

Tuesday 3rd December 2024

Dear Parents/Carers,

Welcome to our bi-weekly newsletter! We are thrilled to share the wonderful events and activities that have taken place over the past two weeks at Havelock Primary School. Your continued support and involvement are greatly appreciated, and we hope you enjoy reading about the exciting happenings in our school community.

NSPCC Sessions for Years 2, 5, and 6

Recently, our children in Years 2, 5, and 6 participated in informative sessions conducted by the NSPCC. These sessions focused on providing essential information about staying safe and included valuable tips to help our students understand how to protect themselves in various situations. The children found these sessions incredibly beneficial and engaging.

UNICEF World Children's Day

On November 20th, we celebrated UNICEF World Children's Day. This special day is dedicated to promoting and celebrating children's rights. Our students took part in writing heartfelt letters to adults, also known as duty bearers, asking for a better world. It was a meaningful activity that encouraged our children to express their hopes and dreams for the future.



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

Ms. Braid's Coffee Morning

We were delighted to host a coffee morning with Ms. Braid and the Ealing Mental Health Support Team. During this session, Ms. Braid discussed various ways parents and carers can support their children's mental health and well-being, as well as their own. She also provided valuable information on where to find additional support and resources. It was a wonderful opportunity for our community to come together and learn.



Food Donations and Community Support

We are incredibly grateful to the Southall Community Alliance for their generous food donations, which we have distributed to families in need. Their support for our school and families has been unwavering, and we are now in our second year of this wonderful partnership. Thank you, Southall Community Alliance, for your continued generosity and support.

Year 5 Bikeability Lessons

Our Year 5 pupils have been busy taking part in Bikeability lessons. These lessons have been instrumental in teaching our students how to ride their bikes safely and confidently. The children have thoroughly enjoyed the sessions and are now equipped with essential cycling skills that they can use both in and out of school.



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Havelock Primary School, Nursery & ARP Newsletter



We would like to extend our heartfelt thanks to all parents and carers for your ongoing support. Your involvement in our school community is invaluable, and we look forward to sharing more exciting news and updates with you in our next newsletter.

Kind Regards,

Mr Bailey
Co-Headteacher



Some Nursery spaces are still available

Contact our school office to discuss joining!

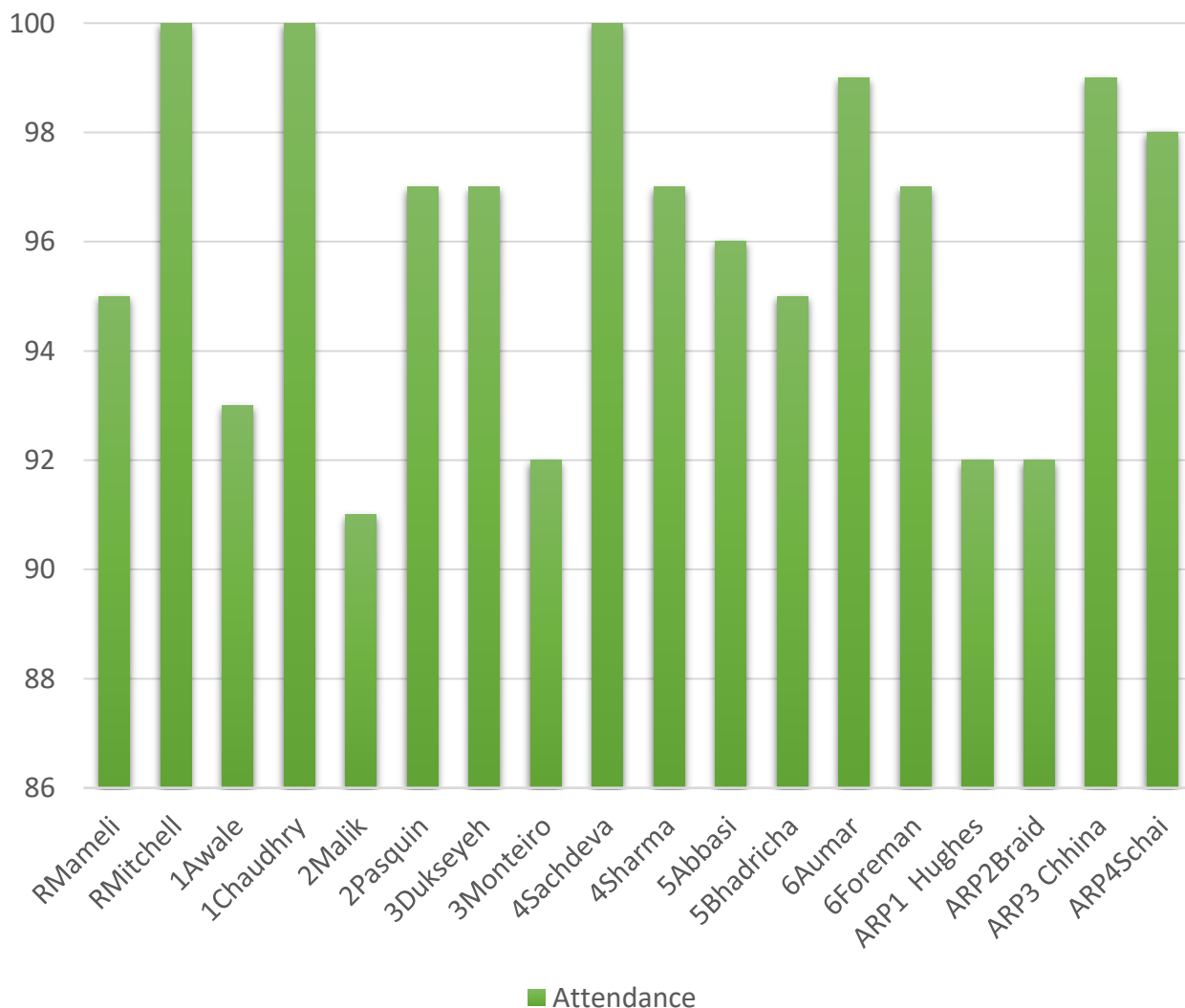
@HavelockPrimary

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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:
Reception Ms Mitchell and 4Sachdeva for their
100% attendance



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Havelock is a Rights Respecting School



Article of the week:

Article 42 - Governments should actively tell children and adults about this Convention so that everyone knows about children's right. With World Children's Day on 20th November, your child will have looked at rights affecting children across the world. Parents should also encourage discussions about children's rights so that our children can talk about what they want for the future and demand action.

Reflection:

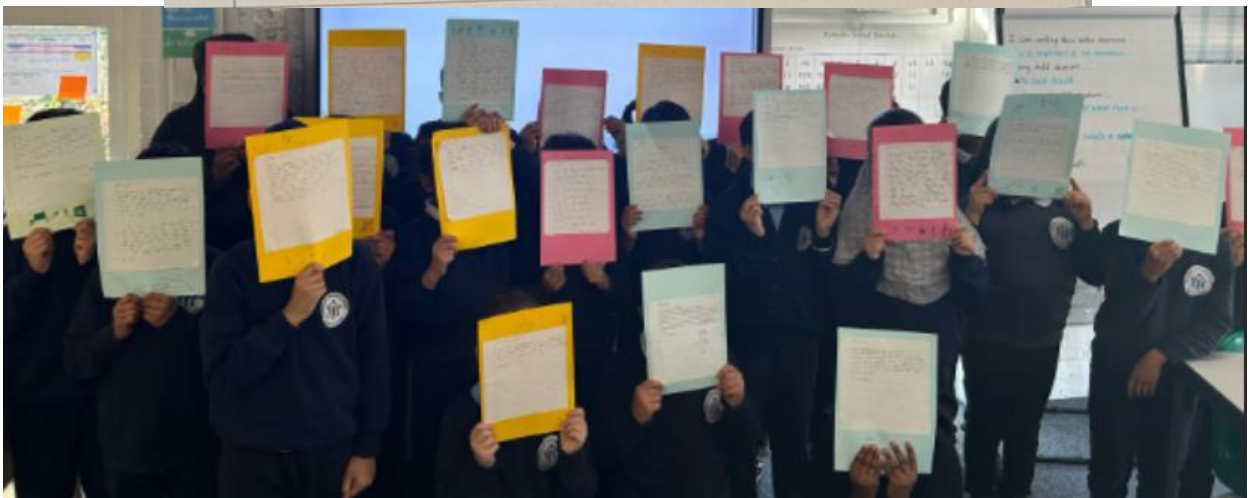
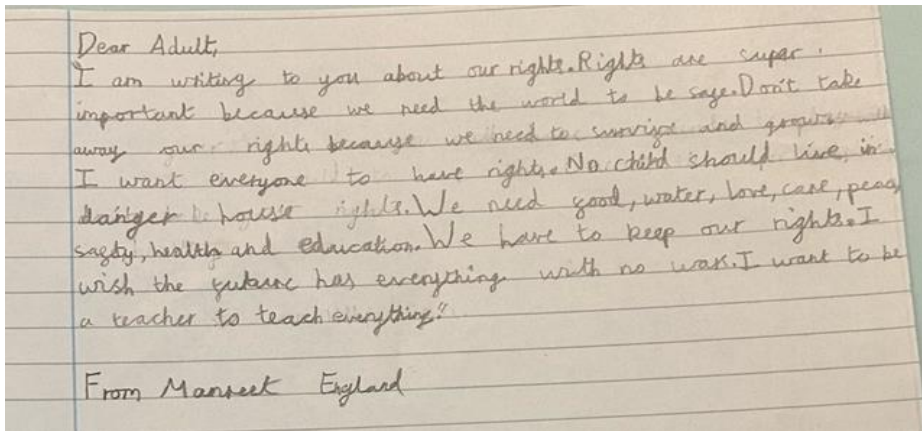
Talk to your child about ...

- What they wrote in their letter to the adults?
- What rights did they focus on and why?
- How can we ensure everyone knows children's rights?

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UNICEF World Children's Day

For World Children's Day on 20th November, our children wrote letters to the adults of the world asking for a better world. One with better rights for children and their safety. Children wrote amazing letters



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Road Safety Week

Last week, children dressed up in their bright clothes for our 'Be Bright, Be Seen' day to raise awareness on roads as we enter the darker winter months. Children also took part in road safety lessons and here are some of the fantastic posters created by children across the school. Prize winners will be announced this week.



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Child Anxiety Coffee Morning



We were thrilled to host a coffee morning featuring Ms. Braid and the Ealing Mental Health Support Team. During this insightful session, Ms. Braid shared various strategies for parents and carers to support both their children's and their own mental health and well-being. She also provided valuable information on where to find additional support and resources. It was a fantastic opportunity for our community to come together, learn, and support one another.

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Food Donations



We are thrilled to share that the Southall Community Alliance has once again shown their incredible generosity by donating food, which we have distributed to families in need. Their unwavering support for our school and community has been a beacon of hope, and we are proud to celebrate the second year of this wonderful partnership. Thank you, Southall Community Alliance, for your continued kindness and support!

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NSPCC Sessions



Recently, our students in Years 2, 5, and 6 took part in informative sessions led by the NSPCC. These sessions provided essential information on staying safe and included valuable tips to help our students understand how to protect themselves in various situations. The children found these sessions both beneficial and engaging, gaining important knowledge in a fun and interactive way.

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Year 5 Bikeability

Over a fortnight in November, Year 5 took part in Bikeability sessions. Some learnt how to ride bikes while others began to ride safely on the roads with instructors. Children across Year 5 thoroughly enjoyed the sessions! Year 6 will be taking part in Bikeability in June 2025!



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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 'nk':

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

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

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

<https://schools.ruthmiskin.com/training/view/YpnASZtL/HrHu9nll> (1.6 8)

Can you hold a sentence and write all the words:

<https://schools.ruthmiskin.com/training/view/RfBoFhXB/st6Nocou> (Purple 1)

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EYFS

In Nursery the children have been learning about health and hygiene. They had a special visit from the NHS dental service and listened carefully to some important facts.



"First put toothpaste on
toothbrush"
Jiaana

"This is the way we brush
our teeth. Inside."
Yash

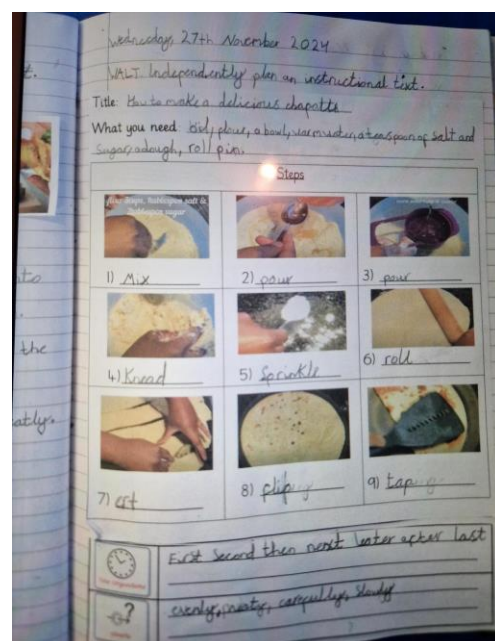
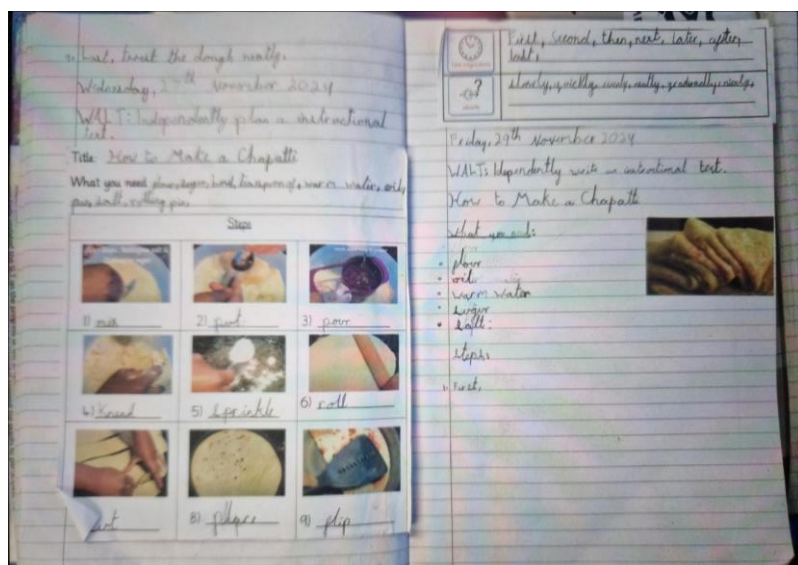
"2 times. Brush
morning. Brush
in bed, night
time. I do 2
times."
Noor



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English at Havelock Year 2

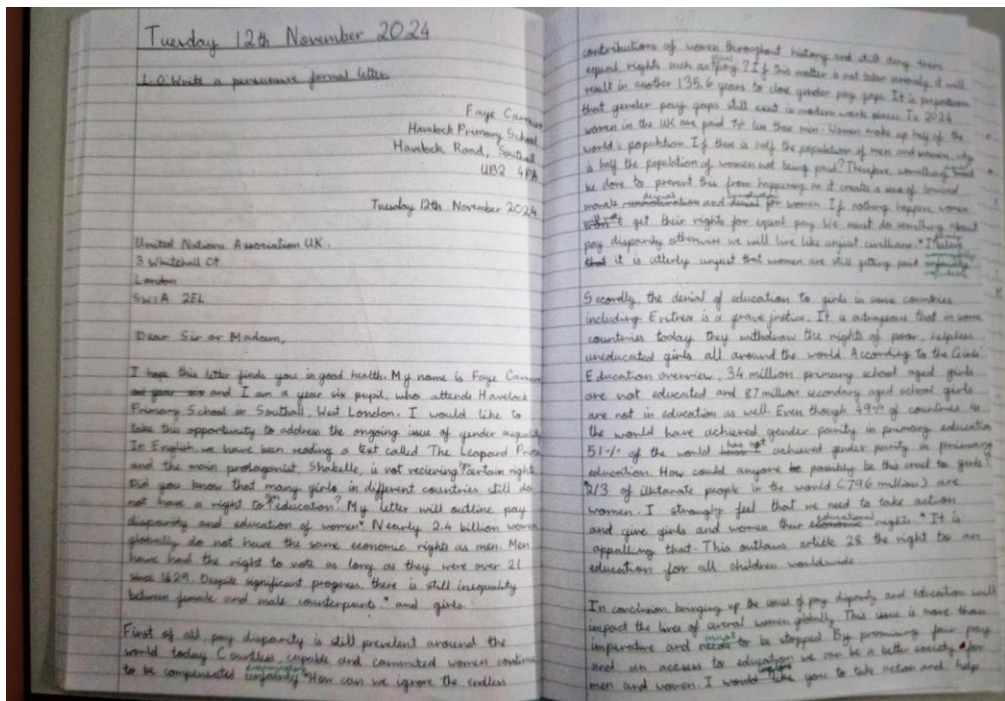
Year 2 pupils have been learning how to write clear and detailed instructions, inspired by the book *Chapatti Moon*. As part of their independent write, they created step-by-step guides on how to make a chapatti, focusing on the importance of sequencing and using time conjunctions



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English at Havelock Year 6

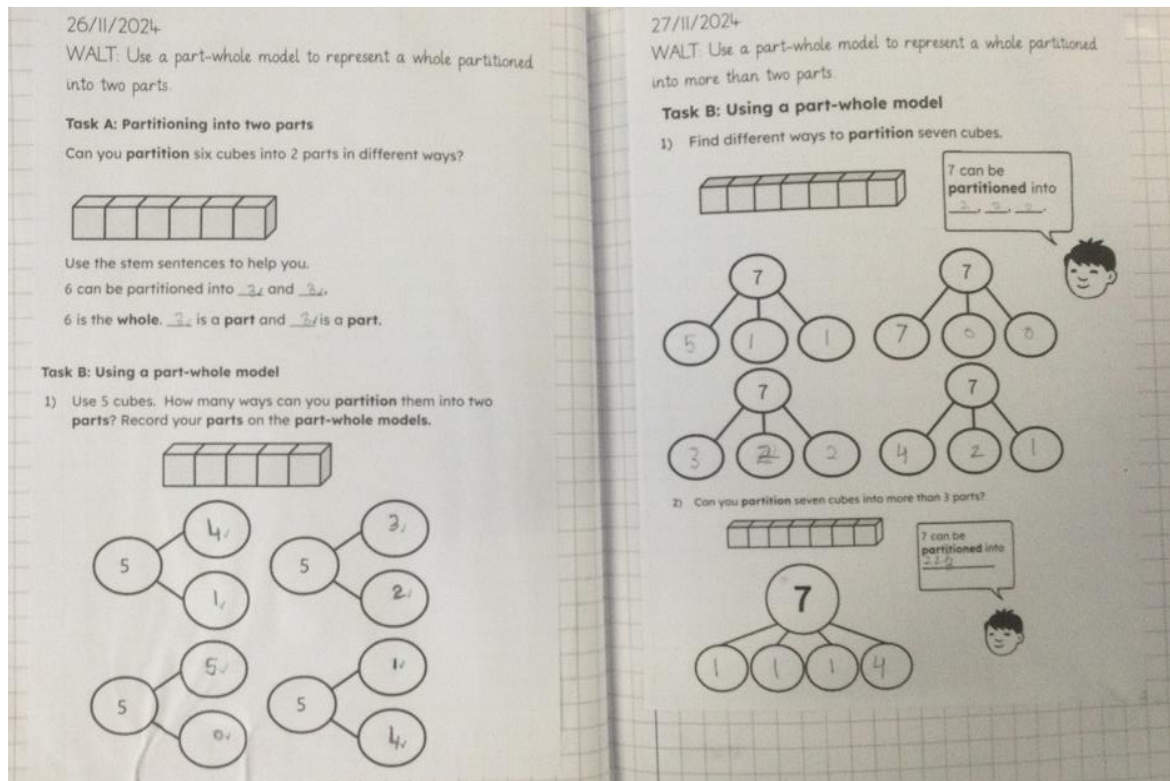
Our Year 6 pupils have been writing persuasive formal letters to the United Nations on the important topic of gender equality. They focused on using formal language and providing well-reasoned justifications to support their ideas, using evidence and examples.



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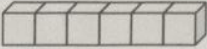
Maths at Havelock Year 1

This week in Maths, the children have been exploring how to partition numbers into two parts and three parts using the part-whole model. They practiced breaking numbers down in different ways and recording their results systematically. Through activities such as finding all possible partitions of numbers like 6 and 7, they are developing a deeper understanding of addition, subtraction, and the relationships between numbers.



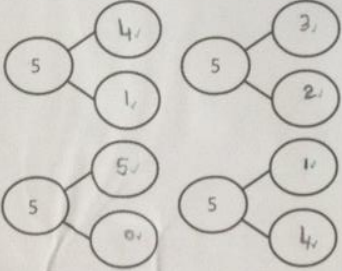
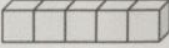
26/11/2024
WALT: Use a part-whole model to represent a whole partitioned into two parts.

Task A: Partitioning into two parts
Can you partition six cubes into 2 parts in different ways?



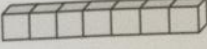
Use the stem sentences to help you.
6 can be partitioned into 3 and 3.
6 is the whole. 3 is a part and 3 is a part.

Task B: Using a part-whole model
1) Use 5 cubes. How many ways can you partition them into two parts? Record your parts on the part-whole models.

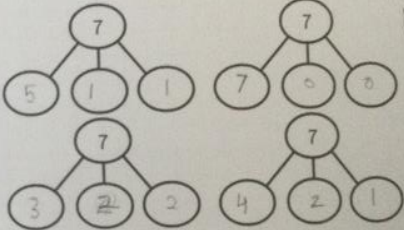


27/11/2024
WALT: Use a part-whole model to represent a whole partitioned into more than two parts.

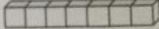
Task B: Using a part-whole model
1) Find different ways to partition seven cubes.



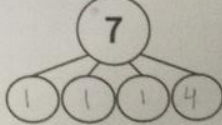
7 can be partitioned into 3 2 2.



2) Can you partition seven cubes into more than 3 parts?



7 can be partitioned into 1 1 1 4.



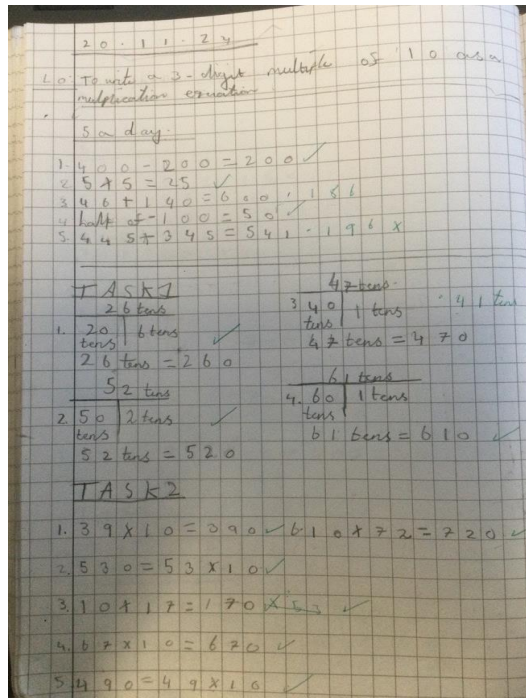
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Maths at Havelock Year 3

In Year 3, children have learnt how to write a 3-digit multiple of 10 as a multiplication equation by recognising the relationship between place value and multiplication. For example:

- The number **240** can be written as **24×10** because it is 24 tens.
 - Similarly, **360** can be written as **36×10** .
 - Another example: **700** can be expressed as **70×10** .

This helps children understand how multiples of 10 relate to multiplication and reinforces their understanding of place value.



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Geography at Havelock Year 2

In Year 2, the pupils have been learning about continents and oceans. They have identified the world's five oceans and seven continents.

They are learning about human and physical features in the continents of Asia and they will also later explore Africa.

Take a look at their work below.



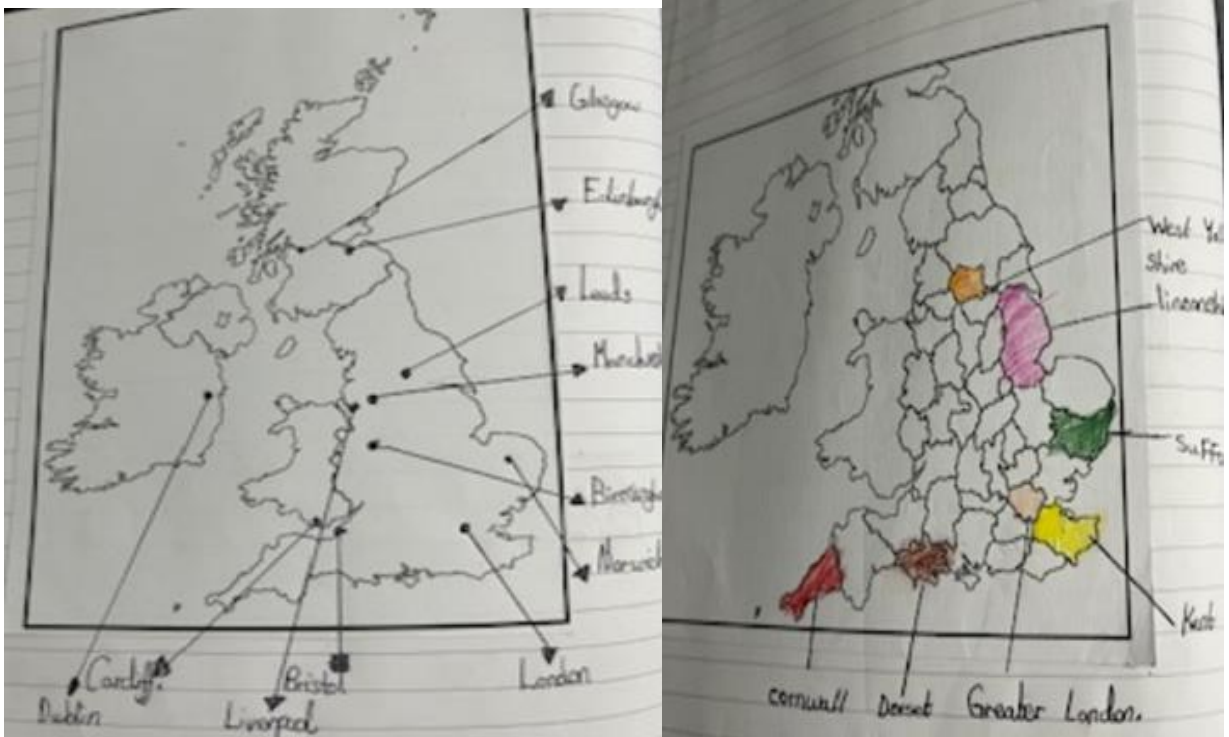
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Geography at Havelock Year 5

In Year 5, pupils have been looking at the difference between counties and cities and examining how cities within the UK are very different to each other.

They have used a range of maps including OS and digital maps.

Have a look at some of their work below.

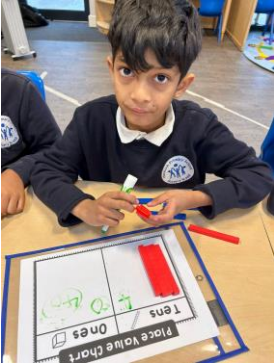


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ARP

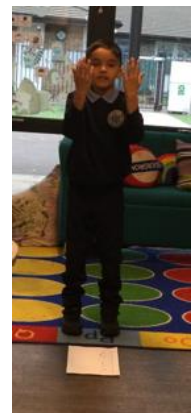
ARP 2:

ARP 2 have been looking at the number of tens in 2-digit numbers and using dienes to show multiples of 10. They have used their knowledge of colourful semantics to unjumble sentences, too!



ARP 3:

In English, ARP 3 have been learning about poetry. They have been looking at rhyming words and alliteration. They have really enjoyed performing to the class too.



Havelock Primary School, Nursery & ARP Newsletter



Information about help with the cost of living
in your language
www.ealing.gov.uk/costofliving



Helping you with the cost of living



Is the rise in the cost of living affecting you?

If you are worried about your finances,
or struggling with bills there are
some simple steps you can take.

EALING COUNCIL



020 8714 1414

معلومات عن المساعدة
الموفرة فيما يتعلق بتكلفة
المعيشة بلسانك

Informations
dans votre langue
concernant les aides
pour pallier à la
hausse du coût
de la vie

जुवननिवाड अर्थ माटे
मदद विशे तमारी भाषामां
माडिती

اطلاعاتی درباره کمک در
تأمین هزینه زندگی به زبان
شما

ਤੁਹਾਡੀ ਭਾਸ਼ਾ ਵਿੱਚ ਰਹਿਣ
ਦੀ ਲਾਗਤ ਦੇ ਸੰਬੰਧ ਵਿੱਚ
ਸਹਾਇਤਾ ਘਾਟੇ ਜਾਣਕਾਰੀ

Informacje
o pomocy związanej
z kosztami
utrzymania
dostępne w Twoim
języku

Macluumaad ku
qoran luqaddaada
ee ku saabsan
kharashka sare ee
noolosha

உங்களுடைய
மொழியில்
வாழ்க்கைக்கான
செலவுகள் பற்றிய
தகவல்கள்

آپ کی زبان میں رہن سہن
کے اخراجات سے متعلق
مدد کے بارے میں معلومات

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Havelock Primary School, Nursery & ARP Newsletter



STEP 1 – Are you claiming everything you are entitled to?

Applying for benefits – Visit Turn2us to access their online calculator, and make sure you are not missing out: www.turn2us.org.uk

You can also apply directly to Ealing Council for:

- **Discretionary housing payments** – help with rent arrears and deposits
- **Council Tax Reduction or Discretionary Council Tax Discount** – help with council tax

STEP 2 – Do you receive automatic payments?

Household Support Fund – provides identified groups and low-income families with help towards food, heating, and bills. Confirmed until March 2025.

Winter Fuel Payment – paid automatically by central government to those eligible, for more information visit www.ealing.gov.uk/costofliving

STEP 3 – Find out about other support available

Local Welfare Assistance – a one-off financial payment to help people in financial crisis towards the cost of food, heating and bills. Apply: www.ealing.gov.uk/localwelfareassistance

Work Ealing and Learn Ealing – for employment and jobs visit www.workealing.com or call 020 8825 8486, and for skills and education visit www.learnealing.org.uk or call 020 8825 5577.

Healthy Homes Ealing – for energy advice, tips on staying warm and how to save money on fuel costs. Visit www.ealing.gov.uk/HealthyHomesEaling or call 0800 083 2265.

Free School Meals – if you receive free school meals make sure you receive other benefits, such as the Household Support Fund and the Holiday Activity and Food Programme. To apply go to www.ealing.gov.uk/freeschoolmeals

Holiday Activity and Food Programme – fun and free activity clubs for eligible children which include a free hot healthy meal. To find out about activity centres in Ealing visit www.ealingfamiliesdirectory.org.uk

Call the Ealing Together helpline on:
020 8825 7170

STEP 4 – Explore support across the borough

Ealing's community and voluntary groups offer a wide range of vital support from cooking classes to debt advice.

Community Support Directory – outlines support available across the borough. Find out more visit www.dosomethinggood.org.uk/directory

Manage your finances – contact Step Change for free and confidential help with debt and money management. Visit www.stepchange.org or call 0800 138 1111.

Healthy Start Scheme – if you are pregnant or have a child under four this scheme can assist with buying healthy food and milk. Visit www.healthystart.nhs.uk

Mental Health – contact West London Mental Health Trust for support, call 0800 328 4444 24/7. Talk to The Samaritans on 116 123, or text SHOUT to 85258.

Foodbanks – contact the council's Local Welfare Assistance Team who can make referrals for you. Find out more about food banks and food initiatives in Ealing www.ealing.gov.uk/foodcost

London Cost of Living Hub – support including debt advice, claiming benefits, and looking after your mental health. Find out more www.ealing.gov.uk/molcol

Money Saving Expert – offers a wealth of advice from helping to save money on everyday items, to reducing household bills www.moneysavingexpert.com

STEP 5 – Talk to us

Most importantly if you are struggling talk to us. If you are falling behind on your payments speak to us and we can work with you to find a solution. Call the number on your bill, or contact us.

Community Hubs – support and advice are also available at Ealing's four Community Hubs, where the internet is available, and you can get free in person advice. For location information and opening times go to www.ealing.gov.uk/contactus

Visit Ealing Council's website:
www.ealing.gov.uk/costofliving

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Online Immigration Status E-Visa Information

What is an e-visa?

Online record of your immigration status and the conditions of your permission to enter or stay in the UK

UK Visas and Immigration (UKVI) are developing a digital immigration system by replacing physical documents with an online record of your immigration status.

Documents being replaced are:

- Biometric Residence Permits (BRP)
- Biometric Residence Cards (BRC)
- Passport endorsements, such as Indefinite Leave to Enter wet ink stamps
- Vignette stickers in passports, such as entry clearance or visa vignettes



Benefits

- **Secure and cannot be lost, stolen or tampered with, unlike a physical document.**
- **No waiting for or collecting a physical document after application is decided.**
- **Quicker and easier to prove your status at the UK border and sharing your status with third parties like employers and landlords.**

Can set up an e-Visa

- Biometric resident card (BRC) under the EU Settlement Scheme (EUSS) or an EUSS decision letter
- Biometric residence permit (BRP)
- Frontier Worker Permit

Cannot set up an e-Visa

- Vignette (a sticker in your non-UK passport)
- A wet ink stamp in your non-UK passport
- Form for affixing a visa (FAV)
- No physical document

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How to create and access your e-Visa

1. Create a UKVI account.
2. Confirm your identity using the 'UK Immigration ID Check' app.
3. This information will be used to link your e-Visa to your UKVI account.
4. You'll get an email when you can access your e-Visa in your account.

Important Links to:

1. Create UK e-Visa: <https://www.gov.uk/get-access-evisa>
2. View UK e-Visa: <https://www.gov.uk/view-prove-immigration-status>

To create a UKVI account this is what you will need

- Access to a smartphone
- Mobile phone number
- Email address
- BRP card or valid passport. BRP number or visa application number

How you can use the UKVI account.

- View details of your e-Visa online eg. Types of permission, when it expires and your conditions of stay in the UK.
- Update your personal information and contact details.
- E-Visa will be linked to your passport. Immigration status will be easily identified at the UK border.

Support Services:

- UKVI Resolution Centre online web contact: [Contact UK Visas and Immigration for help - GOV.UK \(www.gov.uk\)](#)
- 'We Are Group' will assess your eligibility and provide support
- Email visa@we-are-digital.co.uk or call 03333 455 675
- Text 'VISA' and a number to call you on 077537 416 944
- Monday to Friday 9am-6pm

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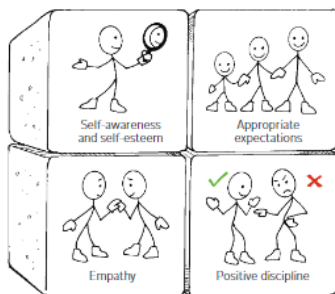
Islamic values and the Parenting Puzzle

Islam lays great importance on family life and values both parents equally. Children are rewarding, stimulating and fun, but looking after them can be stressful and challenging.

The Nurturing Programme helps deal with those challenges so that you can have a calmer, happier life. It looks at the way we raise our children in accordance with Quran and Sunnah.

The programme helps us to reflect on our Islamic beliefs and values.

The Building Blocks of the Nurturing Programme relate to Islam



What does it cover?

Over the 10-week Programme, you will look at lots of different topics and Hadiths which will discuss the parenting role in relation to Islamic values.

Understanding

why children behave as they do

Recognising

the feelings behind behaviour (ours and theirs)

Exploring

different approaches to discipline

Finding

ways to develop co-operation and self-discipline in children

Practical information

The group is for women only and it's fine to come on your own or with a relative or friend

There are ten 2-hour sessions with a tea and coffee break

8-10 parents are invited and there are two Family Links trained group leaders

Some groups provide a creche; check with group leaders beforehand

You need to come to all ten sessions as they fit together like a puzzle



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How the Nurturing Programme has helped Muslim Parents

"I wish this programme was around for my parents, they would have learnt so much and I would have been a different parent."

"The atmosphere is very relaxing, I feel calm and I feel like this is my second home when coming to the sessions."

"This helped me to think about myself and Islam a lot. More parents should know about this programme, it is a must for every Muslim to learn."

"What I say can affect my children's behaviour. Words of parent matter. The Islamic values helped me to reflect on my actions which is an important part of being a Muslim."



Check out familylinks.org.uk for more information on *The Parenting Puzzle* book and the Nurturing Programme

The 10-week Nurturing Programme for parents and carers

Where:
Online via Zoom

When:
TBA

Contact details:
info@parentingu.co.uk



familylinks.org.uk
Registered charity 1062514



The Nurturing Programme

Information for parents and carers

How to get the best out of family life



Havelock Primary School, Nursery & ARP Newsletter



PARENTINGU
STRENGTHENING
RELATIONSHIPS

TALKING TEENS *with* ADDITIONAL NEEDS

Help parents of teenagers with SEN, including ASD and ADHD, improve relationships and understanding through support and guidance.

What You'll Gain:

- Insights into your teenager's unique developmental needs
- Practical tools to reduce conflict and build stronger connections
- Strategies for healthier communication with your teenager
- A deeper understanding of SEN, particularly ASD and ADHD
- A supportive space to share experiences and challenges with other parents

Duration: 7 weeks
Language: English
Schedule: 2 hours
per week (In-person)

REGISTER NOW

For more details, please contact info@parentingu.co.uk

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EASE AND COPLEY CLOSE CHILDREN'S CENTRE

Information & Support Sessions



Do you need help or support with any of the following?
Then get in touch with our Information and Support
Worker.

To book an appointment Call EASE Tel: 0208 575 6139
Email: fsw@empowering-action.org.uk

Monday - Friday 9:30am - 2:30pm
Hanwell Community Centre
W7 1PD

Knowing what
benefits/help
you are
entitled to

Support with
filling forms and
letter writing

Support in
arranging
payment plans
for debts

Issuing
Foodbank
vouchers

Signposting and
Referrals to key
services

Help with
benefit forms



For more information call EASE
Tel: 0208 575 6139 Hanwell
Community Centre Westcott
Crescent W7 1PD Charity
No:1098965 [www.empowering-
action.org.uk](http://www.empowering-action.org.uk)

EASE
www.empoweringaction.org.uk



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FREE
online parenting workshop

MANAGING CONFLICT

Conflicts are regular occurrence in family lives. It's often a normal part of everyday life. However, studies have shown that incidents of conflict that are frequent, intense, and poorly resolved, can have a significant negative impact on mental health.

Tuesday 10th
December 2024
10am-12pm
via MS Teams



This workshop would explore types of conflict, causes of conflicts in families and the impact of parental conflict on children, as well as practical steps that parents/carer can take to reduce conflict

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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WINTER TIMETABLE

Talks are delivered online via zoom 7pm to 9pm £24 each

If you can't make the date ask for the link to the recording, available for 48 hours afterwards

Book online at facefamilyadvice.co.uk

go to the PARENT page

FREE - Decreasing Depression FREE - Anxiety Explained	25 NOV 20 JAN
What is ACT?	26 NOV, 21 JAN
Understanding Addictive Behaviour	28 NOV
Supporting a Child with ADHD	5 DEC, 2 JAN
Understanding Anger	16 DEC, 13 JAN
Facing Defiance	17 DEC, 14 JAN
Supporting Healthy Screen Use	19 DEC, 16 JAN
Anxiety-Based School Avoidance	7 JAN
AUTISM: Improving Communication	9 JAN
Raising Self-Esteem	27 JAN
Supporting Healthy Sleep	28 JAN
Improving Family Communication	4 FEB
Introduction to OCD	18 FEB

facefamilyadvice.co.uk

info@facefamilyadvice.co.uk

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

Havelock Primary School, Nursery & ARP Newsletter



Winter 2024/2025

Newsletter

FREE
until
JAN 25



Understanding the Teenage Brain
Watch this recorded session in your own time, to learn why our teens think, feel and behave very differently from adults and how we can support them.

Thursday
5th Dec
19:00 - 21:00
£24



Supporting a Child with ADHD
Challenging the stereotypes and giving practical interventions. Clear explanation of the condition in all its forms and extremely useful advice.

Tuesday
17th Dec
19:00 - 21:00
£24



Facing Defiance
Effective interventions for handling defiant behaviour. ADHD, ODD and PDA relevant as well as regular challenging behaviour. Introduction to the FACE programme - Facing Defiance - 6 week course

Tuesday
7th Jan
19:00 - 21:00
£24



Anxiety-Based School Avoidance
Understanding and supporting children who are anxious about school. Steps you can take to help them back into the classroom.

Thursday
9 Jan
19:00 - 21:00
£24



AUTISM:
Improving Communication
Looking at how small changes in how we communicate with children on the spectrum can lead to big improvements.

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NORWOOD GREEN RESIDENTS ASSOCIATION

in collaboration with

St Mary's Church, Norwood Green
&
St Leonard's Church, Heston



Nativity on the Green

Thursday 19th December 2024

6PM - 7PM

ON NORWOOD GREEN, UB2 4LA



Join us for some carol singing after
the play and hot chocolate drinks
will be available too.

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