have any goals for the year
- Who can help you with this?

Struggling with worries

Searching for the evidence...

Step 1 Can you identify a worry or fear that is bothering you?

Step 2 Have a think...where is the evidence that this worry or fear will come true?

Step 3 It is very likely that this worry won't come true, but even if it does, remember that you can get support and manage it!

What you have to say about our workshops:

"Thank you for these sessions. They are such a great service."

"I feel as if, they know what I am going through, perfect details."

"I found the workshop interesting to listen to. Wish I'd had this info when my kids were in primary school."



Upcoming parent workshops

September:

25 Sept Adolescent exam stress, 11am

October:

3 Oct Settling into secondary school, 10:30am

11 Oct Supporting positive behavior in children, 12midday

25 Oct ASC in adolescents, 11am

November:

12 Nov Mental Health in Adolescent boys, 12midday

15 Nov ASC in children, 11am

December:

2 Dec Child Anxiety, 11am

13 Dec Understanding behaviour for children with SEND, 11:30am

[Sign up here](#)

Talking to your child about the news

A lot has happened across the world during the summer holidays.

Here are some tips around having conversations about difficult topics.

- offer reassurance and be truthful about what's happening
- manage your own emotional response
- encourage compassion
- Fact check and check back in

How do you explain upsetting news to children?
(bbc.co.uk)



Promoting hope & wellbeing together



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Could you offer friendship & support to a local family?



Home-Start Ealing has been supporting families in the borough for more than 25 years.

Being a parent, whatever your situation, can be incredibly challenging, especially when children are young.

Many parents feel exhausted by the stresses of family life, add to that issues such as post-natal illness, poor mental health, isolation, disability, or multiple birth and it can all become overwhelming.

Home-Start volunteers work alongside families to give compassionate and confidential support.

By visiting families at home weekly and helping with practical tasks, offering advice, sharing parenting experiences and supporting through emotional difficulties, we can help rebuild confidence and improve day to day life.

If you would like more information on how you can support Home-Start Ealing please get in touch.

Office: admin@homestartealing.org 0208 842 1617
Nicky McPherson nicky@homestartealing.org 07715221373
Vicky Carter vicky@homestartealing.org 07715221363

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Invites you to



FREE ACTIVITY TASTER SESSION

SUN 29TH SEPTEMBER

1 - 4 PM



For children with special needs and learning disability

Ages: 7 to 18 years

**Venue: Everyone Active
High Street
Acton W3 6NE**



Introducing Flyerz Hockey

For any queries please contact

Karate and Broomstick Workout

Bhuvana on [07802 689032](tel:07802689032) or bhuvana.inclusifit@gmail.com

2 - 2.45 pm

Supporters



Activity Schedule

The following activities will be available from 1 – 4 pm (unless specified otherwise below)

No.	Activity	Provided By	Comments
1	Football	Brentford Football Club	ACTIVITY
2	Football information	Middlesex FA	INFORMATION - Would be providing information on football activities offered in Ealing.
3	Basketball	Brentford Football Club	ACTIVITY
4	Boccea	PACE (Physical Activities Club in Ealing)	ACTIVITY
5	Hockey	Ealing Hockey Club (EHC)	ACTIVITY - introducing Flyerz Hockey (Flyerz Hockey is the name for ALL disability inclusive hockey)
6	Trampoline	London Trampoline Academy	ACTIVITY
7	Karate and Broomstick workout	TKC Karate Club	ACTIVITY - 2 – 2.45 p.m. only
8	Dodge Ball	Brentford Football Club	ACTIVITY
9	Gym	Everyone Active	ACTIVITY
10	Children's Services Information	Ealing Children's Services	INFORMATION - Would be providing information on services offered in Ealing for children with special needs.
11	Swimming information	clubSENSational Ltd	INFORMATION - Would be providing information on swimming services offered in Ealing for children with special needs.

Scan the QR code for a copy of this poster



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Are you a parent/guardian with a child between the ages of 5-11?

We want to learn more about the challenges and difficulties when feeding your children healthy foods during the Cost-of-Living Crisis



If you are interested in taking part in an interview, please email:

Hannah.froome@brunel.ac.uk

£15 voucher for taking part!

This study is being conducted by a doctoral researcher and has been approved by the College of Health, Medicine, and Life Sciences Research Ethics Committee (Brunel Research Ethics Approval: 44814-MHR-Jun/2024- 51239-3)

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