

Havelock Primary School, Nursery & ARP Newsletter



Friday 18th November 2022

Dear Parents and Carers,

Local MP visit

We were very pleased to have our local MP, Virendra Sharma, visit Havelock today. Havelock MPs carried out an assembly on Parliament week and Mr Sharma spoke to children about Parliament and the democratic process of the United Kingdom.



Readathon

Next week is the last week of the Readathon. Please urge your children to keep on reading and help them record the books read as well as who has donated to their readathon. Keep on reading and hand in the donations on 25th November.

Important Dates

25th November - Readathon ends

Thursday 8th December – Parent’s Afternoon

Wednesday 14th December – Winter Concert

Friday 26th December – Last day of Autumn



Have a great weekend.

Kind regards,

Ms. Naz Abaeian and Mr. Jon Bailey

Heads of school



Follow us on Twitter
for updates on all things Havelock



@HavelockPrimary

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



Virendra Sharma MP visits Havelock



We were honoured to host our local MP, Virendra Sharma, into our school on Friday 18th November. Our own Havelock MPs gave an assembly on Parliament Week and noted how our democracy works. Mr Sharma MP also spoke about his experience of democracy in the UK and what it was like to be a member of parliament representing the community of Southall. Our Havelock MPs also had a chance to meet with him and ask questions about his role.



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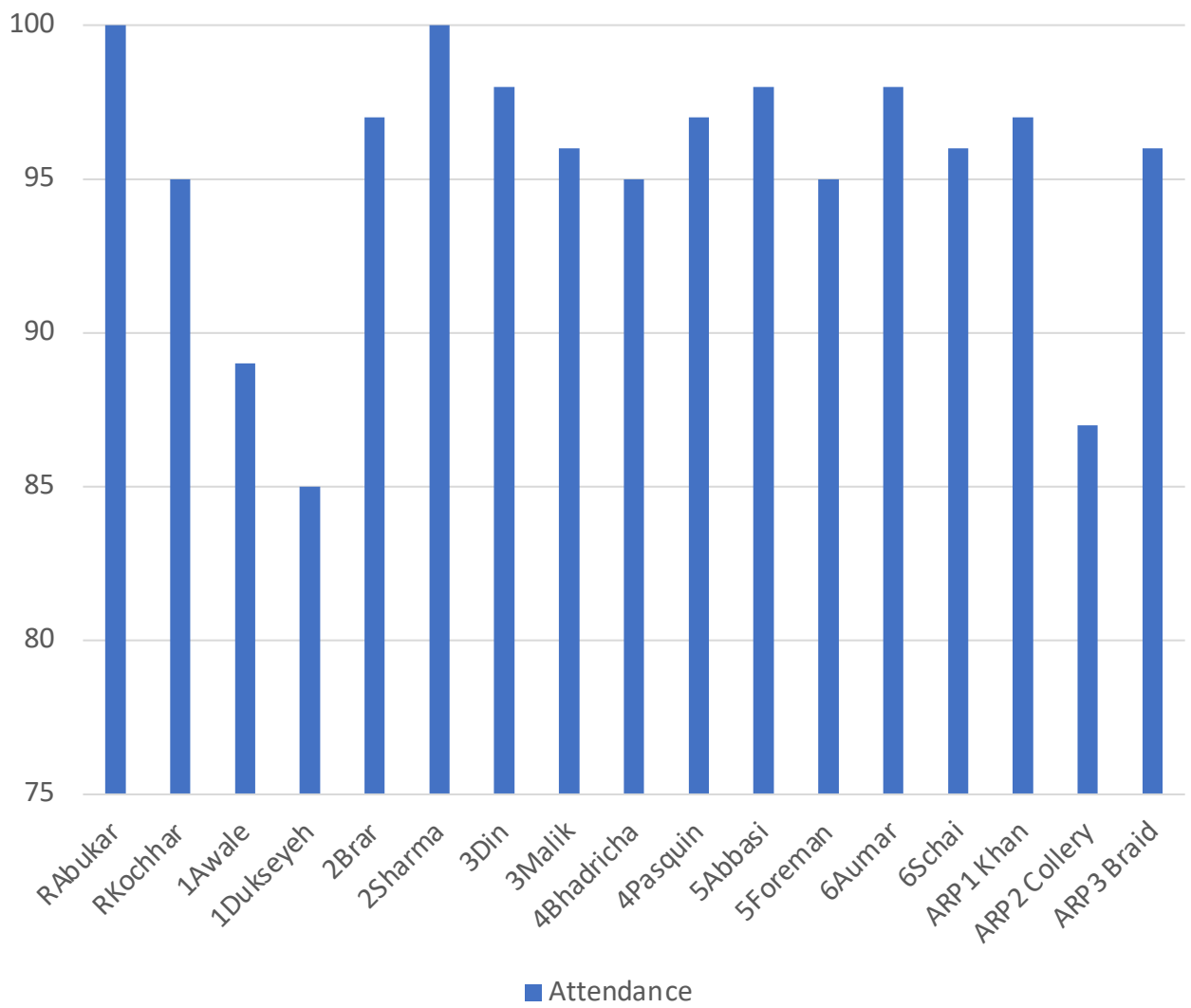
Attendance at Havelock

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

Congratulations to:

Ms Sharma's Year 2 class for

for their attendance of **100%**! Well done!

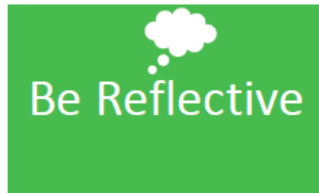


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Havelock Primary's 5Rs



This week, our 5R focus has been on Being Responsible.

We teach children to be responsible for their actions by teaching them about their rights as children and how actions, positive and negative, can have consequences.

How have my actions affected other people?

How can you take more ownership of your learning?



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Year 2 Trip to London Zoo



Year 2 had a terrific day out at London Zoo on Wednesday. They saw many different animals and were able to link their learning from their Science lessons!

unicef
UNITED KINGDOM



RIGHTS
RESPECTING
SCHOOLS

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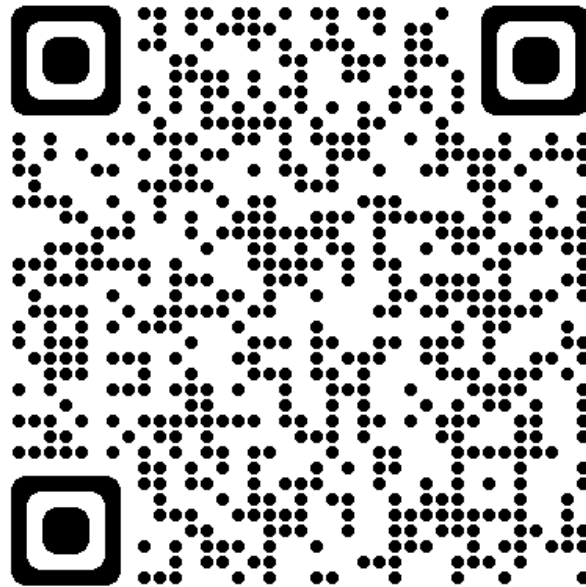


Phonics Page

For this week's video on phonics, we will focus on how to say the phonics sounds. Try watching with your children and see if you both can say the sounds correctly.

Please watch the first of many parent videos using the QR code or link below:

[Click here to watch the video](#)



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Sports Competitions



Well done to our team of Year 5 and 6 children who took part in the Ealing wide football tournament.



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Idiom of the Week

An idiom is an expression with a different meaning than its literal one, e.g. if something is hard to find you may say it's like trying to find a needle in a haystack.

Every week, watch this page for the idiom of the week.

The last straw

MEANING:

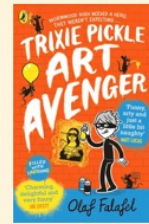
The last in a series of events that causes someone to run out of patience

EXAMPLE:

"That's the last straw!" said Elena after her little brother's ball landed in her cereal bowl. "Go play outside!"

Havelock Author of the Week

OLAF FALAFAL



Olaf won 'Funniest Joke' at the Edinburgh Fringe Festival, 2019.

Olaf is not just a children's book author, but a comedian, too! He has performed at the Edinburgh Fringe Festival which was where he won his funniest joke award.

You can also find him online where he has a series of Art Club videos - not only does he write his books, but illustrates them too.

His books are hilarious and will have you laughing out loud as you read.

If you like Sam Copeland or David Solomon, you'll love these books!

Books are awesome because they never run out of battery!

Olaf Falafel says:

Readathon

Ends on Friday 25th November



Have you started collecting your sponsor money for
Readathon?

Bring all your money in before next Friday and hand it to
your teacher!

Let's see which class will bring in the most money!

Remember, 20% of all the money we raise will be given in
free books to our school!



So, let's get reading!

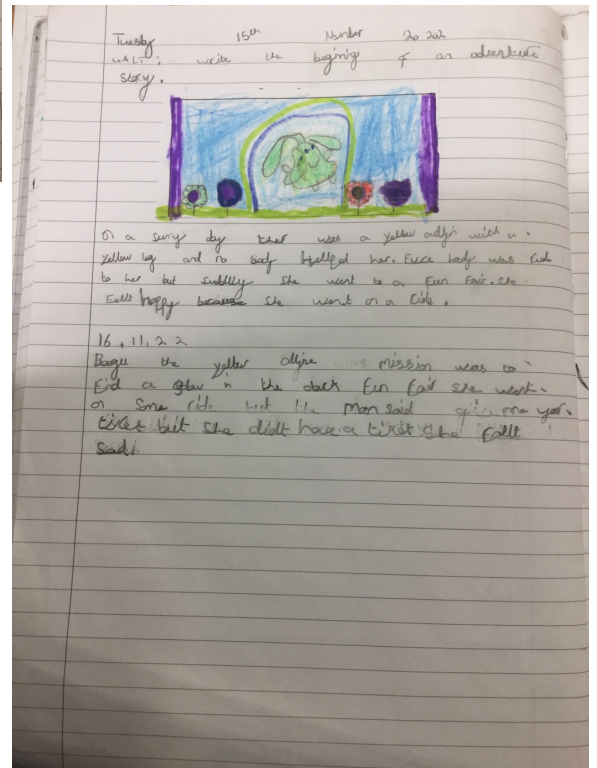
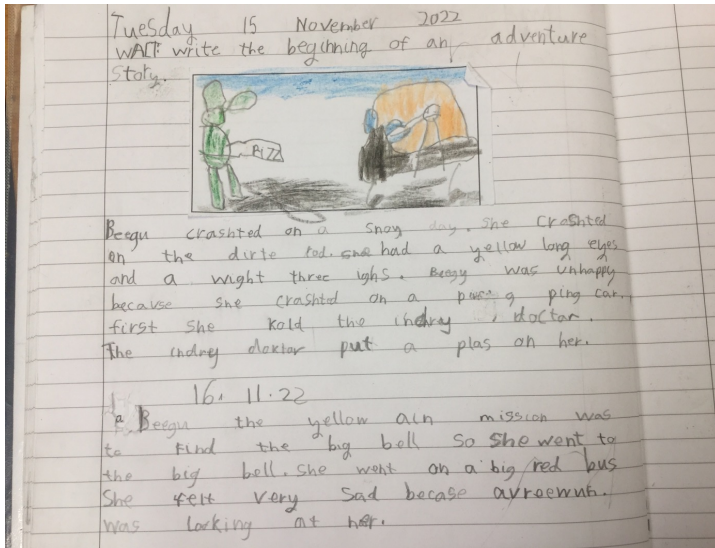


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English at Havelock – Year 1

Year 1 have been learning to write an adventure story based on their current text, Beegu. This week the children wrote their shared write adventure story by innovating the sequence of events in the story.

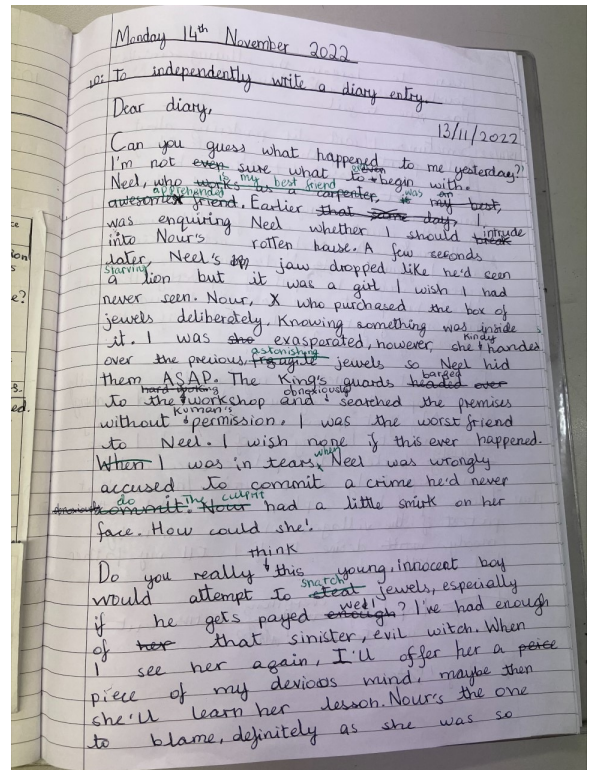
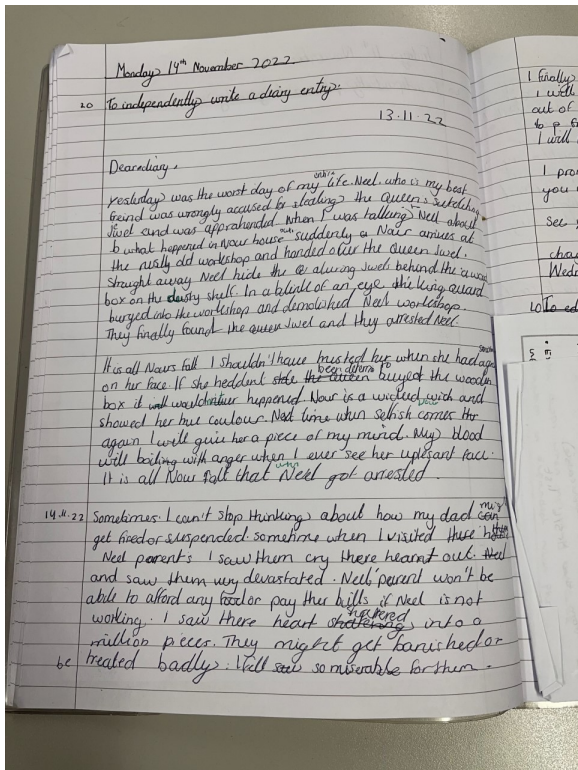


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English at Havelock – Year 5

This week, year 5 have been writing and editing their diary entries from Chaya's perspective (the main protagonist in the text 'The Girl Who Stole an Elephant'). They have worked extremely hard to include a range of features, such as detailed descriptions, adverbials of time/manner/place, informal language, thoughts and feelings. Have a look at some of their amazing work below.



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Maths at Havelock – Y1

In Maths, Year 1 have been working on addition and subtraction. To help strengthen their understanding they have used the part whole model and pictorial representations. Have a look at some of their wonderful work below!

2 Use the numbers given to make a family of addition and subtraction facts.

(a)

3 8 5

$5 + 3 = 8$ ✓ $8 - 3 = 5$ ✓

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

5 a day:

a) $11 + 7 = 18$ ✓

b) $10 - 5 = 5$ ✓

c) $7 - 3 = 4$ ✓

d) 2 more than 9 is 11 ✓

e) $16 \leq 19$ Which number is less? Use $<$, $>$ ✓

16.11.2022

WALT: write addition and subtraction facts 2.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

Write a family of addition and subtraction facts for each set.

(a)

$4 + 1 = 5$
 $1 + 4 = 5$
 $5 - 1 = 4$
 $5 - 4 = 1$

(b)

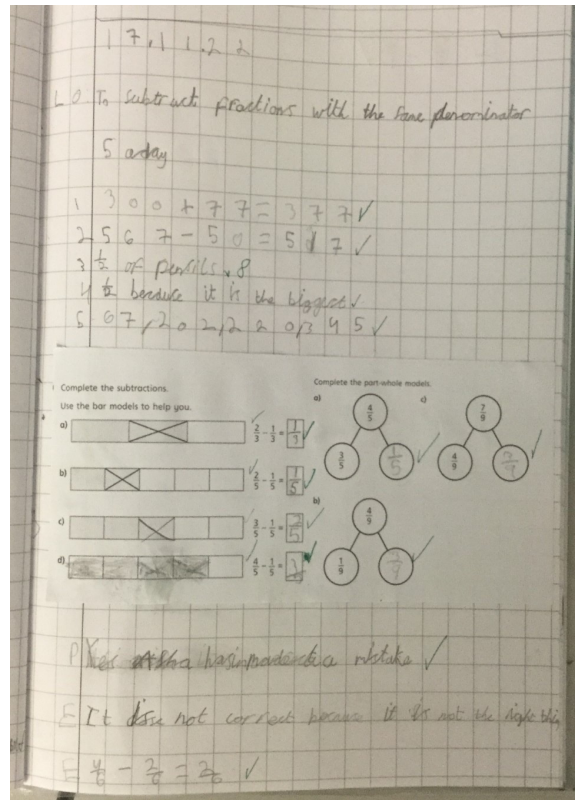
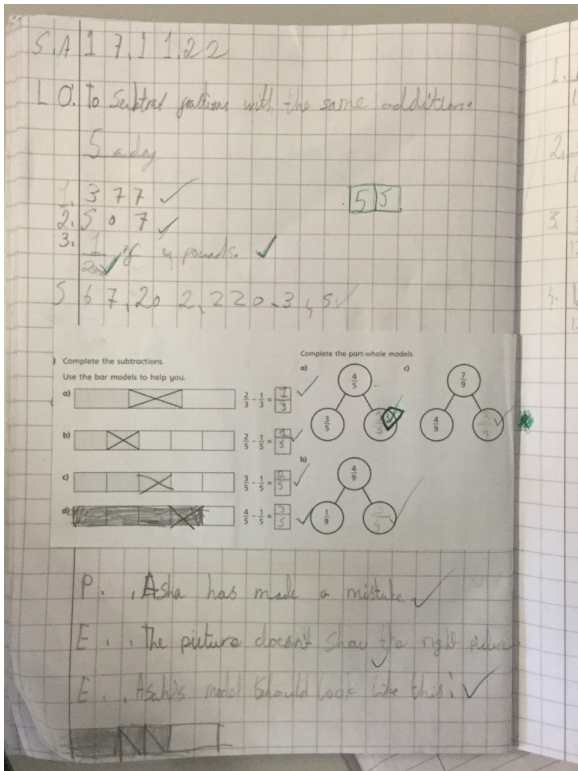
$5 + 2 = 7$
 $2 + 5 = 7$
 $7 - 2 = 5$
 $7 - 5 = 2$

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Maths at Havelock –Year 3

The pupils in year 3 have worked on adding and subtracting fractions with the same denominators this week. The students were resourceful by using bar models to explain their reasoning of a problem. Have a look below at how the children challenged themselves with their learning.

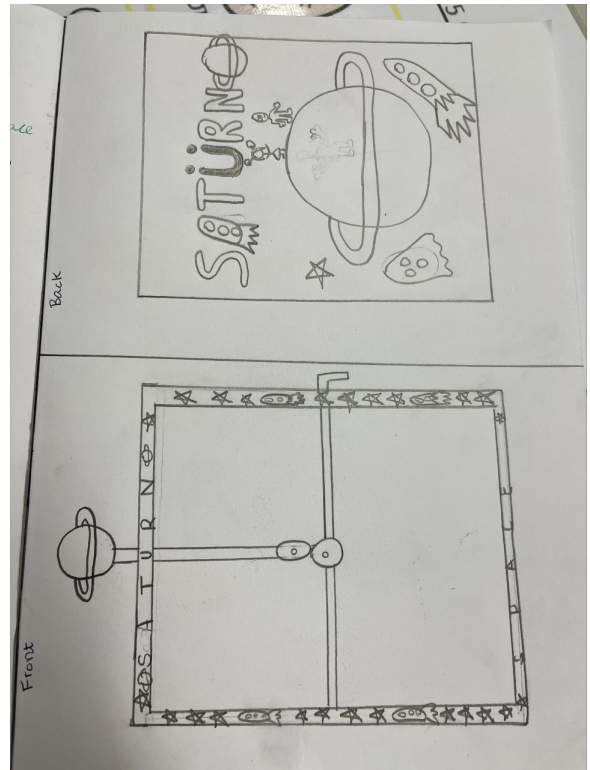
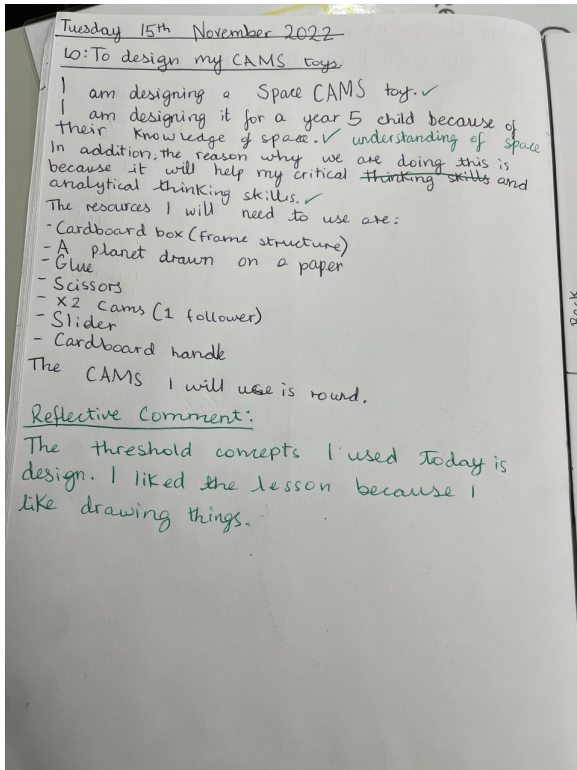


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Design & Technology at Havelock –Year 5 - Amal

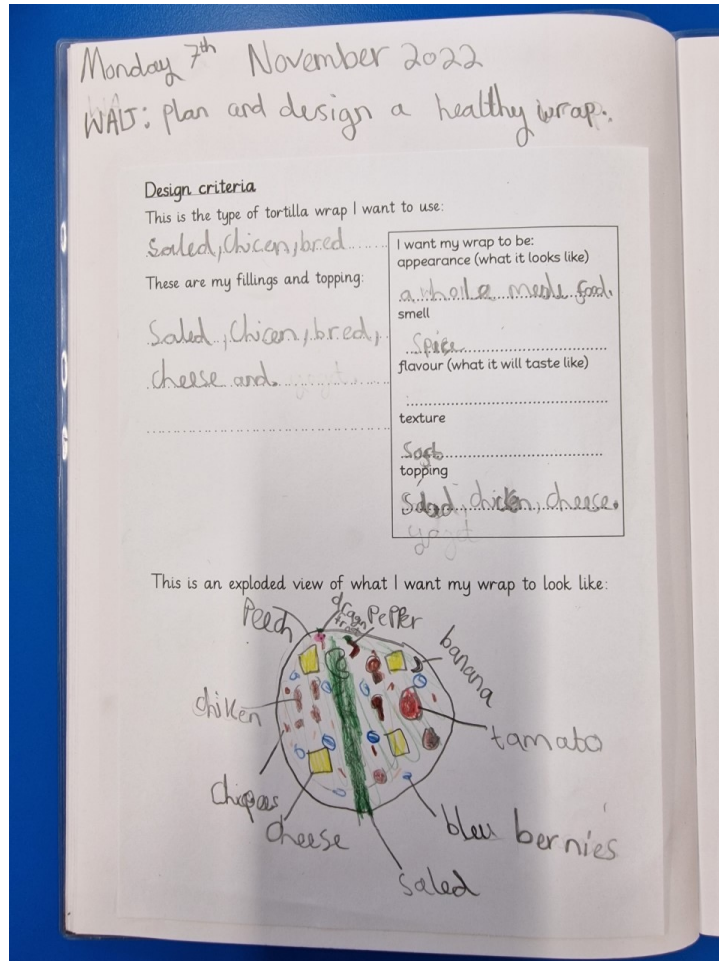
This term in DT, year 5 will be creating a cams toy to investigate how planets orbit the sun and rotate on their own axes. In class, the children have spent time identifying the different types of cams toys and their features. This week, the children have designed their own space cams toy sketches.





Design & Technology at Havelock –Year 2 - Amal

This term year 2's big question is, 'How can we make a healthy wrap?' This week the children have used their market researched into healthy wraps to plan and design their own healthy wrap.



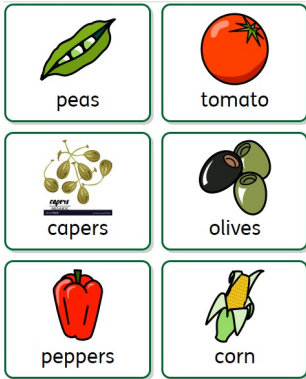


Havelock ARP

It has been a very special week in ARP 1 class as it was Khizar's birthday. We made cupcakes and continued our learning about celebrations (birthdays). Children played some exciting party games. They showed good listening during musical statues and great turn taking during pass the parcel.



ARP 2 Collery and 3 Braid have been learning about nutritious food and explored trying different vegetables, some they hadn't heard of before! We have some new converts to olives and capers.



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Class Assemblies - Gurjit

This week it was 4Pasquin's assembly.

Maths:

Year 4 have been learning how to add using concrete resources. They were adding a four-digit number to another four-digit number.

Adding and Subtracting with column method

Th	H	T	O
2	2	6	3
+	1	3	5

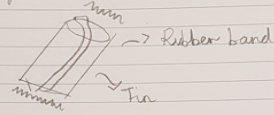
Th	H	T	O
1000 1000	100 100	10 10 10 10 10 10	1 1 1
1000	100 100 100	10 10 10 10 10	1

1. Th H T O 4 7 1 2 + 3 4 9 2 8 2 0 4 ✓	2. Th H T O 3 7 8 4 + 2 5 2 6 6 3 1 0 ✓	3. Th H T O 6 0 7 5 + 9 4 8 7 0 2 3 ✓
4. Th H T O 7 3 1 2 + 6 5 4 1 9 6 6 ✓	4. Th H T O 1 7 9 6 6 + 7 9 2 0 4 5 ✓	Elucy 2 1. Th H T O 3 7 3 9 + 3 1 8 6 6 9 2 5 ✓
2. Th H T O 3 2 8 7 + 9 8 7 4 2 6 8 ✓		

Science:

Year 4 have been learning about how sounds are made.



To understand how sounds are made
 Sound happens when a vibration is made by an object.
 Vibrations quickly move back and forth.
 eg:

 If I pull the rubber the rubber will vibrate.
 I can stop the noise by touching the rubber.
 Reflection
 In this lesson we observed vibration about the rubber band. We tested if we can hear the vibration of the chime.



FREE
online parenting workshop

PARENTING TOGETHER WORKSHOP SERIES

REDUCING THE IMPACT OF PARENTAL CONFLICT ON CHILDREN

Conflicts are regular occurrence in family lives. It's often a normal part of everyday life. However, studies have shown that conflict between parents that is frequent, intense, and poorly resolved, do have a significant negative impact on children's mental health and long-term life chances.

This workshop would explore types of conflict, causes of conflicts in families, the impact of parental conflict on children and practical steps that parents could take to reduce conflict and the impact of conflict on their children

**Tuesday 6th
December 2022**
10am-12pm
via MS Teams

**Delivered by
Chris Kolade**
- Ealing Parenting Service



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



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Coping with the rising cost of living – what help is available?

Make sure you are claiming everything you are entitled to.

There is a range of support available to those facing rising energy costs and are worried about their finances due to the current cost of living crisis.

Financial support available from Ealing Council

Automatically paid to eligible residents*	Residents can also apply for**
£150 Energy rebate scheme (paid by September 2022)	Local Welfare Assistance to help in a crisis or to pay for essentials and energy
Discretionary energy rebate scheme (from October 2022)	Discretionary housing payments to help with housing costs including help with rent arrears and rent deposits
Household Support Fund to help eligible families, pensioners and care leavers towards food and essential items	Council Tax Reduction or Discretionary Council Tax Discount to support paying council tax bills

*No application required. Eligible residents will receive a notification from Ealing Council outlining more details and how money will be paid. **Eligibility varies. Further information can be found at www.ealing.gov.uk/costofliving

Other support available from Ealing Council

Employment and skills

Work Ealing and Learn Ealing offers support to those seeking employment or looking to improve their skills or qualifications. Find out more www.workealing.com or **020 8825 8486**. www.learnEaling.org.uk or **020 8825 5577**.

Energy advice

Call Healthy Homes Ealing **0800 083 2265** for advice on how to stay warm, conserve energy, and save money on fuel costs.

Holiday Activity and Food (HAF) Programme

Fun activity clubs to keep eligible children entertained in the school holidays alongside a nutritional meal. Find out more

www.ealingfamiliesdirectory.org.uk

Free school meals

Meals provided for eligible school aged children during term time. Your child's school can support you to apply.

Up to date information on all the support being offered by Ealing Council can be found at www.ealing.gov.uk/costofliving
For further advice call 020 8825 7170.

Support in our Community Hubs

Staff in our four Community Hubs are there to offer support and advice. If you do not have the internet at home, you can also pop into a hub or your local library to get online for free. Community Hubs are located at Acton Library, Northolt Library, Southall Library and Ealing Central Library.

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Financial support available from central government

The Department for Work and Pensions (DWP) and HMRC are making a number of payments to eligible households, pensioners and people with disabilities.

If you are eligible, you do not need to apply to receive these payments, they will be paid automatically.

- £650 cost of living payment to those claiming eligible benefits (paid in two instalments)
- £300 one-off cost of living payment to pensioners receiving the winter fuel payment
- £150 one-off cost of living payment to those with a registered disability.

In addition all UK households, regardless of income or circumstances, will receive a £400 Energy Bill Support payment directly from their energy provider into their energy account. This payment does not need to be repaid.

Up to date information including who is eligible and when payments will be made, is available online via www.gov.uk

Other support available

Maximise your benefits

Make sure you are claiming all the benefits you are entitled to. Go to www.moneyhelper.org.uk or call **0800 011 3797**.

Community Support Directory

Voluntary and community organisations provide a wide variety of support across the borough. Find out what is available near you. Go to www.dosomethinggood.org.uk/directory

Debt advice

Get free, confidential and expert advice if you are worried about debts or need help managing your finances. Step Change is a national charity with trained advisors. Go to www.stepchange.org or call **0800 138 1111**.

Foodbanks

There are a number of foodbanks operating around the borough. The council's Local Welfare Assistance Team or Job Centre Plus can make referrals to local foodbanks.

London wide support

The London Cost of Living Hub offers a wide range of support and advice about dealing with debt, claiming benefits and looking after your mental health. Go to www.london.gov.uk/what-we-do/communities/help-cost-living to find out more.

Save money on everyday items

Websites like Money Saving Expert support you to find the best deals for household bills and everyday items alongside helpful advice and money saving tips. www.moneysavingexpert.com

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Please see below for details of participating restaurants offering **FREE/low cost meals**, in light of the cost of living crisis.

Whilst many of the offers (courtesy of Money Saving Central) were specified for the half-term period, some of the others (including Asda) will be continuing beyond this period.

'Ask for Henry': Morrisons and Heinz

Additionally, Morrisons in collaboration with Heinz, are offering a discreet free meal (jacket potato and beans) for those who need it. Simply ask for 'Henry' at a Morrisons café – with no questions asked. This initiative will continue until 6th November.



ASDA CAFE

Kids eat for £1 all day, every day with no adult spend until the end of 2022

TOBY CARVERY

The Kids Eat For £1 offer will be available from October 24th to 28th with the App

FRANKIE & BENNY'S

Adults Eat Free with every under 11 child throughout all the UK Half terms

PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

FUTURE INNS

Under 12's eat for free with any adult meal. During the school holidays

TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

THE REAL GREEK

Kids eat FREE every Sunday for every £10 spent by an adult

SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

TESCO CAFES

Kids Eat Free with any purchase of fresh fruit by an adult throughout all the UK Half Terms

MORRISONS

Spend £4.99 after 3pm daily & get one free kids meal (usually all day during half term)

HUNGRY HORSE

Kids eat breakfast free with every adult breakfast, daily from 9am - 12pm.

PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto during Half Terms

FARMHOUSE INNS

Kids eat for £1 when you sign up to their email list before October 26th 2022

YO! SUSHI

Kid's eat free all day, Monday to Thursday until 29th October 2022

SA BRAINS PUBS

Children can eat for £1 with any adult main. Only valid Wednesdays but on all day

IKEA

From October 11th kids get a meal for 95p or £1.50 from 11am - All day, every day.

ANGUS STEAKHOUSE

One free children's meal per paid adult meal 12-5pm daily throughout the holidays

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Monday to Thursday

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FREE online parenting workshop

Somali Language Session

TIPS FOR HELPING YOUR CHILD WITH HOMEWORK

This online workshop is specifically designed for Somali parents and will cover the following:

- * Understanding more about the benefits of homework
- * How parental involvement in homework has a positive effect on children's academic achievement
- * How parents can play an active and encouraging role in helping children succeed with homework by providing specific support strategies
- * There will be time for Q&A

Friday, 18th
November 2022
10am-12pm
via MS Teams

Jimcaha, 18th
November 2022
10am-12pm
via MS Teams

SIDAAD ILMAHAAGA UGA CAAWIN LAHAYD HAWSHA WAXBARASHADA EE GURIGA

Shirkan oo la qabanayo iyadoo la adeegsanyao aaladda internet-ka waxa loogu talo galay waalidiinta Soomaaliyeed waxaana lagaga hadli doonaa:

- * Sida aad wax uga fahmi lahayd faai'dooyinka ay hawsha waxbarasho ee guriga lagu qabto (homework) ay leedahay.
- * Sida waalidka oo ka qayb qaata hawsha waxbarasho ee guriga lagu qabto ay raad weyn ugu leedahay guusha waxbarasho ee ilmaha
- * Sida waalidiintu door uga ciyaari karaan uguna dhiiri gelin karaan inay caruurtoodu ka guul gaadhaan hawsha waxbarasho ee guriga iyagoo siinaya taageerooyin qorshaysan oo ku saabsan muhiimadda ay leedahay hawsha waxbarasho ee guriga lagu qabto (homework)

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



EALING
PARENTING
SERVICE

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West London
NHS Trust

Parent Workshop:

Behavioural Difficulties (part 1)



Ealing Mental Health Support Team

Would you like to understand more about **behavioural difficulties**, **emotions** and some strategies on **how to manage some behaviours**? We will share a range of strategies that you can put in place at home including **positive praise**, **special time and rewards**. These strategies can help support your family to communicate in a positive and effective way, improving family relationships and children's behaviour.

Who?

The Ealing MHST is a service designed to **support the wellbeing of children and young people in education settings**, aiming to provide evidence-based support at the earliest signs of difficulties and promote life-long positive mental health.

What?

We are offering a workshop providing information to help you **understand and manage your child's behaviour**. Grab a hot drink and a biscuit - there is an accompanying resource pack so you don't need to take notes!

When?

The workshop will take place on **Tuesday 22nd November at 12pm** via **Microsoft Teams** video conferencing software. The workshop will last one hour with a 60-minute presentation followed by 15 minutes for questions.

How?

Please sign up for the workshop by **clicking on this link**. We will then use your details to email you the resources after the workshop.

The workshop can be **accessed using this link (Click here to join the meeting)**. Microsoft Teams can be downloaded as a free app for phones, iPads/tablets or laptops/desktop computers.

We ask that you kindly mute yourself during the presentation and then we will invite you to unmute in the last 15 minutes. Feel free to add questions in the chat box as we go.



Promoting hope & wellbeing **together**



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