

Havelock Primary School, Nursery & ARP Newsletter



Friday 16th June 2023

Dear parents/carers,

Tuition based at Havelock

We are happy to announce that we have agreed to host Fine Tutors at Havelock Primary School on Tuesdays and Saturdays. They are a tuition company who will offer a discount if you mention you are a parent of a child from Havelock Primary. They will also be offering all students from the school a free initial assessment on all core subjects (without commitment to sign up).

A promotional advertisement for Fine Tutors Southall. The background is blue with a large red circle on the left. The text is white and red. It includes the company name 'Fine Tutors Southall', a tagline 'Aiming at A*', a list of subjects (Maths, Science, English), the target exams (SATs, 11 Plus & GCSE), and the age range (Year 1 to year 11). It also provides contact information for Southall, including the address, phone numbers, and website. A red circular badge in the top right corner says 'Up to 85% OFF your fee'.

ft Fine Tutors Southall Aiming at A*

We deliver excellent results in:

**Maths
Science
English**

to prepare your children for their:

SATs, 11 Plus & GCSE

which means we tutor children from:

Year 1 to year 11

Find us at:
Southall
Havelock Primary School,
Havelock road, UB2 4PA

**020 3488 2298
075 0751 7171**

Up to **85% OFF** your fee

www.finetutors.co.uk



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Havelock Primary School, Nursery & ARP Newsletter



Year 1 Phonics

A huge well done to our Year 1 pupils who took their phonics screening check this week. They have made fantastic progress in their learning of phonics of reading this year and performed amazingly well in their assessment.

Important Dates

- **Thursday 22nd June** - Reception trip to Look Out Centre
- **Friday 23rd June** - Parent's Coffee Morning
- **Monday 26th June** - Y1 trip to London Zoo
- **Tuesday 27th June** - Y4 Trip to Hampton Court Palace
- **Monday 3rd July to Wednesday 5th July** - Y6 Residential
- **Thursday 6th July** - Parent's Afternoon
- **Thursday 13th July** - Sports Day
- **Friday 14th July** - Summer Concert

Have a great weekend!

Kind regards,
Mr. Jon Bailey
Head of school



Follow us on Twitter
for updates on all things Havelock



@HavelockPrimary

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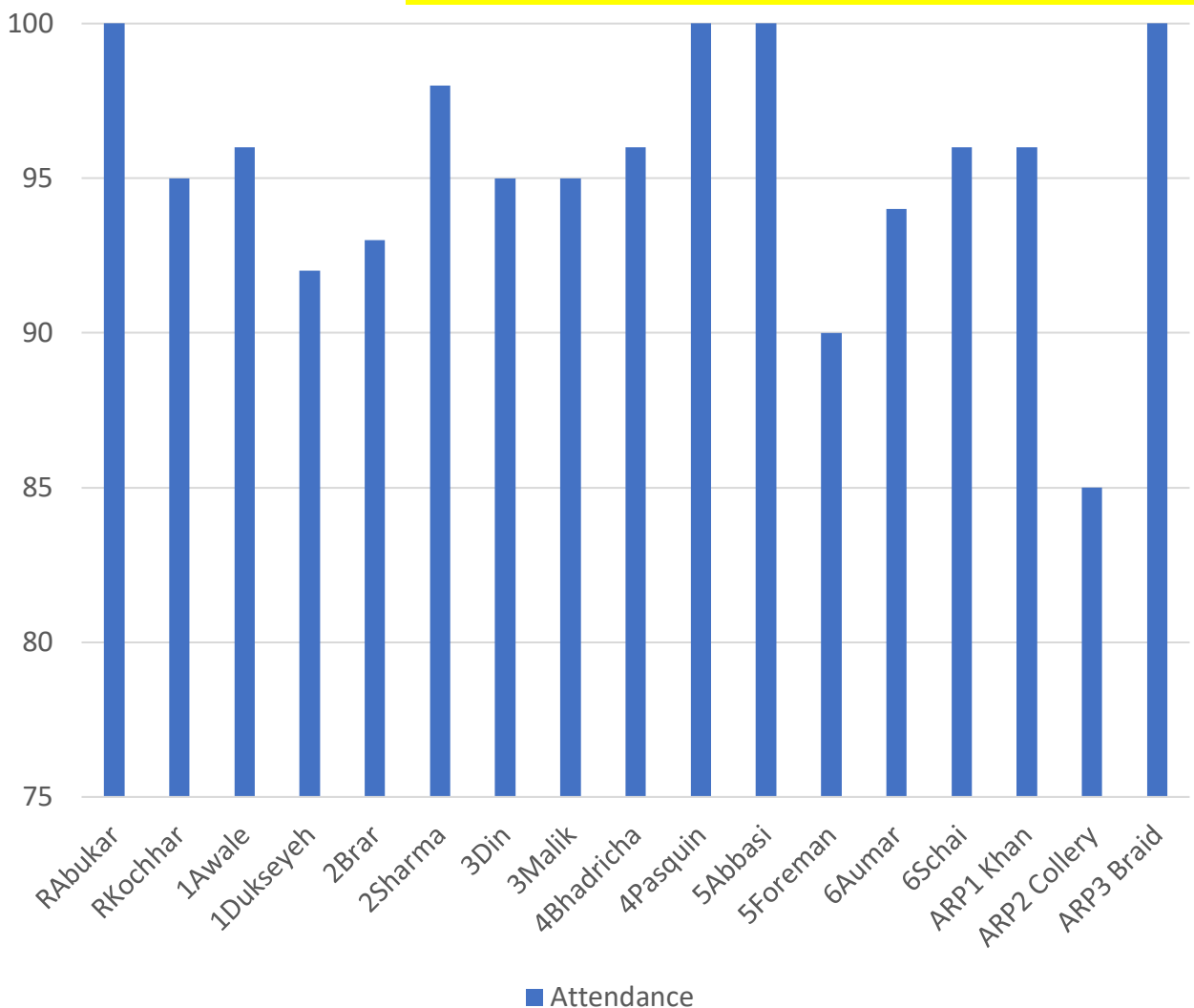


Attendance at Havelock

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

Congratulations to:

ARP 3Braid and 4Pasquin & 5Abbasi for their attendance of **100% for this half term!**



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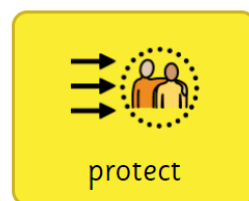
Havelock is a Rights Respecting School

Article of the week: 11 & 36



How do adults protect you and keep you safe?

- Make sure you are being looked after by someone responsible. If you are going out, make sure they know where you are going and who you are going with.
- Make sure that you have someone to talk to if you feel unsafe and that you know this is always a top priority.
- Say no if you are in a situation where you feel uncomfortable.
- Use safe settings on wifi and devices and discuss this with you.
- Provide safety equipment for activities such as cycling and skateboarding.
- Ensure that places such as schools have security gates/locks.
- Provide a sign in system for school visitors.



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Coffee Morning

Please join us for our coffee morning on Friday the 23rd of June at 9am in our KS1 Hall. This will be a great opportunity to find out about our UNICEF reaccreditation and whole-school priorities. Light refreshments will be provided.

We hope to see you there.



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Havelock Primary's 5Rs



5R of the week : build relationships

Year 5 took part in various acting roles as part of their English on Romeo and Juliet. Within their roles, how relationships between friends might work and how the feuds with the Capulets and Montagues could be solved.



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EYFS Stay & Learn Session - Father's Day special

This week we had a special stay and play session to celebrate Father's Day.

Thank you to all the Dads, Stepdads, Granddads, Uncles who attended and joined in all the activities with their children.



R Kochhar class sessions will be **EVERY** Thursday 2:55-3:15pm.

R Abukar class sessions will be **EVERY** Friday 2:55-3:15pm.

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Know where to get the right help

NHS

There are lots of NHS services that can help you.



Knowing where to go, and when, can help you get the right care when you need it.

Pharmacy



Local pharmacists are **qualified healthcare professionals**. They can help you with minor health concerns and illnesses including coughs, colds, upset stomachs and skin/eye infections. They can also give some vaccinations and help with medications.

They can be found on most high streets and are a quick and convenient way to get medical advice. They will see you face to face and provide confidential help on the same day, with **no appointment needed**.

GP/doctor services

local GP practice



Your local GP practice can help with a wide range of general health problems, injuries and illnesses that are not life threatening.

Who you see at your appointment depends on the help you need. There are lots of different people who can help including a doctor, nurse, pharmacists, physiotherapist and many other trained health professionals.

They might see you over the phone, online or in-person.

You will need to be registered before you can book an appointment. To register with a GP practice you do not need proof of address, immigration status, ID or an NHS number. Find a GP practice near you at: www.nhs.uk/service-search/find-a-gp

GP help evenings and weekends

Call your GP practice as normal. The practice answer phone will provide details of where you can get local out of hours appointments. You can also use the **online consultation form** on the practice website if your need is not urgent.

NHS 111



NHS 111 helps people get the right advice and treatment when they urgently need it. 111 can direct you to the best place to get help if you cannot contact your GP during the day, or when your GP is closed.

Doctors, nurses, paramedics and other fully-trained advisors are available 24/7, and can get you the help you need by:

- finding out what local service can help you;
- connecting you to a nurse, emergency dentist, pharmacist or GP
- getting you an appointment if you need one
- telling you how to get any medicine you may need or give self-care advice.

You can contact NHS 111 all day, every day. Visit 111.nhs.uk or call 111.

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Know where to get the right help - Continued...



Mental health services



The NHS provides a range of talking therapies for people who feel anxious, worried, down, or depressed. If you need help **you can refer yourself**, you don't need to go to your GP first. To refer your-self and find more information visit: www.nhstalk2us.org

Mental health services for people in crisis:

If you need help for a mental health crisis or emergency, you can get immediate help on our freephone lines from trained mental health advisers and clinicians **all day every day**:

Ealing, Hounslow, Hammersmith and Fulham	0800 328 4444
Brent, Harrow, Hillingdon, Kensington & Chelsea and Westminster	0800 0234 650

999 or A&E



If you, or someone you know, are experiencing a life-threatening medical emergency you should **call 999 or attend an A&E immediately**.

For adults:

- signs of a heart attack - chest pain, pressure, heaviness, tightness or squeezing across the chest
- signs of a stroke - face dropping on one side, cannot hold both arms up, difficulty speaking
- sudden confusion (delirium) - cannot be sure of own name or age
- suicide attempt - by taking something or self-harming
- severe difficulty breathing -not being able to get words out, choking or gasping
- choking on liquids or solids
- heavy bleeding - spraying, pouring or enough to make a puddle
- severe injuries - after a serious accident or assault
- seizure (fit) - shaking or jerking because of a fit, or unconscious (cannot be woken up)
- sudden, rapid swelling of the lips, mouth, throat or tongue.

For children:

- seizure (fit) - shaking or jerking because of a fit, or unconscious (cannot be woken up)
- choking on liquids or solids
- difficulty breathing - making grunting noises or sucking their stomach in under their ribcage
- unable to stay awake - cannot keep their eyes open for more than a few seconds
- blue, grey, pale or blotchy skin, tongue or lips - on brown or black skin, grey or blue palms or soles of the feet
- limp and floppy - their head falls to the side, backwards or forwards
- heavy bleeding - spraying, pouring or enough to make a puddle
- severe injuries - after a serious accident or assault
- signs of a stroke - face dropping on one side, cannot hold both arms up, difficulty speaking
- sudden rapid swelling of the lips, mouth, throat or tongue
- sudden confusion - agitation, odd behaviour or non-stop crying.

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CCS Parent Workshop

The initial meeting for our Community Lead Parent Group was a big success!

Connect-Ed delivers creative therapy and wellbeing support at Havelock Primary School. We are offering a training for parents to help them understand children's mental health and work with your school to support other parents in your community. The training consists of 3 workshops that will be run in the autumn term at Havelock Primary school.

Topics are as follows:

- 1.Looking after your mental health as a parent or carer
- 2.Understanding children's mental health and development
- 3.Providing support to others in the community

To sign up, please complete this survey (it is also available to click on Dojo):

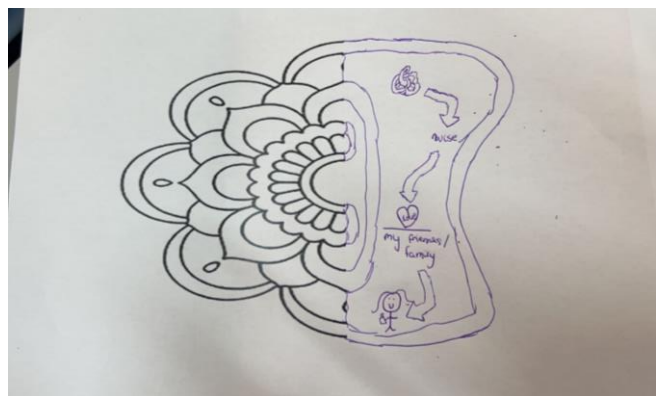
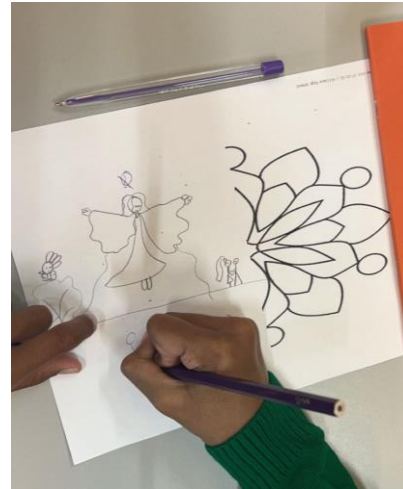
<https://us7.list-manage.com/survey?u=16dc95298ad006c971d121bfa&id=7d34607155&attribution=f>
also



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Year 6 RE Trip

The Year 6's were invited to an RE session at Villers High school. They took part in different activities and many discussions. This was led by the Head and Deputy of the RE department. They created some spiritual art based on how they see religion. They also had discussions about leaving Year 6 and their thoughts about starting Year 7.



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Active Travel Challenge

We are getting active this June with Ealing's Summer 10-day Active Travel Challenge

Our school is participating in a borough wide Ealing Summer 10-day Active Travel Challenge this term to embed healthy habits around active and sustainable travel to and from school. Join us by walking, cycling, scooting or Park & Striding to school from

Monday 12th June- Friday 23rd June.

What is the 10-day Active Travel Challenge?

This term, we are participating in Ealing's Summer 10-day Active Travel Challenge. We challenge you and your children to actively travel to school across all 10 school days to help increase physical activity, reduce congestion, and air pollution around the school gates. Participating pupils will be awarded a Terri the Tiger sticker.

What are the benefits of walking, cycling, scooting or Park & Striding to school?

- Actively travelling to school helps children feel **happier** and **healthier** and they arrive refreshed, fit and ready to learn.
- More families that actively travel to school means fewer cars on the road during the school run, helping to **reduce congestion** and **air pollution** and **increase road safety** at the school gates.

What if you can't walk all the way to school?

- If you live too far away or don't have time to walk the whole way to school, you can **Park and Stride**. Park or hop off public transport at least ten minutes away from the school and walk the rest of the way.

WHAT CAN YOU DO?

Join us from Monday 12th June- Friday 23rd June by walking, cycling, scooting or Park & Striding to school and show your commitment to making a cleaner, greener and less polluted route to school.

Why not share your Ealing Summer **10-day Active Travel Challenge** experience on social media using **@ealingSTARS #GetEalingActive23** to be in with an **extra chance to win an Active Travel Goody Bag**, for the school? The post with the most likes will win! T&Cs apply*.

*Terms and conditions available upon request

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EYFS at Havelock - Reception

The children have been talking about the importance of celebrating father's day, how a dad/ father figure could look different for each family (roles of a stepdad, adopted dad, father in-law..) how they celebrate father's day, what they love the most about their fathers.

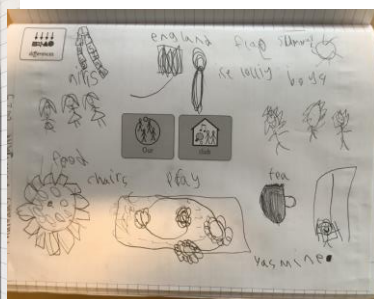
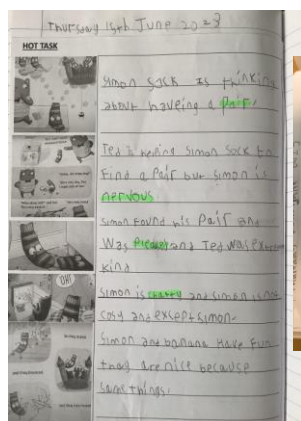
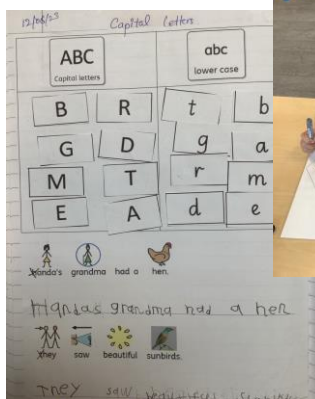


The children have been busy drawing and writing special messages, designing their own cards, using a variety of materials to create special gifts and cooking pizza's for their dads or a special father figure.

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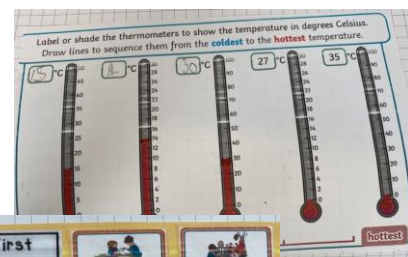
Havelock ARP

In English, ARP1 have continued learning about the book *Handa's Hen*. They learnt about capital letters and finger spaces. In maths, children learnt about the commutative law for addition. They swapped objects and wrote number sentences to show this.



This week, ARP 2 have continued reading *Simon Sock*. In their writing, they retold the story using as many of our spotlight words as they could correctly. In maths they have continued to work on time, focusing on quarter past, half past and quarter to. In PSHE they have been thinking about our class- they are all different but can still be friends!

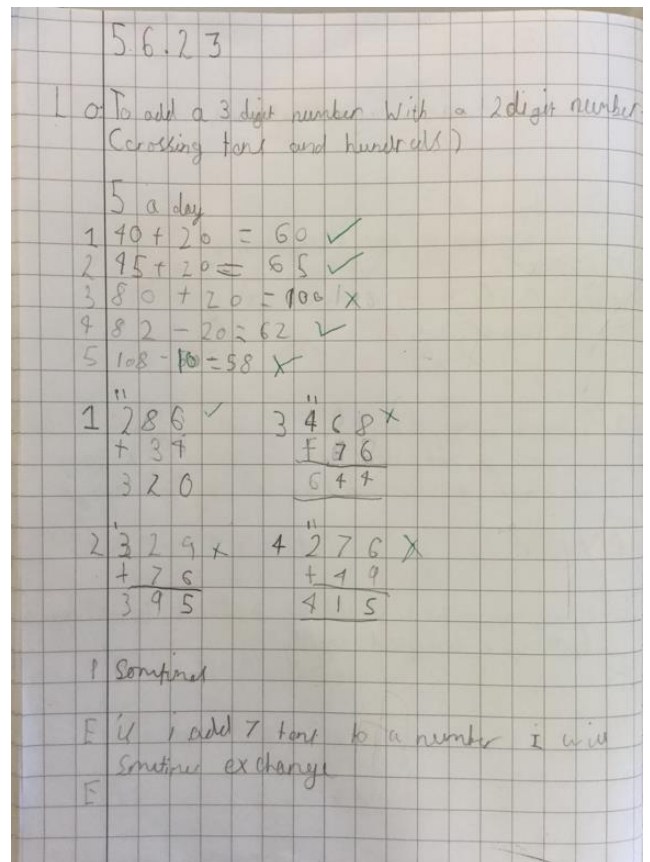
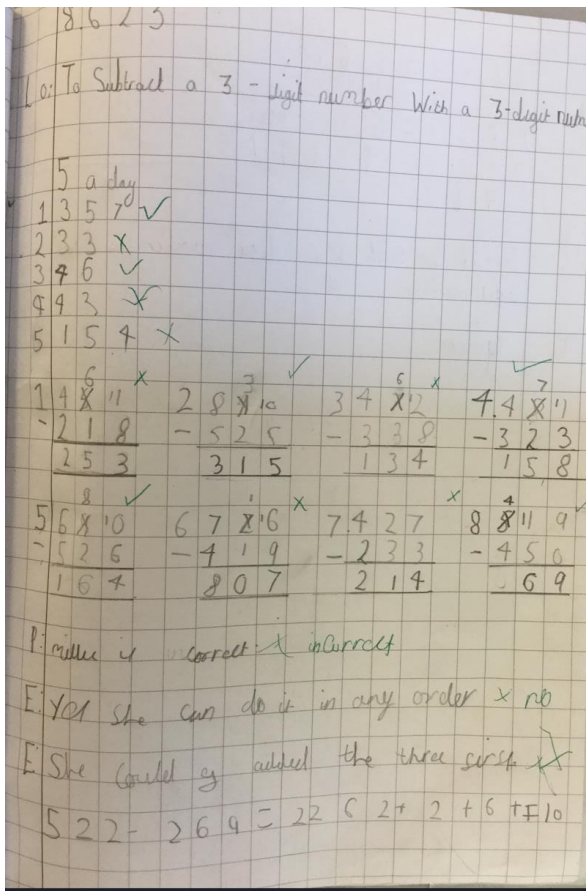
ARP 3 have been learning about the story *The Tiger came to Tea*. They have sequenced different parts of the story. In maths, children have been learning to read the temperature using thermometers. They ordered the stages of the human life cycle in history.



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Maths at Havelock Year 3

This week, Year 3 have learnt about how to add and subtract three-digit numbers. They reviewed their knowledge of place value by accurately being able to determine the value of each digit.. Have a look at some of their amazing work below.

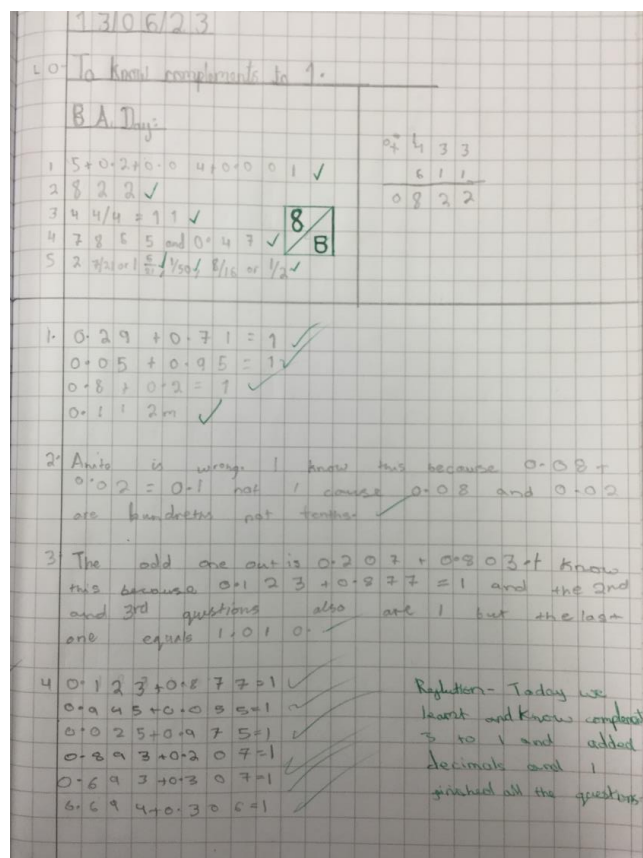
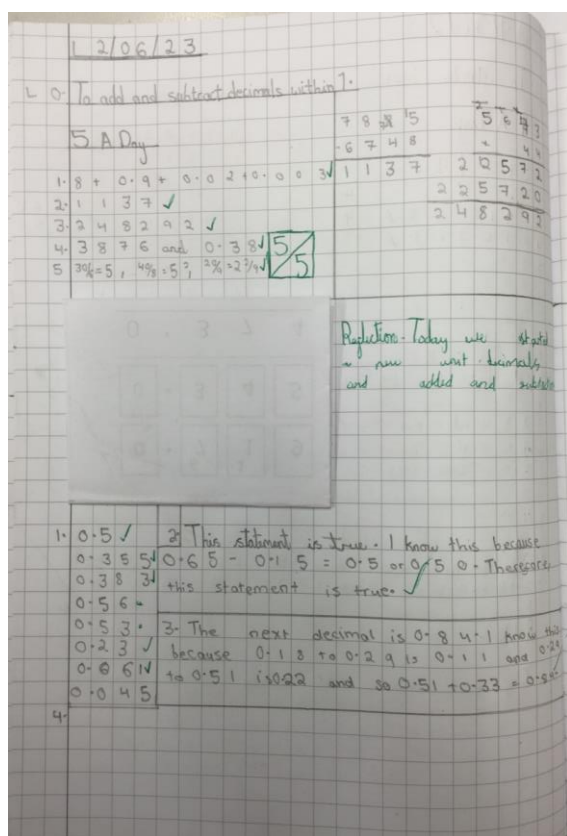


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Maths at Havelock Year 5

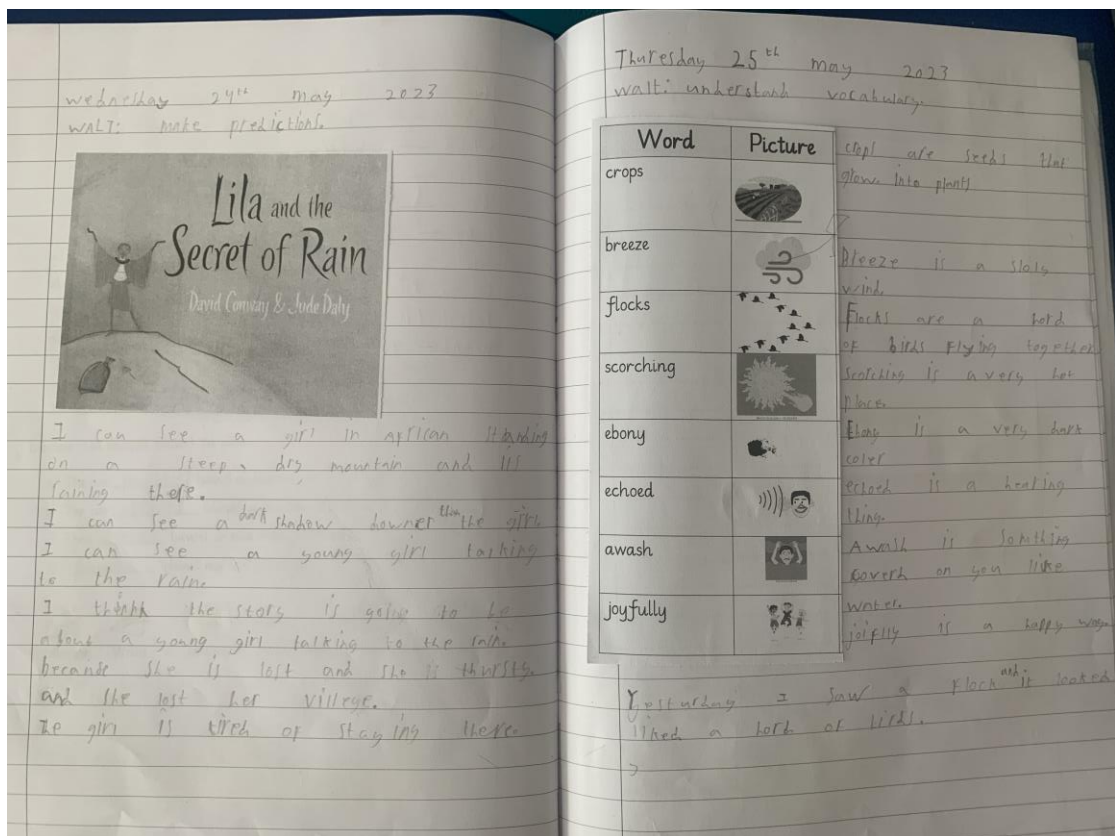
This week, year five have been revising their learning on decimals by linking the place value of each digit and extended this into being able to add decimals that total one. The pupils had to reflect on their work and analyse the errors they made to be able to write about it in their reflective comment. Have a look at the learning that is happening in year five.



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English at Havelock Year 1

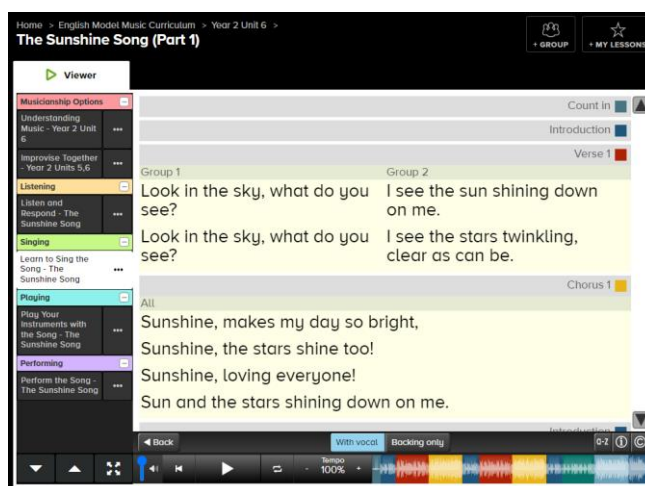
Year 1 have been completing work around their text Lila and the secret of rain. They learnt about suffixes, made predictions and learnt to write in the past tense and new vocabulary. Their final writing outcome will be a recount in role as a character.



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Music Year 2

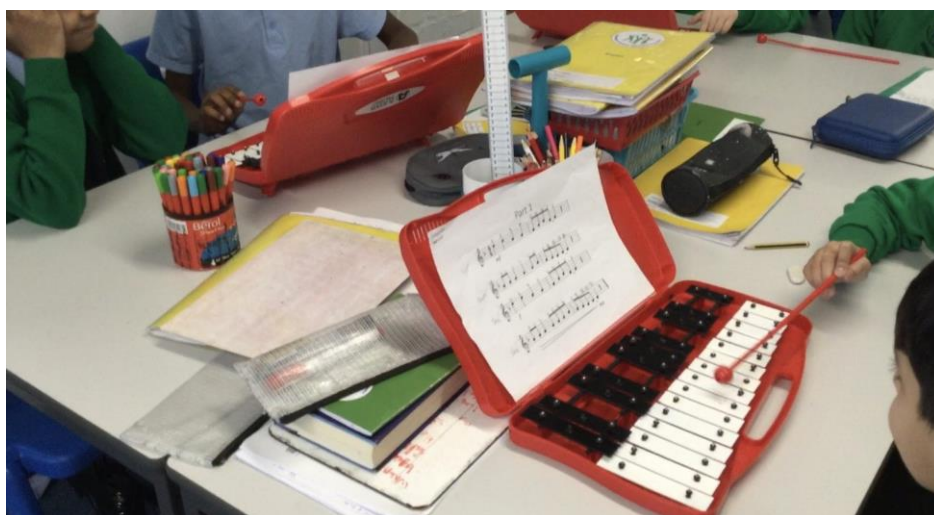
This half term, Year 2 are learning about how Music teaches us to look after our planet. They have been practising how to play the glockenspiel to the song, 'The Sunshine Song'.



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Music Year 6

This term, term 6 have been practising how to play the song, 'Dance the Night away', with a glockenspiel. They have been analysing notation and relating it to rhythm and beats for a consistent performance.



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Class Assembly Year 5

This week it was Year 5 Abbasi's assembly. Check out the amazing learning our Year 5 students have been doing!

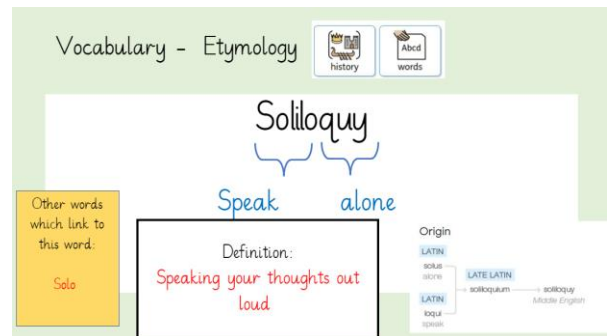
Year 5 students have presented to us an excellent assembly – pushing the bar even higher for future assemblies. There are definitely future actors and actresses! They have shown their audience a performance based on Shakespeare's work, Romeo and Juliet, highlighting one of our school's value- responsibility. They have shared their understanding of the etymology of the word: soliloquy and used hyperboles in their writing. The year 5s had also mentioned they were learning about IHeart, especially wellbeing.

We were all in awe how brilliantly they sang 'You and Me', demonstrating their strong friendship

Well done Year 5 for an

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

Vocabulary - Etymology

A diagram explaining the etymology of the word 'Soliloquy'. The word 'Soliloquy' is written at the top, with brackets underneath it pointing to the words 'Speak' and 'alone'. To the left, a yellow box contains the text 'Other words which link to this word: Solo'. In the center, a white box with a black border contains the definition: 'Definition: Speaking your thoughts out loud'. To the right, an 'Origin' section shows a flowchart: 'LATE LATIN' leads to 'soliloquium', which leads to 'soliloquy', which is noted as 'Made English'. Below this, 'LATE LATIN' also leads to 'loquere', which leads to 'loqui', which leads to 'loquere'.

Summer holidays – Parents guide to help keep children safe online

School's out for summer!

It's always best to be prepared

During the summer holidays, without the distraction of school, internet usage for many young people can increase all the way up to September. This guide is designed to help parents with a realistic approach to help keep their children safe when using the internet, social media and playing online games. Please click on each image below for more information.



A Parent's Guide to Social Media



A Parent's Guide to Sharing Pictures



A Parent's Guide to Gaming



A Parent's Guide to Live Streaming



A Parent's Guide to Online Grooming



A Parent's Guide to Online Influencers



A Parent's Guide to Fake News



A Parent's Guide to Privacy Settings

Online safety is when young people know who they can tell if they feel upset by something that has happened online.

Parents please contact your school if you would like to attend a parents internet safety workshop or have any concerns.

Schools please [contact us](#) if you would like a SKIPS Safety Net session delivered to your parent groups or staff.

Skips Educational

Web: www.skipssafetynet.org
Email: info@skips.com
Tel: +44 121 227 1941

142 Newton Road
Great Barr
Birmingham B43 6BT

Working with Home Office 'PREVENT', The Police and Crime Commissioner and Children's Safeguarding Partnerships to help keep children safe online.

Developed in partnership with



Skips

Keeping children safe online

www.skipssafetynet.org

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SCAN HERE TO
FIND OUT MORE
& BOOK NOW!



NEW Holiday Club!

Save 10% at
Gifford Primary
School



Use code: **ADVENTURE10**

Save 10% on the NEW JAG Holiday Club running
in your area this Summer! Ensure your child
experiences a holiday club like no other with JAG!

Our jam-packed daily schedule uniquely caters for each
child's talents and interests, forging unforgettable memories
in an amazing holiday experience!

- ✓ Something for every child, with a wide range of fun-filled activities
- ✓ All activities delivered by expert play leaders in a safe, fun environment
- ✓ Confidence-building by learning new skills and trying new things under expert guidance
- ✓ Positive interactions that nurture friendship and social awareness
- ✓ Enhanced wellbeing through a focus on happiness, mindfulness, kindness and being active



@junioradventuresgroupuk



junioradventuresgroup.co.uk



0333 577 1533



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Saturday 1st July
On Norwood Green from 12 noon
Fun, Food, Games and Music!

Live Music, Stalls	West Middx. Radio, Football	Pop-up Pub, Bake Off
Raffle, Flower Show	Classic Car Show, Fancy Dress	Dog Show, Clown
Fairground, Tug-O-War	Children's Art Show	Dancing and more...

COME & JOIN US FOR SOME GOOD FAMILY FUN

★ ★ ★ **FREE ENTRY** ★ ★ ★

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FREE

online parenting workshop

PARENTING TOGETHER WORKSHOP SERIES

TIPS ON REDUCING PARENTAL CONFLICT

This workshop is aimed at parents/carers who are experiencing significant conflict in daily life

This workshop is suitable for parents/cares who are still in a relationship, as well as those who are separated

The session offers parents/carers the opportunity to gain awareness on the impact of conflict on children & young people

Learn practical strategies to manage emotions, and tips on how to reduce incidents of conflict

**Tuesday, 11th
July 2023**

**10am-12pm
via MS Teams**

**Delivered by
Chris Kolade**

Ealing Parenting Service

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



**SUPPORTIVE
ACTION FOR
FAMILIES IN
EALING**



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C4F C.I.C

Centre 4 Families

**JOIN US:
THE
FREEDOM
PROGRAMME**

With trained facilitators. A
safe space to make sense of
abuse

WHAT IS IT?

The Freedom Programme examines the roles played by attitudes and beliefs on the actions of abusive men and the responses of victims and survivors.

The aim is to help them to make sense of and understand what has happened to them, instead of the whole experience just feeling like a horrible mess.

HOW IT HELPS

The Freedom Programme also describes in detail how children are affected by being exposed to this kind of abuse and most importantly how their lives are improved when the abuse is removed.

**For more information
please call us, in
complete confidence.**

 **02088909355**

 **FREEDOM@C4F.CO.UK**

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CARING DADS

"Rebuilding the relationship with their children"



C4F C.I.C
Centre 4 Families



C4F C.I.C
Centre 4 Families

JOIN US: CARING DADS PROGRAMME

Caring Dads is devoted to ensuring the safety and well-being of children by working with fathers who are alleged to have abused or neglected their children or exposed them to abuse of their mothers.

WHAT IS IT?

Caring Dads provides a 17-week parenting course for fathers who are in contact with their children or have the expectation of being in contact with them.

It is a cognitive behaviour therapy programme for up to 16 fathers and is delivered by trained facilitators with a background in child development or offender management.



02088909355



INFO@C4F.CO.UK

HOW IT HELPS

This programme is designed to enable men to improve their fathering skills and take responsibility for their children's welfare and safety.

It is primarily to develop the father's relationship with the child and mother to reduce the impact on both. It is also to encourage child centred behaviour, reduce conflict in family life and enable men to become better fathers.

For more information
please call us, in
complete confidence.

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FOSTER FOR EALING

“ALISON
helped ME
TO TRUST
GROWN ups
AGAIN.”



Hope, aged 9

Meet the fostering team and find out all about fostering for Ealing Council

Drop-in session - Friday 19 May, 11am-2pm, Ealing Town Hall

Drop-in session - Wednesday 24 May, 11am-2pm, Southall Town Hall

Information session – Monday 5 June, 6.30-8pm

(online, please contact us to book)

Hanwell Carnival – Saturday 17 June

Fostering Roadshow, Ealing Broadway Shopping Centre – 29 & 30 July

Freephone: 0800 731 6550 Email: fosteradopt@ealing.gov.uk

Website: ealingfosteradopt.co.uk Facebook: [/ealingfosteradopt](https://www.facebook.com/ealingfosteradopt)



Ealing

www.ealing.gov.uk

CHANGE THE FUTURE

• EALING FOSTERING CONNECTIONS •

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