



Friday 28th June 2024

Dear Parents/Carers,

I hope this newsletter finds you well. We've had a fantastic week here at Havelock Primary School, filled with exciting learning opportunities and memorable events. It's been wonderful to see our students engaged and thriving in various activities.

Year 2 Wind Dragon Project

A huge congratulations to our Year 2 students for their outstanding performance on Wednesday with the Wind Dragon Project. The children's enthusiasm and hard work truly shone through, and it was a delight to see them perform with such confidence. A special thank you to all the parents who attended and supported the event. It was also a treat to have an orchestra accompany the children singing, adding a magical touch to the performance.

Year 6 Residential at Condover Hall

Our Year 6 students had a fantastic time at their residential trip to Condover Hall. The trip was filled with adventure, team-building activities, and lots of fun. The students returned with wonderful stories and experiences that they will cherish for a long time.

Hybrid Archery Competition and Mixed Football Tournament

Congratulations to all the children who participated in the hybrid archery competition and the mixed football tournament this week. Your dedication and sportsmanship were commendable, and we are proud of your achievements.

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Havelock Primary School, Nursery & ARP Newsletter



Rock Star Maths Day

A big thank you to everyone who dressed as rock stars for our Rock Star Maths Day on Thursday. The children had a blast participating in the times table competition, battling it out with other pupils and even some of the staff on Times Table Rockstars. It was a fun and educational day for all involved.

Thank you for your continued support and involvement in our school community. We look forward to another week of learning and exciting events.

Important Dates

- **Tuesday 2nd July** - Year 1's trip to London Zoo.
- **Thursday 11th July** - Years 1, 2 and 3's Cinema Trip
- **Friday 12th July** - Havelock's Summer Fair! School will finish at 1pm and the fair will open at 2pm.
- **Tuesday 16th July** - Years 4, 5 and 6's Cinema Trip
- **Friday 19th July** - Last Day of the academic year! School will close at 1.30pm.

Kind Regards,

Ms Naz Abaeian
Mr Jon Bailey
Co-Headteachers



**Some Nursery spaces
are still available**

Contact our school office to discuss joining!

@HavelockPrimary

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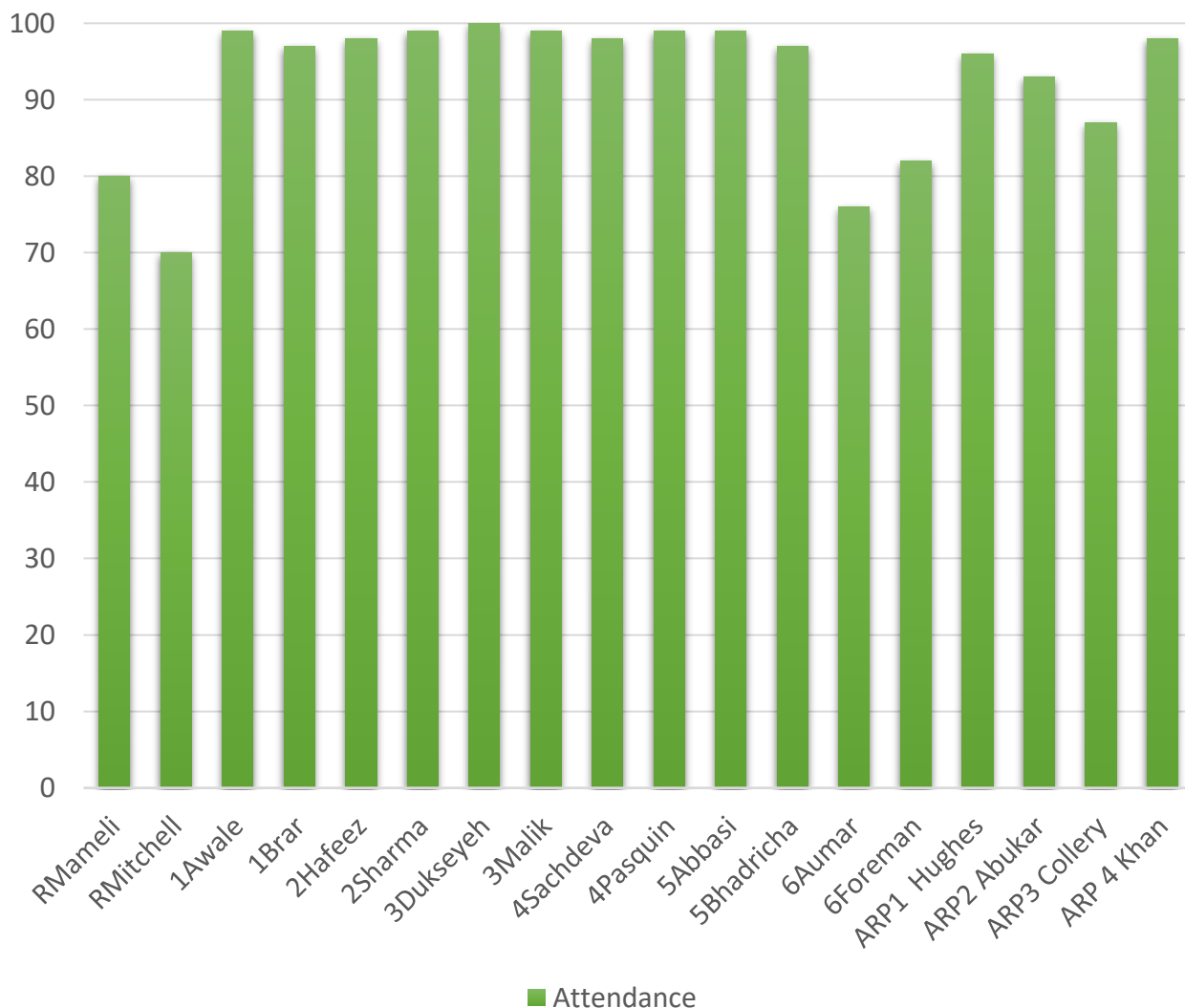
Attendance at Havelock

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

Congratulations to:

Congratulations to 3Dukseyeh & 5Abbasi for their attendance of

100% for this week!



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Wind Dragon Production

On Wednesday 26th, Year 2 held a musical production, called the 'Wind Dragon' project. They have been learning a range of songs with a variety of musical dynamics and elements, for the last 10 weeks!

They were accompanied by a live orchestra band and a conductor from the Ealing Music Service!

It was a fabulous way to approach the end of the summer term, with all the children showing their increasing confidence and skills to perform in front of a wide audience.

We are extremely proud of our Year 2's!

Thank you to all the families who came along to support the children!



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Havelock is a Rights Respecting School



Article of the week: Article 13

Every child must be free to express their thoughts and opinions and to access all kinds of information, as long as it is within the law. Parents should ensure their children have this right.

Reflection

Think about how your child can express their views.

How often does your child express their views?

How can you get your child to read about something and share their views?

How can you ensure your child has safe access to information?

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Havelock Primary's 5Rs



5R of the week: Be Resilient

This week in Year 5 demonstrated a range of our 5Rs including, resilience, resourcefulness and reflectiveness during their History mock trial on Queen Victoria. 5Abbasi was on the prosecuting team, while 5Bhadricha were on the defending. Each child had a role they needed to carry out, and finally the jury found Queen Victoria guilty.



Safeguarding briefing: May 2024



Who is this for?

This briefing is for communities, schools and families to alert and warn you about a medical procedure claiming to provide a cure for autism.

What we know?

A doctor from Bangladesh has run sessions in London for parents with children with Autism Spectrum Disorder (ASD). These sessions wrongly claimed they can cure ASD with a new treatment. The treatment they are offering is an injection of a type of blood cells, called stem cells. This experimental treatment for Autism is unlicensed in UK, USA and other countries.

We have spoken to NHS colleagues including paediatricians and they strongly advise that families should **not** take up this treatment.

There are real risks this could be harmful for children with ASD and there is no clear evidence that it will help them.

The doctor seems to be targeting Bangladeshi and other Asian families.

The doctor is asking for £100 for an appointment, £8000 for the treatment and £350 for vitamins. He sometimes asks for this in American dollars.

This is both a medical and financial scam. We recommend that you **do not** pay for or agree for this procedure to be undertaken on your child.

Who can I talk to?

- Your social worker or early help worker
- Your GP or Paediatrician or NHS 111
- Your School
- The police on 101 or online at www.police.uk

General Information about autism?

Autism is a lifelong neurodevelopment difference that can have an impact on many areas of a person's life. Autistic people often experience differences in how they process information and their sensory environment and in how they understand and interact with other people.

While autistic people share some similar characteristics, they are also all different from each other. This is because autism is considered a 'spectrum'.

Useful links for support:

[National Autistic Society \(autism.org.uk\)](http://NationalAutisticSociety.org.uk)

[Where to get autism support - NHS \(www.nhs.uk\)](http://Where.to.get.autism.support.NHS.www.nhs.uk)

[The Family Hub | London Borough of Hammersmith & Fulham \(lbfh.gov.uk\)](http://TheFamilyHub.LondonBoroughofHammersmith&Fulham.lbfh.gov.uk)

[Autism Education & Resources | Autism Speaks](http://AutismEducation&Resources.AutismSpeaks)

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Reception Trip



On Wednesday, the Reception children went on a trip to Wolf Fields Urban Nature Reserve for a picnic as well as a chance to explore what minibeasts currently live there. The children were incredibly fascinated and inquisitive about all the different minibeasts they could see!

They saw a range of different minibeasts that live in the pond there and took great joy in re-calling all the facts they learnt once they returned to school.

They also got to explore the sensory garden there and were using some fantastic vocabulary to describe what they could see, smell and feel.



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Condover Hall



On Monday 24th 2024, Year 6 children embarked on their school journey to Condover Hall, Shropshire. The activities were thrilling and comprised of initiative exercises, abseiling, wall climbing, fencing, trapeze, survival and an aerial trek. During all the activities the children showed they were extremely responsible and resilient even when some activities proved to be challenging.

A great time was had by all with some fantastic memories being made which will last a lifetime for the children!

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Group 1



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Group 2



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Group 3



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Lost school book

If a child loses a reading book, there is a £5 charge and if they lose their reading record, there is a £2 charge.
Please ensure you look after all your books.



Reading Record

Including a Guide for the Reading Helper

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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 'air':

<https://schools.ruthmiskin.com/training/view/5p7DxD87/RscOHGA8>

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

<https://schools.ruthmiskin.com/training/view/Q1xPdIRG/tcKL2h9z>

Can you hold a sentence and write all the words:

<https://schools.ruthmiskin.com/training/view/TqRX3KUU/f1305ET5>

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ARP

ARP 1

In understanding the world, ARP 1 have been looking at hot and cold. They explored objects with different temperatures and used the new vocabulary to describe how it felt.



ARP 2

Following on from their story which was set in Africa, ARP 2 had a special visitor. Ms Abdi came in and discussed her experience in Kenya. The children interviewed and asked questions.

ARP 3

Following on, from their story The Tiger Came to Tea ARP 3 made their own sandwiches and had their very own tea party. They invited the tiger and had a lovely time.



ARP 4

In maths ARP 4 have been learning about fractions. They cut out pizza slices to show parts (numerator). Next week, they will move onto adding and subtracting fractions.

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EYFS

Nursery have been learning about 'India' as their Understanding of the world topic. Some children are able to talk about their personal experience as they have recently visited India or were born there. The children have been thinking about Indian culture and comparing clothes, transport and food to England.



The children have been talking about the festivals Indians celebrate. Some have been designing India flags using different creative resources.



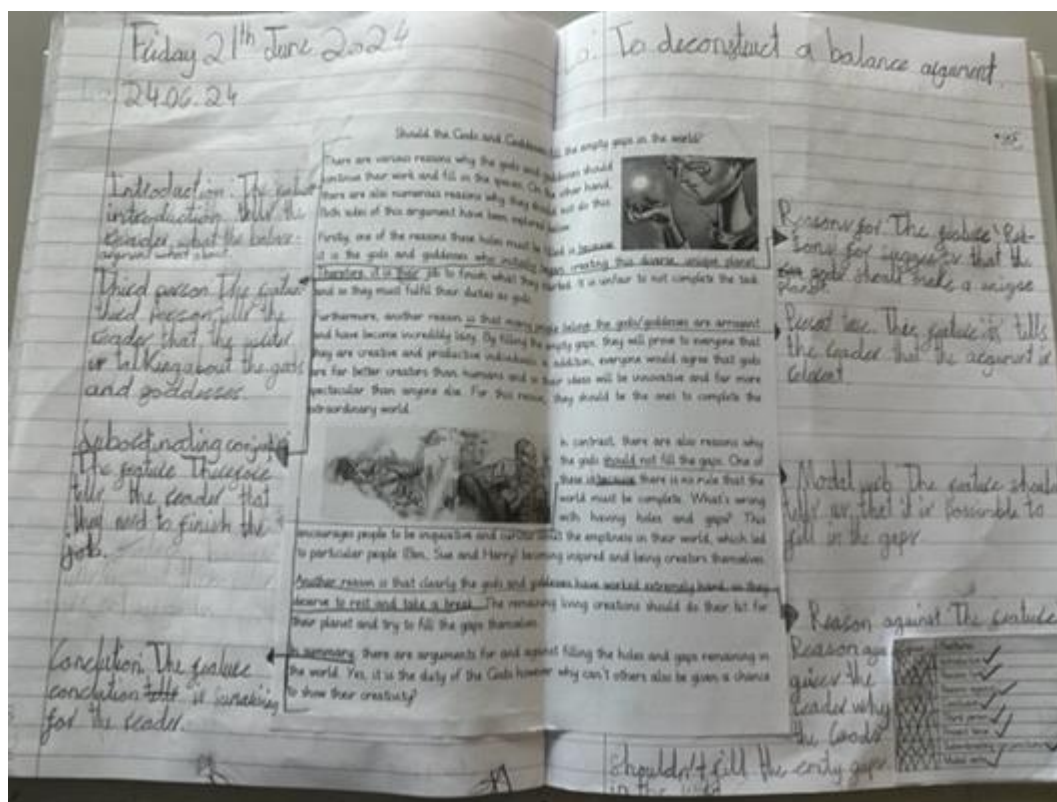
The parents were invited in to cook 'Pakore' with the children. They learnt the skills of slicing, peeling, grating and mixing.



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English at Havelock Year 3

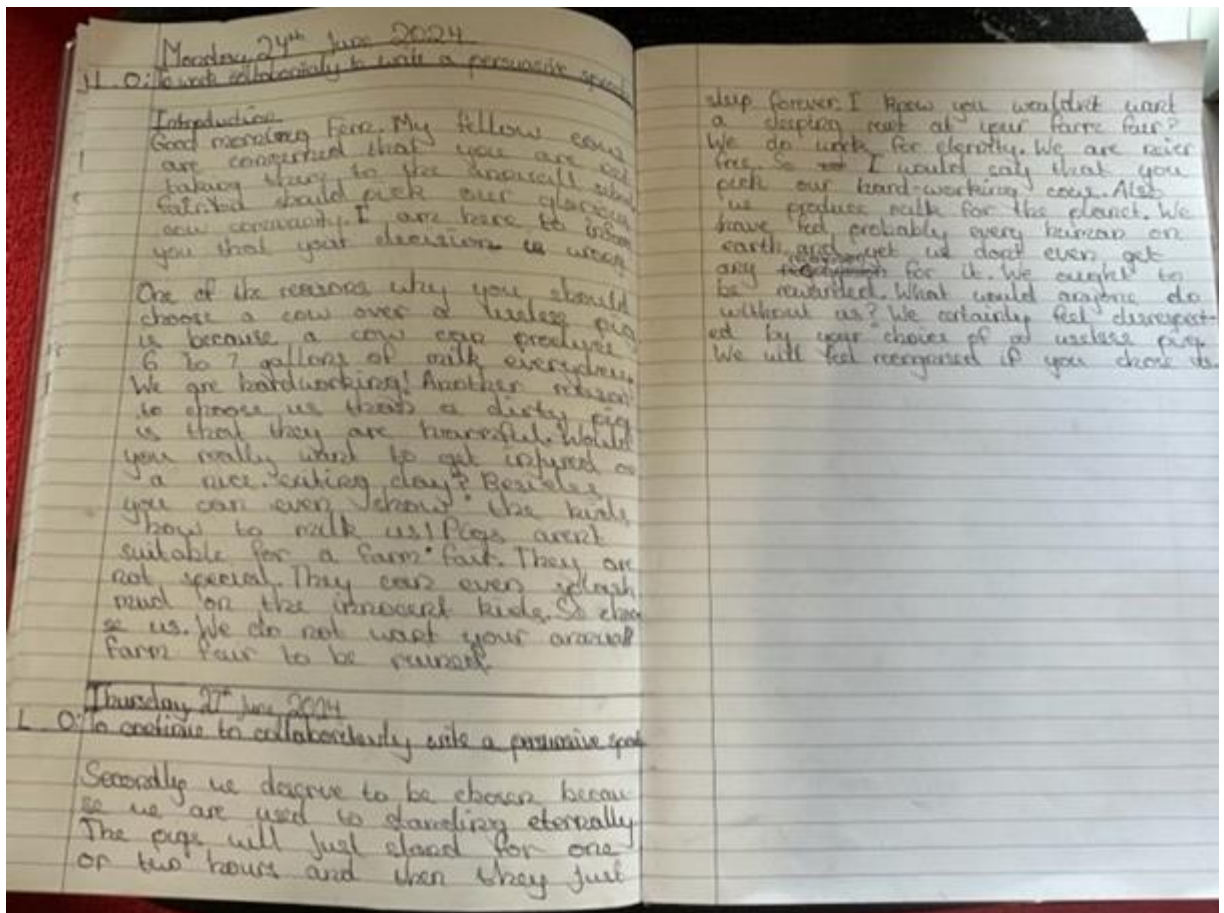
This week year 3 have been practicing how to write a balanced argument. Some of the features that the children have learnt about are subordinating conjunctions, modal verbs and homophones. They have been working hard to include these features in their writing.



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English at Havelock Year 4

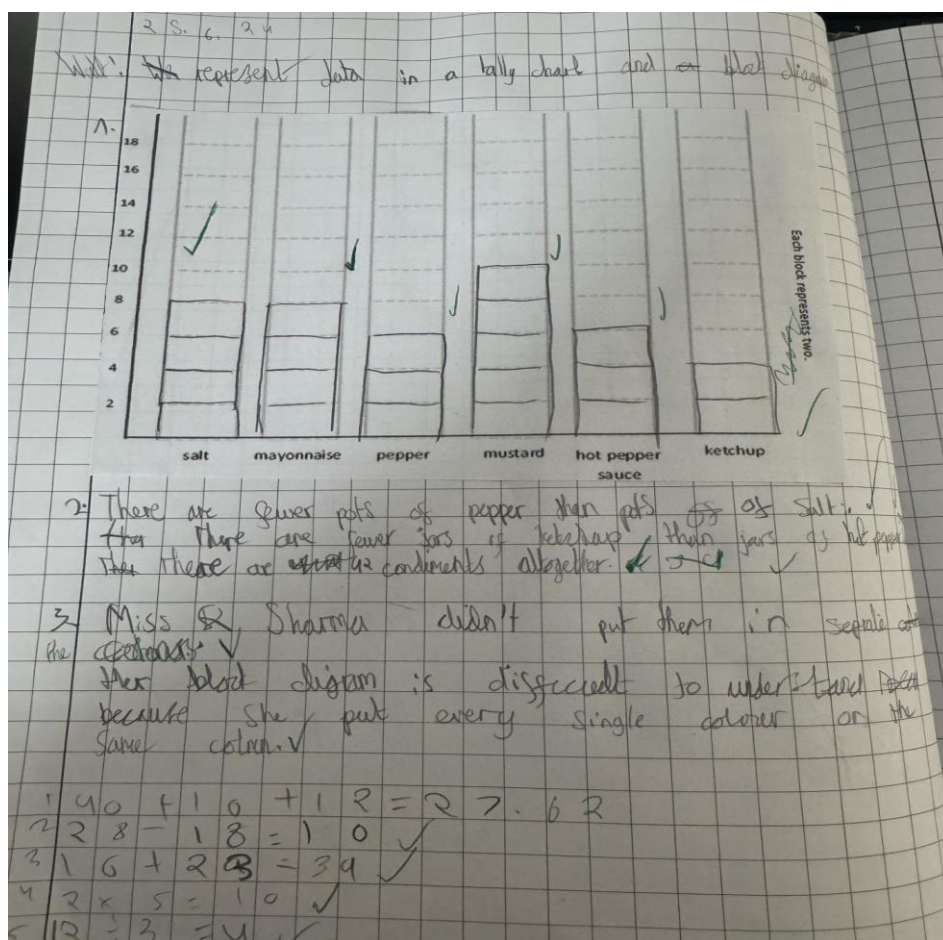
This week Year 4 have been doing a shared write practice on the genre of 'persuasive speech'. They collaborated in pairs before doing a class shared write. They added features such as: rhetorical questions, emotive language, facts and opinions, formal language and modal verbs to persuade.



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Maths at Havelock Year 2

Year 2 have dived into tally charts this week. From the tally chart, they represented the data in a bar chart. This exercise helped them find totals and make comparisons between different data sets, enhancing their understanding of how to visualize and analyse information.



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Maths at Havelock Year 5

This week, Year 5 pupils have been busy exploring a range of quadrilaterals. Using different tables, they identified various properties of these shapes, deepening their understanding of geometry. In addition to their work with quadrilaterals, the students also sequenced decimals in order and practiced adding and subtracting decimals. Their hard work is paying off as they master these essential mathematical skills!

26/06/2021

To identify quadrilaterals

5 a day

- 0.04
- 0.8
- 4/4 or 11
- 7.865
- 27/21

1) Quadrilateral characteristics

Shape with 4 sides	4 sides that meet	a-square	E-Heptagon
Example	Non-example	b-rectangle	
		c-rhombus	
		d-parallelogram	

2) The statement is incorrect. I know this because a square has 4 sides and is quadrilateral. I know this because I can draw a square diagram.

Four sides 4 sides right angles

Shape	PolYGON	Always 4 sides	right angles	Always parallel sides	Number of equal sides
	Yes	4	4	2	4
	Yes	4	0	2	2
	Yes	4	4	2	4

24/06/2021

To add and subtract different decimal spaces

5 a day

- 0.05
- 2.08
- 7
- 0.732
- $2/7 + 3/21 = 19/21$, $5/10 - 12/25 = 4/50$, $2/6 + 5/3 = 4/3$

1) $70.00 - 38.49 = 31.51$ ✓

2) $6.95 \text{ km} - 17.00 \text{ km} = 43.85 \text{ km}$ ✓

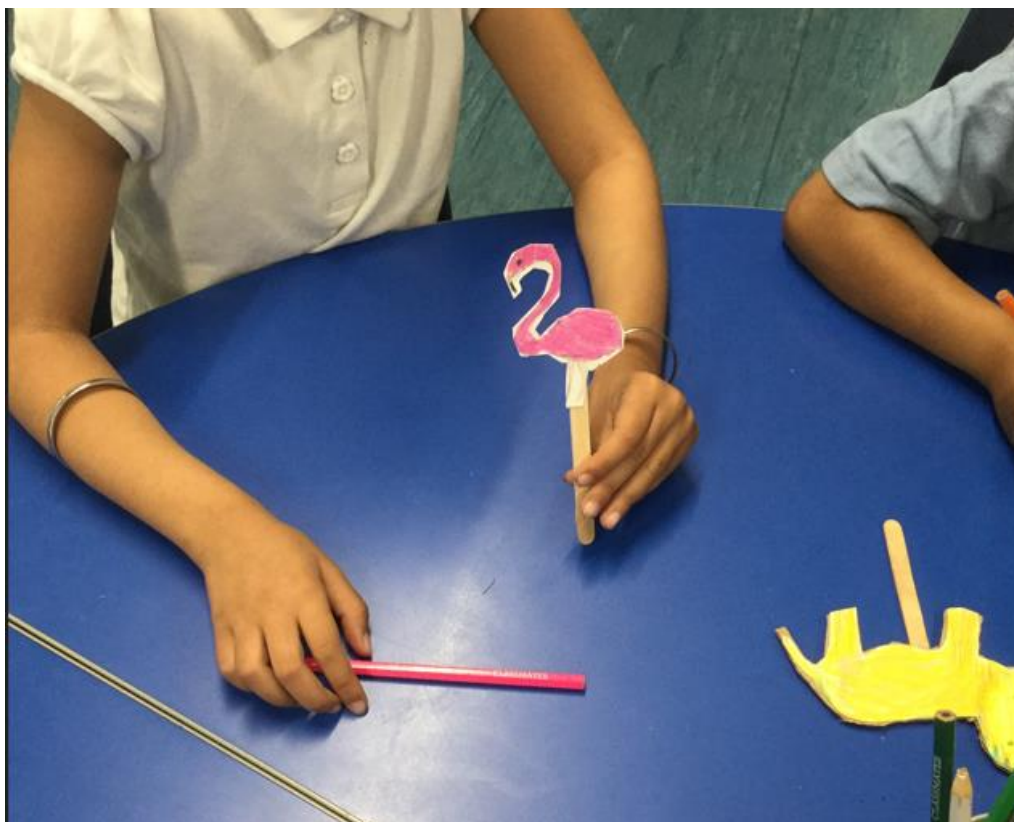
2) 75 is the odd one out. I know this because 75000 minus 28,309 = 44,691. Therefore 75 is the odd one out.

3) $65 - 0.2 > 59 + 2.34$ ✓ $65 - 0.2 > 59 + 3.24$ ✓

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D&T at Havelock Year 1

This term, year 1's theme in DT is mechanism. They will be constructing different animal sliders and levers for their African Savannah. After careful thought and planning the children made their animals sliders using a range of resources. It was wonderful to see their creative side shine through.

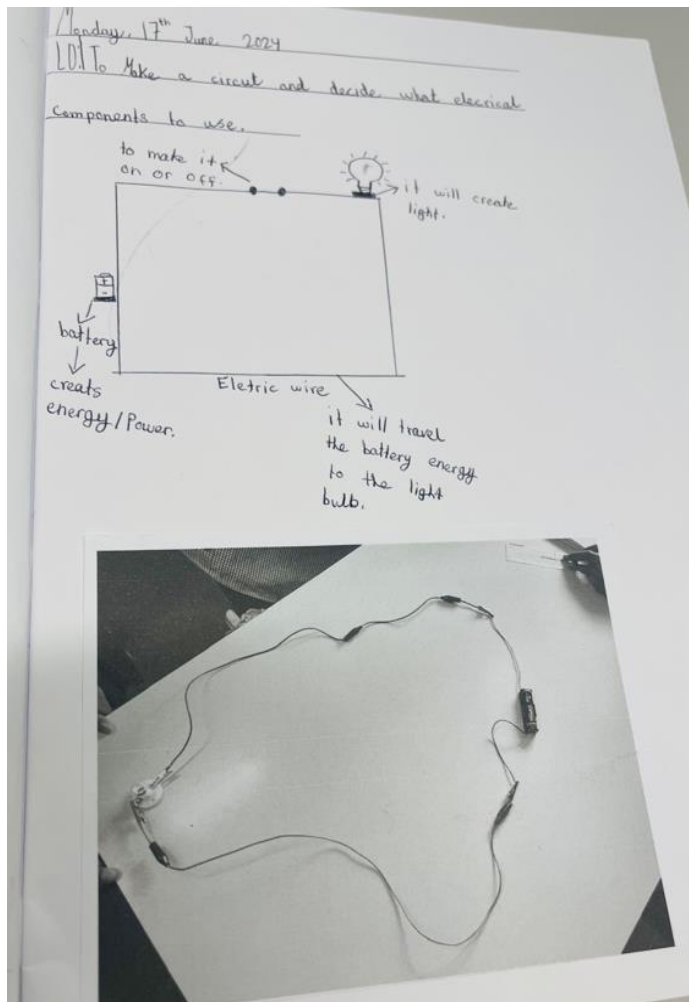


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D&T at Havelock Year 4

This term, year 4 will be making a battery-operated light for growing seeds inside homes for individuals who are interested in growing plants all year round.

This week, the children incorporated their knowledge of circuits from science to build their own circuits with an understanding of the aim, purpose and audience of the final product.



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Start your child's day off right!

breakfast for a good start

healthy
tips

Did you know?

Children who eat breakfast score higher on tests.

- Breakfast is the most important meal of the day.
- Breakfast eaters get more calcium, fiber, iron and B vitamins – and they eat less fat and cholesterol during the day – than those who skip breakfast.
- Nutrients missed at breakfast are rarely made up for during the day.
- People who eat cereal for breakfast often have healthier body weights. That's true for women and kids too.
- Cereal is one of the healthiest breakfast choices you can make. Cold cereal has fewer calories than almost any other common breakfast option.
- Studies show that school age children who eat breakfast:
 - Do better in school
 - Have fewer discipline problems
 - Stay alert in class
- Eating breakfast as a family is a great way to connect.



For Breakfast Parfaits

- 2 bananas or other sliced fresh fruit
- 1 cup of Yoplait® yogurt (any flavor)
- 1 cup Cheerios™ cereal



Healthy Breakfast Options

Cereals (made with whole grain)	Fruits (fresh, frozen, canned)
Low Fat Proteins (eggs, peanut butter, lean meats)	Calcium Rich Low Fat Dairy (milk, yogurt, cheese)
Whole Grains (breads, cereals, tortillas)	Vegetables (fresh, frozen, canned)



Receiving only a biscuit, sweet or drink for breakfast. Children need a nutritional breakfast to give them energy to take on the school day. ating

If you are struggling with breakfast time, talk to the office about getting your child into breakfast club from 8am!

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Public Health England

Healthmatters Levels of tooth decay in England



A quarter of 5-year-olds have tooth decay with on average 3 or 4 teeth affected



The majority of tooth decay in children under 6 was untreated

There were 7,926 episodes of children aged under 5 years having 1 or more teeth extracted in hospital because of tooth decay



Public Health England

Healthmatters Preventing tooth decay

Top 3 interventions for preventing tooth decay

1



Reduce the consumption of foods and drinks that contain sugars

2



Brush teeth twice daily with fluoride toothpaste (1350-1500ppm), last thing at night and at least on one other occasion. After brushing, spit don't rinse

3



Take your child to the dentist when the first tooth erupts, at about 6 months and then on a regular basis

Under 3s should use a smear of toothpaste



3 to 6 year olds should use a pea sized amount



Parents/carers should brush or supervise tooth brushing until their child is at least 7

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Housing Advice Drop-in at Stay & Play

Do you have any questions about housing? About where you live or the local regeneration?

Leon Joseph, a Regeneration Officer from Ealing Council & Chris McConnachie, an Independent Housing Advisor will be at **South Acton Children's Centre** on the following **Wednesdays** during Stay and Play from **9.30am to 11am**.



For more information, please contact Sally at sallycarlton@southactoncc.com

4th October 2023
8th November 2023
6th December 2023
3rd January 2024
7th February 2024
6th March 2024
10th April 2024
1st May 2024
5th June 2024
3rd July 2024
7th August 2024



Leon Joseph



Chris McConnachie



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A Parent and Carer guide to support in getting your child ready for school.

How to help your child get ready for school

09 May 2024

We are excited to share these short videos with early years and primary schools to use with families of pupils starting school in September.

The film, entitled 'How to help your child get ready for school' shares some top tips for parents on supporting their child as they prepare for school.



Go to the following URL to access a video and PDF guide providing strategies and tips to get your child ready to start school. Though aimed especially at EYFS children, it is also beneficial for parents of children from all year groups.

<https://www.egfl.org.uk/news/2024/05/how-help-your-child-get-ready-school>

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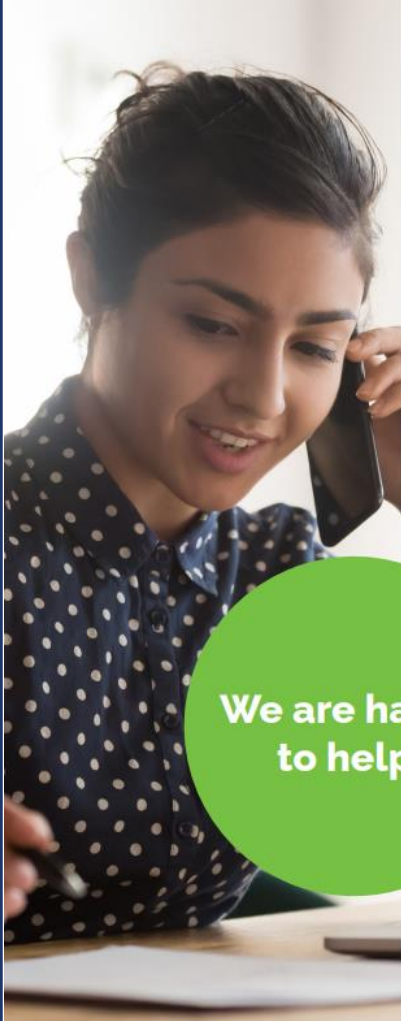


Some Nursery spaces are still available

Contact our school office to discuss joining!

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We are happy
to help!



Ealing Community
Partners

Ealing children's speech and language therapy advice line for parents and professionals

Are you looking for advice about how to support your child (0-18) with their communication at home?

Do you have a general question about speech and language?

Monday to Friday, 1 - 4pm
07512 716 478

(We can call you with an interpreter if needed)

Email: ealing.sltadvice@nhs.net
Facebook: [facebook.com/SLTEaling](https://www.facebook.com/SLTEaling)

Ealing now offer free advice for parents/carers to call for advice on speech and language. Please see above for more details.

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SOUNDSTEPS 
Music School

Free Children's Piano/ Keyboard Taster Sessions Available Now

- Weekly 1 hour Lessons available Monday to Sunday for Children aged 5-13.
- Children Learn to Read, Write and Play Music in every lesson. We also provide the Keyboard at every lesson!
- Termly Exams and Certificates along with opportunities to sit internationally Recognised Exams and Perform at live events!



Contact us Now by Email, Phone,
Whats App or via our Website/QR code
to Book your FREE TASTER SESSION.



e: office@soundstepsmusic.co.uk t: 07926 371583
www.soundstepsmusic.co.uk



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NHS

West London
NHS Trust

Ealing Mental Health Support Team

WORKSHOPS FOR PARENTS/CARERS

SUMMER TERM 2024



Over the summer term, Ealing Mental Health Support Team will be running a variety of workshops for parents and carers of children who attend a school in Ealing.



If you would like to sign up to one of our workshops, please do so on the below website or scan the QR code.



<https://forms.gle/jmUT9kJNRPNdBUAh6>

If you have any questions, please do email us on:
Ealing.mhst@nhs.net

PRE AND POST-ATTENDANCE GUIDE

Step 1

Use our QR code to sign up for a workshop(s) of your choice

Step 2

You will be emailed a Microsoft Teams link several days before the workshop

Step 3

You'll receive another email reminder on the morning of the workshop

Step 4

All workshops start promptly on the time advertised. Please note we cannot guarantee access to the workshop if sign up is on the day so do sign up as early as possible

Step 5

To ensure you receive resources from the workshop you have attended, please complete the feedback form provided at the end of the session



Promoting hope & wellbeing together



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TRANSITIONS

This workshop is aimed at parents/carers of **Year 6 primary school** students who would like to know about how to support their child in managing the transition to secondary school and will provide strategies to promote wellbeing.

Date: April 16th 2024
Time: 12:30pm - 2:00pm

AN INTRODUCTION TO AUTISM

This workshop is aimed at parents/carers of children attending **Primary and Secondary**, who would like to know more about Autism and how to support children where Autism may be suspected or diagnosed.

Date: April 19th 2024
Time: 11:30am - 1:00pm

ADOLESCENT EXAM STRESS

This workshop supports parents/carers of **secondary**-aged children to identify and manage exam stress in adolescents, and will provide strategies to promote wellbeing in students before, during and after exams.

Date: April 23rd 2024
Time: 1:00pm - 2:30pm

TRANSITIONS

This workshop is aimed at parents/carers of **Year 6 primary school** students who would like to know about how to support their child in managing the transition to secondary school and will provide strategies to promote wellbeing.

Date: May 9th 2024
Time: 11:00am - 12:30pm

ADOLESCENT EXAM STRESS

This workshop supports parents/carers of **secondary**-aged children to identify and manage exam stress in adolescents, and will provide strategies to promote wellbeing in students before, during and after exams.

Date: May 21st 2024
Time: 11:00am - 12:00pm

UNDERSTANDING BEHAVIOUR FOR CHILDREN WITH ADDITIONAL NEEDS

This workshop is aimed at parents/carers of children attending **Primary and Secondary**. The workshop introduces how and why behaviours may occur in children with a range of additional needs, and how to support positive behaviours in children.

Date: May 24th 2024
Time: 11:00am - 12:30pm

SUPPORTING ANXIETY IN CHILDREN AND YOUNG PEOPLE

This workshop is aimed at parents/carers of children attending **Primary and Secondary** who would like to learn more about how to manage anxiety in young people, as well as helping to build their confidence.

Date: June 4th 2024
Time: 11am - 12:15pm

AN INTRODUCTION TO AUTISM IN ADOLESCENTS

This workshop supports parents/carers of **secondary**-aged children. It aims to introduce parents to the changes and impact of adolescence within autism, equipping parents with strategies to promote positive mental health among autistic teenagers.

Date: June 14th 2024
Time: 11am - 12:30pm

UNDERSTANDING MENTAL HEALTH IN ADOLESCENT BOYS

This workshop supports parents/carers of **secondary**-aged children. It aims to introduce parents to the causes of declining mental health in adolescent boys and equips parents with strategies to promote positive mental health.

Date: June 18th 2024
Time: 12:00pm - 1:30pm

SUPPORTING POSITIVE BEHAVIOUR IN CHILDREN

This workshop supports parents/carers of **primary**-aged children. It introduces parents to common behavioural difficulties, factors that influence behaviour and strategies to manage your child's behaviour. It'll also consider the impact of screen time and how to promote boundaries with this.

Date: July 11th 2024
Time: 1:00pm - 2:15pm

TEEN LOW MOOD

This workshop is aimed at parents/carers of **secondary**-aged children, who would like to know more about what may cause low mood and gain knowledge of strategies that can help to improve low mood.

Date: July 18th 2024
Time: 11am - 12:00pm

SUPPORTING FRIENDSHIPS IN CHILDREN

This workshop is aimed at parents/carers of **primary**-aged children to provide information to help you support your young person with building and managing friendships, including supporting with social anxiety.

Date: July 31st 2024
Time: 11am - 12:00pm



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