

School Newsletter

Friday 26th February 2021

Schools Are Re-opening!

Staff, pupils and parents have done fantastically well with remote education over the past few weeks but there's no better place for children to learn than in school. So we are sure that everyone is as delighted as we are that schools will be reopening to all pupils on Monday 8th March. We will write to parents next week with further details about reopening, including the additional safety measures that we are putting in place.

Please note that, in order to prepare for reopening, the Reception, Year 1 and Year 2 critical worker provision will close at 12pm on Friday 5th March and there will be no Teams lessons that afternoon.

Mindful March

Let's take the time to pause, breathe and really take in what's all around us. This month we're encouraging everyone to take some time to look within. Learning to be more mindful and aware can do wonders for our well-being in all areas of life - like the way we eat, the things we notice or our relationships. It helps us get in tune with our feelings and stops us dwelling on the past or worrying about the future - so we get more out of the day-to-day. It can also help us identify what we're grateful for, which has been proven to help boost your happiness levels!



ACTION CALENDAR: MINDFUL MARCH 2021



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Set an intention to live with awareness and kindness

2 Notice five things that are beautiful in the world outside

3 Start today by appreciating your body and that you're alive

4 Notice how you speak to yourself. Try to use kind words

5 Take three calm breaths at regular intervals during your day

6 Bring to mind people you care about and send love to them

7 Have a 'no plans' day and notice how that feels

8 Eat mindfully. Appreciate the taste, texture & smell of your food

9 Take a full breath in and out before you reply to others

10 Get outside and notice how the weather feels on your face

11 Stay fully present while drinking your cup of tea or coffee

12 Listen deeply to someone and really hear what they are saying

13 Pause to just watch the sky or clouds for a few minutes today

14 Find ways to enjoy any chores or tasks that need doing

15 Stop, breathe and just notice. Repeat regularly during the day

16 Get really absorbed with an interesting or creative activity

17 Look around and spot 3 things you find unusual or pleasant

18 If you find yourself rushing, make an effort to slow down

19 Cultivate a feeling of loving-kindness towards others today

20 Celebrate the International Day of Happiness dayofhappiness.net

21 Listen to a piece of music without doing anything else

22 Walk a different route today and see what you notice

23 Tune in to your feelings, without judging or trying to change

24 Appreciate your hands and all the things they enable you to do

25 Focus your attention on the good things you take for granted

26 Notice when you're tired and take a break as soon as possible

27 Have a device-free day and enjoy the space it offers

28 Appreciate nature around you, wherever you are

29 Notice what is working today and be thankful that this is so

30 Mentally scan down your body and notice what it is feeling

31 Notice the joy to be found in the simple things of life

"Mindfulness means that we commit fully in each moment to be present" - Jon Kabat-Zinn



ACTION FOR HAPPINESS

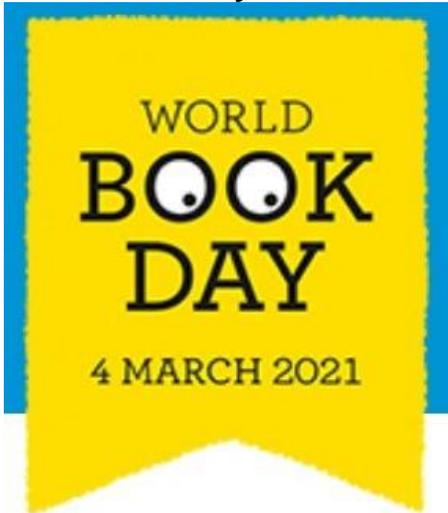


www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/mindful-march

Happier · Kinder · Together

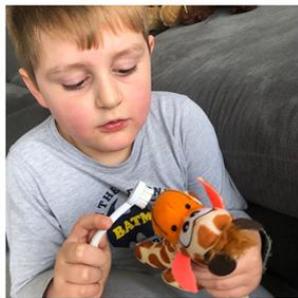
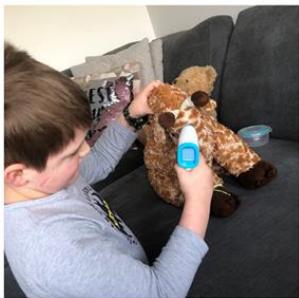
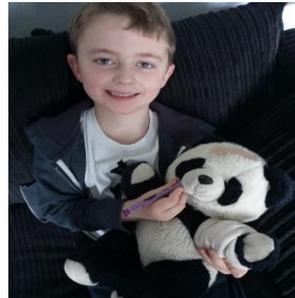
World Book Day



World Book Day is on Thursday 4th March. To celebrate, children can dress up as a book character that day during their Teams lessons or if they are in school as part of the critical worker provision.

Home Learning

Before half term Cedar class were learning about vets as an extension to their science lessons and in particular what a job as a zoo vet involved and what they'd need to do to become one. Here are Archie, Phoenix and Jake looking after their toy animals.



Isabelle from Redwood class produced this fabulous picture of extinct and living animals.

This week Redwood class were set a challenge to find different things around their home that they could count in 2's. Jack found his superhero's to help him count.



Nursery were reading the 'Dear Zoo' story before half term. Raegan drew a story map and then made up her own story. Raegan said that 'sloth was too sleepy, owl was too flappy, hedgehog was too zoomy, lion was too scary, rhino's horn was too spiky, monkey was too cheeky, rabbit was too hoppy and duck was too wet.' She kept puppy.



Key dates for your diary

Thursday 4th March: World Book Day. Non uniform day-dress up as a book character

Monday 8th March: School reopens for all pupils

Sunday 14th March: Mothering Sunday

Friday 19th March: Comic Relief/Red Nose Day. Non uniform day-wear red

Saturday 20th March: International Day of Happiness

Tuesday 30th March: Last day of term for Nursery

Wednesday 31st March: Last day of Spring term-school finishes at 1pm

Thursday 1st to Friday 16th April: Easter holidays

Monday 19th April: Teacher training day. School closed for pupils.

Tuesday 20th April: First day of summer term for pupils.

Sunday 25th April: ANZAC Day



Address: High Street, Harefield, Middlesex, UB9 6BT

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Executive Head Teacher: Mr A.Sunner

Head of School: Mr J.Downs

Community Links

Book or Manage your Covid Vaccines – Hillingdon Parent Carers Forum

The NHS link below specifically mentions that those who are eligible for the Carer's Allowance, can book and manage their coronavirus vaccination online. There are 4 other eligible groups mentioned too, please click the link to find out more about the service offered.

PLEASE NOTE: If you are not eligible yet, you must wait to be contacted.

<https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/?fbclid=IwAR1KjJ1bJwsSqBGvuGOurlQYQKNI2IWKazi96o5Xvl29nhKezeytgL4rKoc>

MyHealth are offering free workshops to empower Hillingdon people that have Paediatric Asthma, Diabetes Type 2 or are at risk of Diabetes Type 2, presented by trained NHS professionals. Due to COVID-19, these workshops are offered virtually.

Please book your place by contacting the team here:

[Workshop enquiries](#)

Additional Support for 2021 Census

As you may already know the 2021 Census will take place from March. The census occurs every 10 years, and is run by the Office for National Statistics (ONS). The data collected enables the government to understand and plan for future funding and services within our communities (e.g. places required in education settings, public transport, blue badge spaces in car parks etc). As it is so important that everybody is counted and represented, the census is compulsory for everyone in England and Wales.

How it will work initially

Between 3rd - 13th March, every household will receive a pack explaining how to participate. For the first time ever, the census will be accessed mainly online. There will be local centres set up with online access and trained staff to help you, and a contact centre to give support over the phone, in a webchat, webform, email and SMS. There will also be an option to request a paper questionnaire instead. In case of scams, please note that no-one from the ONS or Census 2021 will ever ask for payment to help people fill in their questionnaires.

Additional support

- Hillingdon's Census Engagement Manager has resources for community groups and users in different languages. If you or anyone you know, will need census resources in any other language, or a questionnaire in large print, please let us know.
- [Register for ONS email updates](#) about Census 2021 and/or other areas of ONS
- Follow @Census2021 on Twitter and Facebook



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Online Physical Activity Sessions Survey

Hillingdon borough is assessing the demand for online physical activity sessions for 6-12 year olds with SEND. To assist them with this, please complete their short 11-question survey using the link below. The survey closes on Wednesday 3rd March:

[Inclusive physical activity sessions \(office.com\)](https://forms.office.com/Pages/ResponsePage.aspx?id=ebasqoHD-0izIPnVqe6Uj3pTsRU_aLpKlqvmOIkAk0RUQzFVU1pIR1ZCMEFRN0VXV0QySDFDUVBSNi4u)



Below is a link to a survey where valued past and current users of SENDIASS (SEND Information, Advice and Support Service) are invited to give opinions on the service and suggest how SENDIASS can change to continue to meet the needs of Hillingdon families. The survey closes on 8th March 2021.

https://forms.office.com/Pages/ResponsePage.aspx?id=ebasqoHD-0izIPnVqe6Uj3pTsRU_aLpKlqvmOIkAk0RUQzFVU1pIR1ZCMEFRN0VXV0QySDFDUVBSNi4u

MyHealth
My self, My life

A ONE HOUR FREE ONLINE ASTHMA WORKSHOP

THESE MONTHLY SESSIONS WILL COVER

- What to do if your child is having an Asthma attack
- Inhaler techniques
- Asthma plans
- Myth Busting
- Common triggers

ALL WORKSHOPS ARE PRESENTED BY A FULLY TRAINED ASTHMA NURSE

CONTACT THE TEAM TO BOOK YOUR PLACE

www.myhealthhillington.nhs.uk | Hillcgg.Myhealth@nhs.net

MyHealth
My self, My life

A TWO HOUR FREE ONLINE DIABETES TYPE 2 WORKSHOP

THESE SESSIONS WILL COVER

- Medication information and advice on the checks you should be having
- Diet and nutrition advice
- Steps to help you manage Diabetes
- Advice on avoiding Diabetes complications
- Question and Answer session

ALL OUR WORKSHOPS ARE RUN BY A FULLY TRAINED HEALTH PROFESSIONAL

CONTACT THE TEAM TO BOOK YOUR PLACE

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