

Havelock Primary School, Nursery & ARP Newsletter



Friday 9th October 2026

Dear Parents and Carers,

It has been another busy and successful few weeks at Havelock, with pupils continuing to demonstrate our school values through their hard work, positive attitudes and enthusiasm for learning. It has been wonderful to see children engaging in their learning and making the most of the opportunities available to them both inside and outside the classroom.

One of the highlights of the term so far has been the launch of our **OPAL (Outdoor Play and Learning)** programme. The children have embraced the new opportunities with excitement and enthusiasm, enjoying a wider range of creative, active and imaginative play experiences during lunchtime. It has been fantastic to see pupils working together, developing friendships, solving problems and using their imaginations in new ways.

We are looking forward to continuing our OPAL journey and expanding the opportunities available to our children. If you are able to support us with donations of suitable resources, please see the information later in this newsletter. Your generosity will help us provide even more engaging play experiences for our pupils.

As always, thank you for your continued support. Working together enables us to provide the very best opportunities for every child at Havelock.

Kind regards,
Ms Chhina



**Some Nursery spaces
are still available**

Contact our school office to discuss joining!

@HavelockPrimary

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

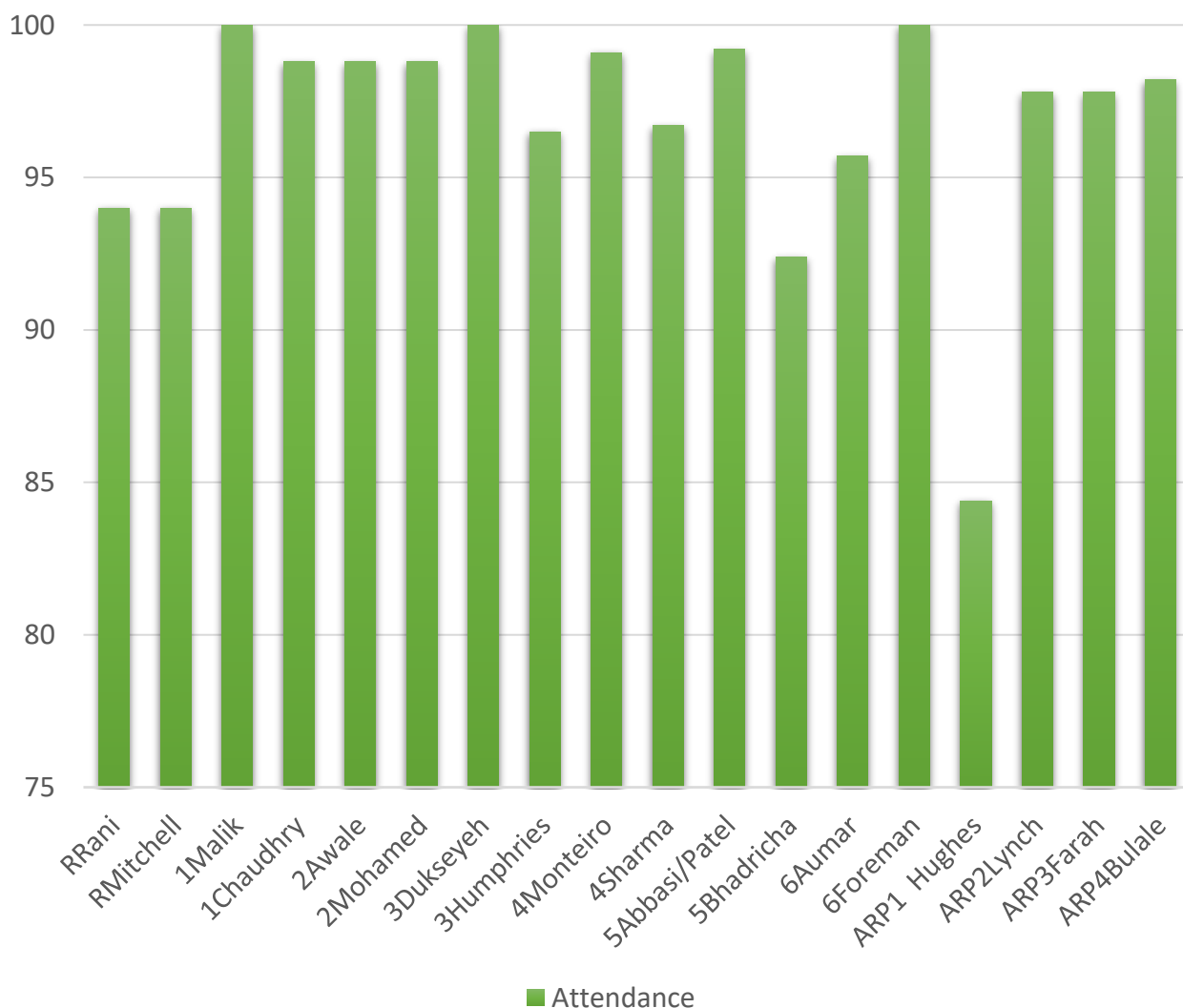
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2026 - 2027 Attendance at Havelock

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

Congratulations to:
1Malik, 3Dukseyeh and 6Foreman for **100% attendance**



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Havelock is a Rights Respecting School

Article of the week:

Article 2 says that every child has the right to be treated fairly and equally, without discrimination. As we celebrate Black History Month, we reflect on the importance of valuing diversity, challenging discrimination and ensuring everyone feels respected, included and heard within our school community.



Reflection:

- How does your child show kindness and respect to people who may be different from them?
- Why is it important to learn about the achievements and experiences of people from different cultures and backgrounds?
- What conversations could you have at home about fairness, inclusion and treating others equally?
- How can we work together to ensure everyone in our school community feels welcomed, valued and respected?

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EYFS - Reception

Reception have been learning about themselves in our unit "All About Me". They have been using our literacy text 'You Choose' to help them talk confidently about their family, home, pets, holidays, interests...

The children have made a great start using their family pictures to create and design a photo frame or their own house.

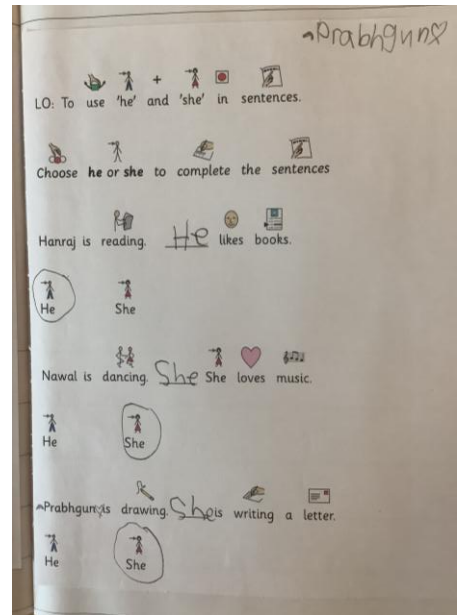
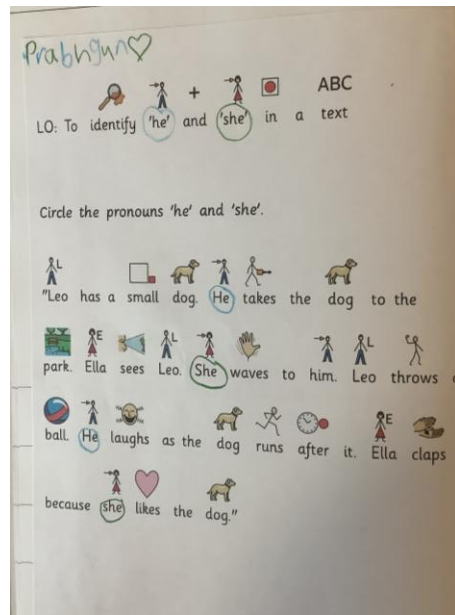


The children have an opportunity to talk about what they created and how to inspire their friends.

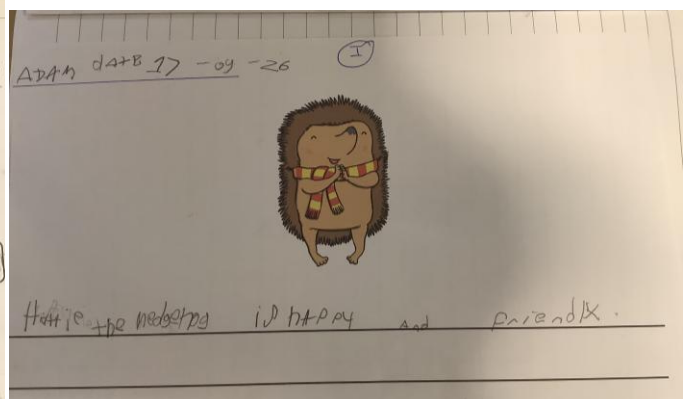
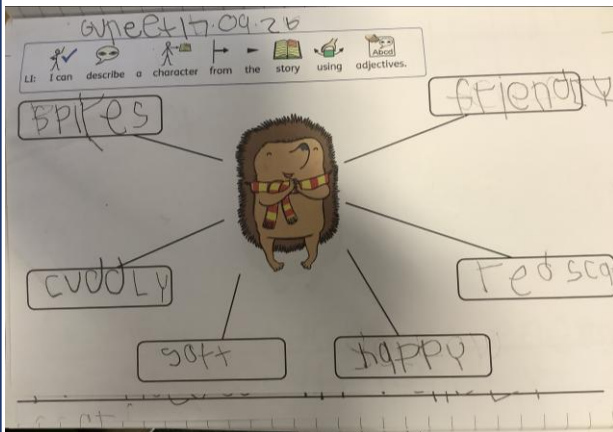
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ARP 1 and 2

ARP 1 have been learning to use the correct pronouns and identify whether he or she should be used in a sentence.



ARP 2 have been learning to use adjectives to describe characters in our topic story. The children have enjoyed exploring different describing words and using them to talk about and describe characters.

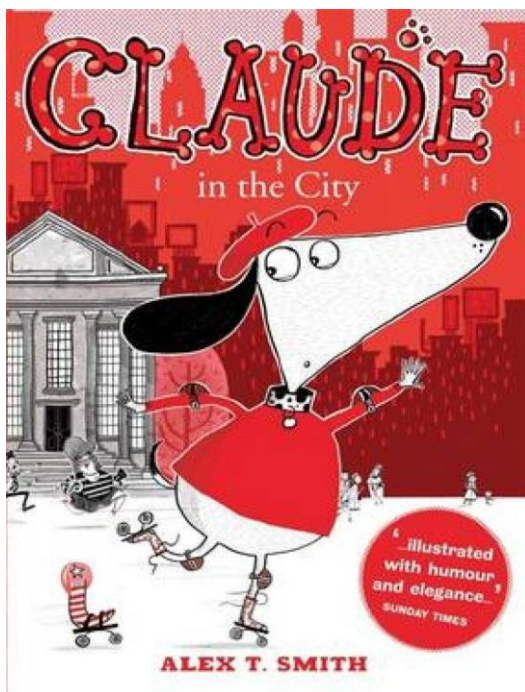


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English - Year 2

In Year 2, the children have been learning how to write a diary entry based on the text *Claude in the City*. They have explored the key features of a diary, including writing in the first person, using the past tense, and incorporating conjunctions such as *because*, *so* and *when* to extend their ideas and add detail.

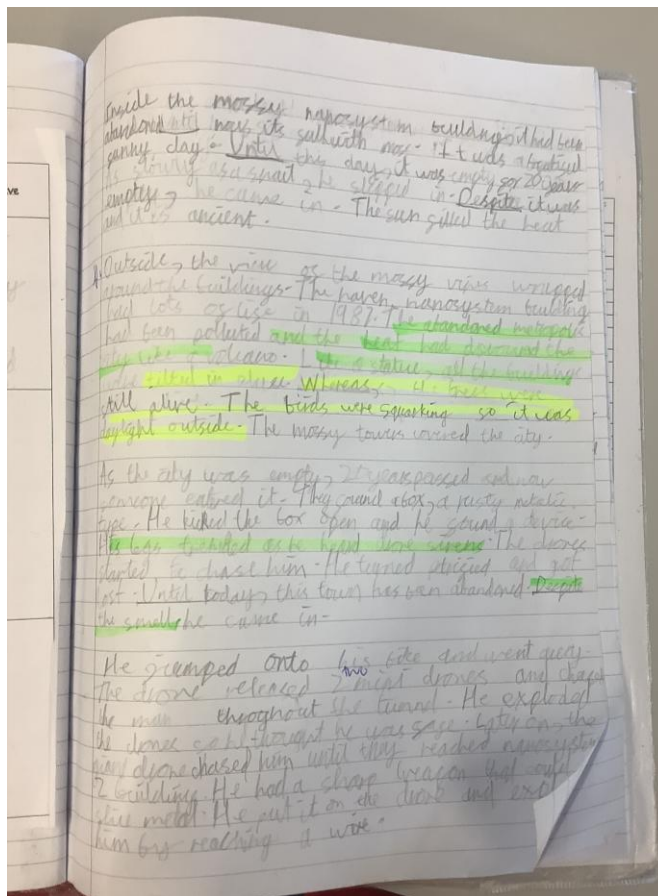
The children have also developed their vocabulary by exploring ambitious and descriptive language linked to the story. Through discussion, role play and drama activities, they have considered the main character's thoughts, feelings and experiences at different points in the text. These activities have helped them to understand the character more deeply and have enabled them to write thoughtful and engaging diary entries with greater detail, confidence and independence. They are now beginning to explain events clearly, justify their ideas and write from a character's perspective using a range of sentence structures.



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English - Year 5

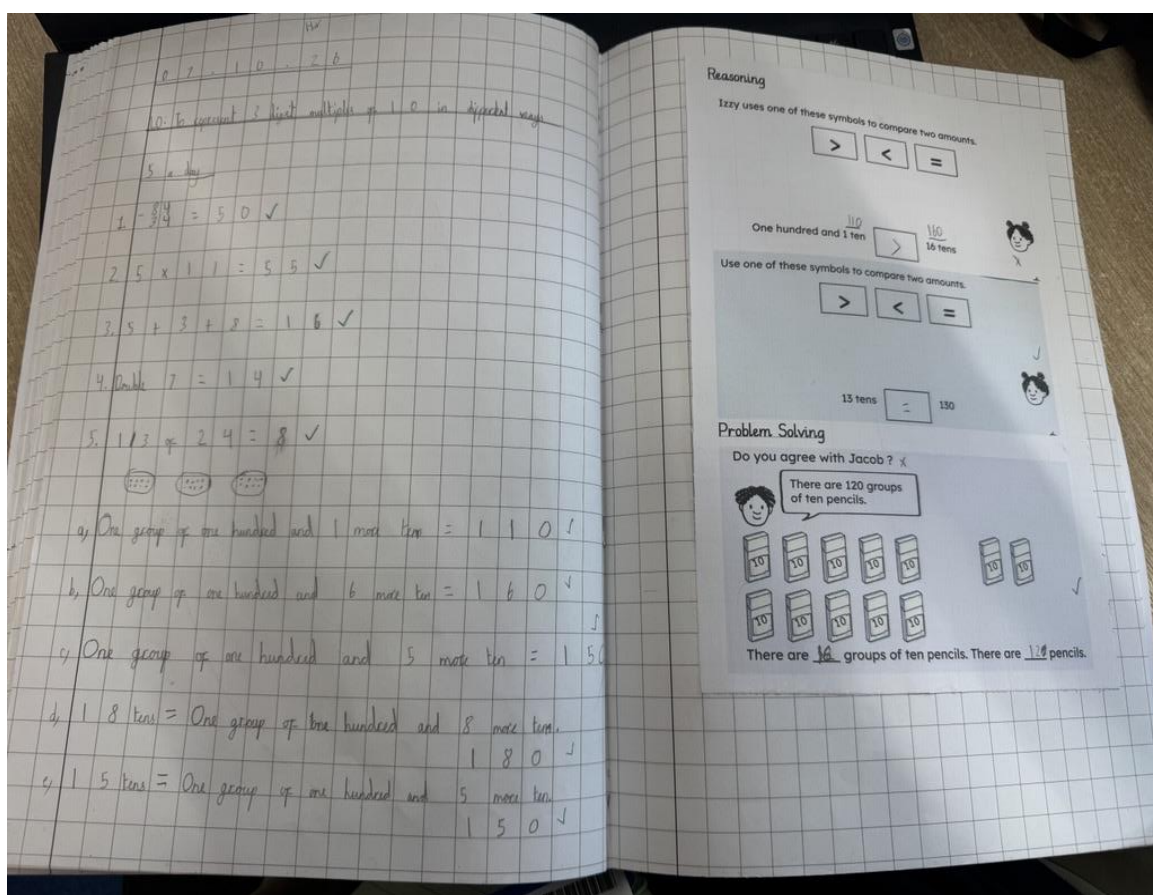
This week, Year 5 have been working hard on their independent writing, creating a descriptive narrative based on the animation *The Ruin*. They have worked to engage the reader by using a range of writing techniques and features, including expanded noun phrases, ambitious vocabulary, figurative language and varied sentence structures. The children have focused on creating atmosphere and suspense through detailed descriptions of settings and characters, while also ensuring their writing is well organised and cohesive. Have a look at some of their work below.



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Maths - Year 3

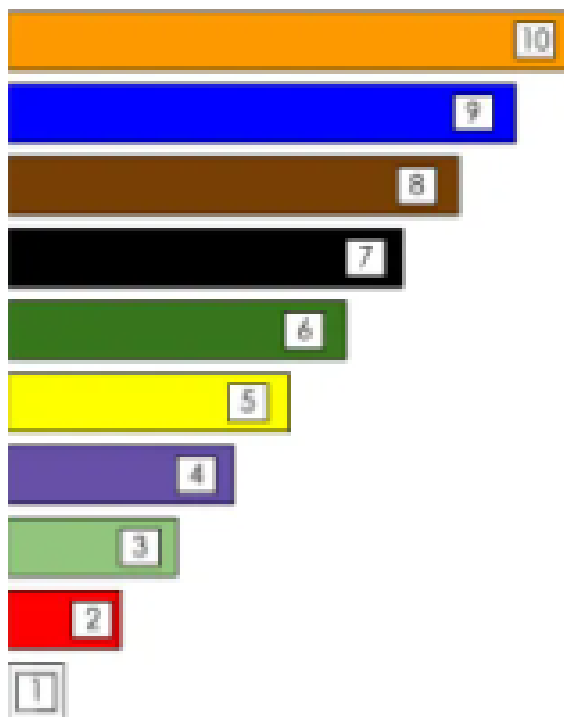
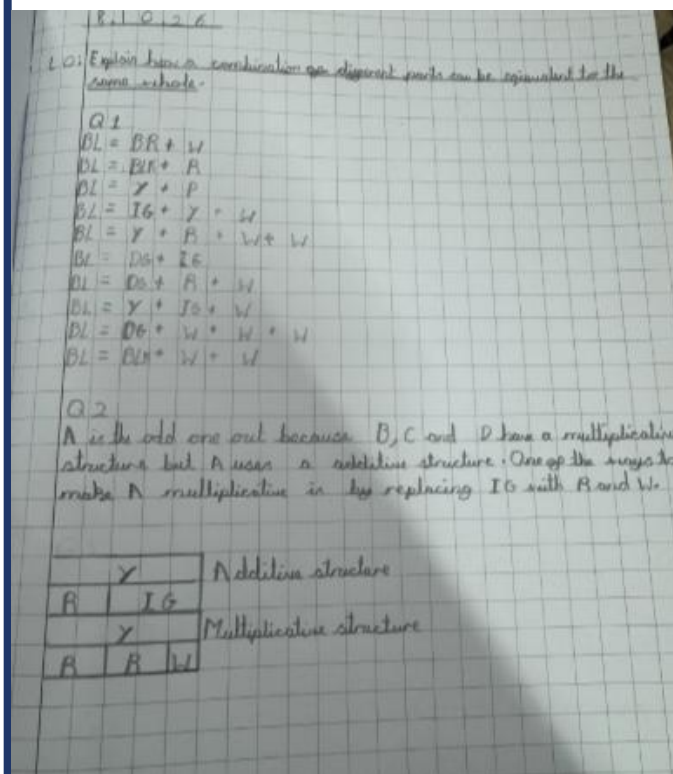
This week, Year 3 pupils have been learning how to represent three-digit multiples of 10 in different ways. Using their knowledge of hundreds, tens and ones, pupils explored how numbers can be composed and partitioned, such as showing 150 as 1 hundred and 5 tens or 15 tens. They also compared numbers using the symbols $<$, $>$ and $=$, explaining their reasoning and identifying equivalent amounts.



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Maths - Year 6

This week, Year 6 pupils have been exploring additive and multiplicative structures using Cuisenaire rods to deepen their mathematical understanding. Through practical activities, pupils investigated the terms composed and equivalent, helping them to recognise relationships between numbers and representations. Over the coming weeks, we will be applying this understanding to a range of word problems, enabling pupils to reason explain their thinking with increasing confidence.



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OPAL has arrived at Havelock!

We are excited to share that we have officially started our **OPAL (Outdoor Play and Learning)** journey this week. OPAL is all about creating exciting, imaginative and engaging play opportunities for children during lunchtimes, helping them develop creativity, resilience, teamwork and problem-solving skills.

To help us build our OPAL resources, we would be very grateful for any donations of:

- Old toys and games (please ensure they are complete and in good working order)
- Clean cardboard boxes with **all personal information removed**
- World Book Day costumes that your child has outgrown
- Cardboard boxes (please make sure no personal information is on there for example,
- Board games
- Pots, pans and utensils
- Fabric suitcases
- Speaker
- Tennis balls
- Old smart phone (please wipe old data)



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OPAL

As OPAL encourages outdoor play in all weathers, please ensure your child has a **waterproof raincoat** and a pair of **wellington boots** in school so they can fully enjoy the activities throughout the year.

Thank you for your support as we transform playtimes at Havelock. We look forward to seeing the children make the most of these exciting new opportunities! ☀️



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Help your child get ready to start school

**For parents and carers of children
aged 3 to 4 years old**



Starting school is a big step for children. But there are some very simple exercises and activities you can do with your child to help them be more prepared. This free workshop split over four sessions teaches everyday activities that will support your child's social skills, their understanding of what is happening and why; as well as helping them to manage emotions and begin learning simple problem-solving.

Session 1 Tuesday 3/11/26 9am to 10.30am	Barriers and Benefits to parent/child play • What are the potential benefits for children playing with another child. • What are the potential benefits of parents or teacher coaching children while they are playing with other children. • Exploring what is Child-Led Playing.
Session 2 Tuesday 10/11/26 9am to 10.30am	Academic and Social Skills Coaching • How you can promote your child's social skills (e.g. Sharing, taking turns, helping, waiting, and listening). • Increasing your child's academic skills. (Vocabulary, communication skills, following directions, pre-reading, and writing skills).
Session 3 Tuesday 17/11/26 9am to 10.30am	Emotion Coaching • How you can identify and support your child's feelings. This will include how you can help your child to learn feelings vocabulary, problem solve and manage and respond to emotional experiences.
Session 4 Tuesday 24/11/26 9am to 10.30am	CARE Reading with Building Blocks • What is interactive, and child directed reading and their benefits? • How to use the reading with CARE building blocks.

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Session 5

Tuesday 01/12/2026
9am to 10.30am

Using Books and stories to Promote Social Skills and Emotional Understanding

- Practicing how to do this with your child and the benefits

Venue for all sessions

Havelock Primary school, Havelock Road, Southall, UB2 4PA

How to book

If you would like to attend, please speak to

Additional information

Deadline for registration

To get the best from the programme it is important to attend all five sessions.

Sessions delivered by:

Mouna Farazi

Ealing Specialist Early Start Worker for Parenting

07581 059736

Denise Ford

Early start Worker

07714597496

If you would like to speak to us before the sessions begin, please contact us on details above.

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October Half Term Crash Courses

Monday 26th to Friday 30th October 2026

Time	Mel	Kelly
09:00	Preschool	Stage 4
09:35	Stage 1	Stage 3
10:10	Stage 2	Preschool
10:45	Stage 3	Stage 2
11:20	Stage 2	Stage 1

Join us this October Half Term for our Intensive 5 day Crash Course

£55.00 for the week.

Book early to avoid disappointment as places are limited.

For booking please visit our website:

<https://seahorseswimschool-bookings.swimphony.io/>



**Seahorse
Swim School**
HORSENDEN

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EALING PARENTING SERVICE

FREE PARENTING WORKSHOPS FATHER'S ONLY SESSIONS 2026

Tues 29th
SEPT

Building Stronger Father-Child Bonds

*Delivered by Derek Willis - Ealing Parenting Service
via MS Teams 10am-12pm*

Tues 20th
OCT

Time That Matters

*Delivered by Derek Willis - Ealing Parenting Service
via MS Teams 10am-12pm*

Tues 24th
NOV

Different Strokes: Fatherhood Across Cultures

*Delivered by Derek Willis - Ealing Parenting Service
via MS Teams 10am-12pm*

Tues 15th
DEC

Fathering Through Complexity

*Delivered by Derek Willis - Ealing Parenting Service
via MS Teams 10am-12pm*

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



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Ealing SEND-Friendly Multi-Sports

Take part in a range of fun sports activities, make new friends and learn new skills at our SEND-friendly multi-sports sessions!

Participants: 8 - 16 Years (Ratio of 1 Staff : 6 Participants)

Parents, carers and siblings welcome to attend

Dates: Wednesdays (Every Wednesday during term time)

Time: 18.00PM - 19:00PM

Location: Greenford Sports Centre, Lady Margaret Rd,
Southall, UB1 2NP

Cost: £8 per session

For more information, and to discuss your child's specific needs,
please contact Chris Tribe:

ctribe@brentfordfcst.com

brentfordfcst.com



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THE EMPOWERHER PROJECTPARENTINGU

Trauma Informed FREEDOM PROGRAMME

A Safe Space to Understand, Heal & Rebuild

"You are not alone. None of this is your fault."

Every Monday

10:00am - 12:30pm

12 Weeks

Greenford, Ealing

What the programme covers

Understand Relationships

Recognise healthy & unhealthy patterns, warning signs, coercive control, and emotional manipulation

Heal from Trauma

Understand emotional responses, childhood experiences, anxiety, fear & shame, and why patterns repeat

Rebuild Confidence

Build self-worth, healthy boundaries, emotional strength, and safer futures for you and your children

What are its aims?

- ✦ Help women understand the beliefs and behaviours of abusive partners
- ✦ Recognise patterns and early warning signs in relationships
- ✦ Show the effects of domestic abuse on children and family life
- ✦ Build self-esteem and confidence to improve quality of life
- ✦ Connect women to agencies and services that offer specialist support
- ✦ Break the cycle of intergenerational trauma and abuse

Guest services each week

Police

Legal & Family Services

Housing & Refuge

Therapeutic Support

Drug & Alcohol Services

Wellbeing & Self-Care

Call us

0208 930 1081
07813 607006

Email us

info@parentingu.co.uk
munaza@parentingu.co.uk
zuhra@parentingu.co.uk

Find us

Greenford, Ealing
www.parentingu.co.uk



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The Dominator & The Friend

Each week we explore one character – looking at the beliefs and behaviours that shaped him, and how a healthy, respectful relationship looks instead.

The Dominator

An abusive person...

- ✗ Shouts, sulks, glares, smashes things
- ✗ Calls you names, makes you feel ugly and
- ✗ useless Cuts you off from friends and family
- ✗ Stops you working or having independence
- ✗ Never admits he is wrong
- ✗ Blames you for his drinking, drugs & stress
- ✗ Uses the children against you
- ✗ Controls the money
- ✗ Threatens to get his own way
- ✗ Expects you to be responsible for everything
- ✗ Expects sex on demand

The Friend

A non-abusive person...

- ✓ Is cheerful, consistent, and supportive
- ✓ Tells you that you look good and are competent
- ✓ Uses your name and trusts your judgement
- ✓ Welcomes your family and friends
- ✓ Encourages your independence and career
- ✓ Admits when he is wrong
- ✓ Is a responsible and equal parent
- ✓ Does his share of housework
- ✓ Shares financial responsibility
- ✓ Accepts your right to say no
- ✓ Takes responsibility for your mutual wellbeing

Why trauma-informed?

Our approach recognises how past experiences – including early life and relationships – can shape our emotional responses and behaviour. The programme supports women to reflect, build awareness, and develop healthier patterns in a safe, supported way.

What happens each session

1

Welcome & Icebreaker

A warm, grounding opening to settle into the space together

2

Character of the Week

We explore that week's Dominator character – his beliefs, behaviours, and the society that shaped him

3

Tactics Quiz

An interactive quiz exploring the tactics used and how they affect women's lives

4

Guest Service

A local specialist service joins to inform, support, and answer questions

5

Group Work

Small groups explore the character's beliefs and present their thoughts back to the room

6

Animation Video

A short film bringing the character to life – helping women recognise patterns they may have experienced

7

Positive Affirmations

Building self-worth and confidence through guided affirmations and reflection

8

Nurturing Reflections

Gentle exercises exploring early childhood experiences and through the eyes of the child

9

Weekly Feedback

Open, self-directed reflection – your journey, your voice, your growth throughout the programme

Every participant receives a Living with a Dominator handbook, weekly handouts, and materials to support reflection between sessions.



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FRUIT AT THE GATE!



**Swap Sweets for Fruit –
Keep Smiles Bright!**



- **Fruit gives children energy after school without harming their teeth.**
- **Join our Fruit at the Gate project – healthy habits start here!**



Supported by your local Oral Health Team.

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ONLINE EVENING WORKSHOP ON PIP (PERSONAL INDEPENDENCE PAYMENT) FOR PARENTS AND CARERS

What is PIP, is my child eligible and how do I apply?



**Tuesday 13th October
2026 at 6:30pm**



Online workshop

Register to receive the zoom link to
attend via QR code here:

<https://forms.cloud.microsoft/e/1LhYmgCDMS>



contact *For families
with disabled children*

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CONTACT EALING WORKSHOP ON SEN SUPPORT IN SCHOOL FOR PARENTS AND CARERS AN OVERVIEW



Friday 16th October
2026 at 10.30am



Online workshop

Register to receive the zoom link to
attend via QR code here:

<https://forms.cloud.microsoft/e/efr8Cuju31>



contact

*For families
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CONTACT EALING WALK & TALK FOR PARENTS AND CARERS

Join us for a Walk & Talk in the beautiful Osterley Park, finishing with a hot or cold drink together.



Thursday 22nd October 2026
at 10.30am



Meeting point next to Jersey Road entrance.



Register via this link or the QR code:
<https://forms.cloud.microsoft/e/4vZAuncNER>



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Contact Ealing Walk & Talk for parents and carers

Join us for our last Walk & Talk this term in Walpole Park,
finishing with a hot drink together.



Wednesday 2nd December 2026
at 10.30am



**Meeting point next to the playground
and Pitshanger Hut**



Register via this link or the QR code:

<https://forms.cloud.microsoft/e/naNVATXWGk>



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Is your child feeling....

Demotivated?
Anxious? Stressed?
Worried? Sad?
Irritable? Low?
Panicked?
Tired or lacking energy?



We can help you and your child

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

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

- Worried and present with behaviours that challenge



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

- Anxious or low in mood



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

You said, we did!

- You asked for longer workshops to allow time for a Q&A at the end
- We have extended our workshops this term to last 1hr 15 or 1hr 30 to ensure we have time for a Q&A
- You made a suggestion for a workshop that focuses on supporting male adolescent mental health
- We are in the process of putting these together and are excited to offer new workshops to you in the Spring Term!

Dates to remember

World Suicide Prevention Day	Thursday 10 th September
World Mental Health Day	Saturday 10 th October
OCD Awareness Week	Monday 12 th -16 th October
Anti-Bullying Week	Friday 13 th -17 th November



Promoting hope & wellbeing together



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Back to School

Returning to school after the summer break can bring a mixture of emotions for children and young people.

As they adapt to new routines, friendships, and expectations, parents and carers may notice changes in mood, confidence, or behaviour.

To help families support this transition, we are pleased to be offering a Back to School Workshop early in the term for primary-aged children, alongside a variety of workshops throughout the year designed to support young people and their families at different stages of development.

Children are more likely to feel ready to learn when they understand routines and expectations, while also feeling safe and connected. Here are some top tips to help lay these foundations for the term ahead:

1. **Continue engaging in meaningful and enjoyable activities** both within and outside of school. These experiences can foster connection, a sense of belonging and mastery.
2. **Establish consistent routines.** Predictable routines can help create clear expectations, reduce feelings of overwhelm and make it easier to adjust to increasing academic demands.
3. **Prioritise a calming evening wind-down and regular sleep routine.** Did you know that adolescents typically need around 8-10 hours of sleep each night to support their rapidly developing brains?
4. **Make time to connect with family, friends and other important people.** Positive relationships provide emotional support and help children and young people feel secure as they navigate the new school year.

Upcoming Online Workshops

Workshop	Date and Time
Back to School for Primary Children	Friday 18th September 12:00 -13:15
Supporting Your Young Person with Emotophobia	Tuesday 6 th October 12:00-13:15
Supporting Anxiety in Adolescents	Friday 16 th October 12:00-13:30
Supporting Positive Behaviour	Tuesday 20 th October 12:00-13:30
Autism and Children	Monday 9 th November 12:00-13:30
Understanding SEND	Wednesday 11 th November 12:00-13:30
Understanding & Supporting Toileting Difficulties in Children	Wednesday 18 th November 10:30-12:00
Social Media and Self-Esteem in Young People	Wednesday 25 th November 12:00-13:30
Autism and Adolescents	Wednesday 16 th December 12:00- 13:30



Scan the QR
Code to sign
up to a
workshop!



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ELP
Scaling Learning Partnership

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FREE Ealing Occupational Therapy Workshops

What to expect:

Come along to FREE workshops run by experienced Occupational Therapists from the Ealing NHS Paediatric Occupational Therapy Service!

- Adult only – no children to attend
- Open to Ealing parents/carers – no referral required
- Held mainly face-to-face with occasional online sessions
- Please let us know if you need an interpreter when booking



Where?

Locations:

- Acton Health Centre, 35-61 Church Road, Acton, W3 8QE
- Mattock Lane Health Centre, 78 Mattock Lane, Ealing, W13 9NZ
- Jubilee Gardens Medical Centre, London, UB1 2TJ



NHS
Ealing Community
Partners



Workshops

- Toileting
- Dressing & Grooming
- Fussy Eating
- Using My Hands (Under 5)
- Handwriting and Keyboarding
- Coordination & Using My Body
- Understanding My Sensory Child



Scan the QR
code to book on
Eventbrite!

Any Questions?

Email: wlt.ealingpaedotuniversal@nhs.net

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Little Noses, Big Protection! **FREE Flu Vaccination at School**

*Vaccinated at school, protected for winter - an easy and convenient way for your child to receive their **free flu vaccine** during the school day.*



This autumn, your child will be offered a **FREE NHS flu vaccination at school**.

The flu vaccine helps protect your child from getting seriously unwell and helps stop flu spreading to family and friends.

- ✓ **FREE at school**
- ✓ **All eligible year groups invited**
- ✓ **Parents/carers will receive an email asking for consent**

Most children receive a **quick nasal spray vaccine**.

A **gelatine-free injectable vaccine** is also available for children who cannot have the nasal spray or where parents choose this option.

Please complete your consent form as soon as you receive it.



For more information about vaccines:
www.schoolvaccination.uk

Part of the NHS School Aged Immunisation Service



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