

## School Newsletter

Friday 25<sup>th</sup> June 2021

### Jump Back Up July

This month's theme is all about resilience and understanding how we can build skills that will help us to bounce back. We can't always predict or control what life throws at us, but we can build a range of skills and nurture our resources to help us respond flexibly, effectively deal with challenges, recover more quickly and even learn and grow as a result. The calendar below with has suggestions for how to build resilience this month.

Jump Back Up July 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						
5 Get the basics right: eat well, exercise and go to bed on time	6 Pause, breathe and feel your feet firmly on the ground	7 Shift your mood by doing something you really enjoy	8 Avoid saying "must" or "should" to yourself today	9 Put a problem in perspective by seeing the bigger picture	10 Reach out to someone you trust and share your feelings with them	11 Look for something positive in a difficult situation
12 Write your worries down and save them for a specific 'worry time'	13 Challenge negative thoughts. Find an alternative interpretation	14 Get outside and move to help clear your head	15 Set yourself an achievable goal and take the first step	16 Find fun ways to distract yourself from unhelpful thoughts	17 Use one of your strengths to overcome a challenge today	18 Let go of the small stuff and focus on the things that matter
19 If you can't change it, change the way you think about it	20 When things go wrong, pause and be kind to yourself	21 Identify what helped you get through a tough time in your life	22 Find 3 things you feel hopeful about and write them down	23 Remember that all feelings and situations pass in time	24 Choose to see something good about what has gone wrong	25 Notice when you are feeling judgmental and be kind instead
26 Catch yourself over-reacting and take a deep breath	27 Write down 3 things you're grateful for (even if today was hard)	28 Think about what you can learn from a recent problem	29 Be a realistic optimist. Focus on what could go right	30 Reach out to a friend, family member or colleague for support	31 Remember we all struggle at times - it's part of being human	

ACTION FOR HAPPINESS

Happier · Kinder · Together



### Celebration assembly

In Monday's assembly, Miss Churchill told the children about World Refugee Day and how it links to our school value of 'compassion'. Well done to the pupils below for being chosen by their teachers to receive special certificates in today's Celebration assembly for caring and being kind to all.

Nursery Acorn Class	Millie M and Lilly-Belle
Reception Chestnut Class	Nazairah
Reception Maple Class	George
Year 1 Ash Class	Aoife and Ellie
Year 1 Cedar Class	Jacob

Year 1 Redwood Class	Caitlin
Year 2 Birch Class	Finley
Year 2 Elder Class	Hasan
Year 2 Pine Class	Sam

### House points

Congratulations to the following pupils for earning the most house points in their class this week.

Reception Chestnut Class	Charlie
Reception Maple Class	Ralph
Year 1 Ash Class	Leon
Year 1 Cedar Class	Jake
Year 1 Redwood Class	Tyler
Year 2 Birch Class	Dolly
Year 2 Elder Class	Carter
Year 2 Pine Class	Freddie

Well done to all of the pupils in **Green** house for earning more house points than the other houses this week.

### Attendance

We aim to achieve above the national average attendance which is 96%. Well done to Ash class for having the best attendance in school this week.

Year 1 Ash Class	96.9%
Year 1 Redwood Class	96.2%
Year 2 Birch Class	93.7%
Reception Maple Class	91.7%
Year 1 Cedar Class	91.4%
Year 2 Pine Class	89.8%
Reception Chestnut Class	89.6%
Year 2 Elder Class	86.4%

### Sports Day

As mentioned in last week's newsletter, Sports Day is on Tuesday 13th July on the school field and parents are able to attend. Pupils will take part in their year groups, rather than the whole school together. The timings are as follows:

9.15am Reception

10.45am Year 1

1.30pm Year 2

Pupils will need to come in to school wearing their PE kit and a t shirt matching the colour of the house that they are in (Blue, Green, Red or Yellow).

## Rights Respecting Schools Articles of the week



World Refugee Day was on 20th June 2021 and helps to raise awareness of the lives and experiences of refugees. A refugee is someone who has had to flee their home because their lives were in danger in their home country.

### Article 22 (refugee children)

If a child is seeking refugee or has refugee status, governments must provide them with appropriate protection and assistance to help them enjoy all the rights in the Convention. Governments must help refugee children who are separated from their parents to be reunited with them.

### Article 10 (family reunification)

Governments must respond quickly and sympathetically if a child or their parents apply to live together in the same country. If a child's parents live apart in different countries, the child has a right to visit and keep in contact with both of them.

### In class this week

Year 1 Cedar class began their new Design and Technology topic this week making their own puppets. The children have designed their puppets and are beginning to cut out the templates.



"It is tricky to cut the felt,"  
Scarlett.

"My design is a monster-it  
has seven eyes and sharp  
teeth," Luke.





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

**Tel:** 01895 462399

**Email:** [office@harefieldinfant.com](mailto:office@harefieldinfant.com)

**Web:** [www.harefieldinfant.com](http://www.harefieldinfant.com)

**Executive Head Teacher:** Mr A.Sunner

**Head of School:** Mr J.Downs

### **Key dates for your diary**

Monday 12<sup>th</sup> July: Nursery Sports Day.

Tuesday 13<sup>th</sup> July: Sports day. 9.15am Reception; 10.45am Year 1; 1.30pm Year 2.

Monday 19<sup>th</sup> July: End of year reports will be sent out to parents

Monday 19<sup>th</sup> July: Transition morning. Pupils will spend the morning with their new teachers in their new classes. A letter will be sent out soon with further details.

Wednesday 21<sup>st</sup> July: Year 2 assembly. 9.15am or 1.30pm. Ticket only (maximum 2 per family).

Thursday 22<sup>nd</sup> July: Year 2 picnic. Non uniform day for Year 2 pupils only.

Thursday 22<sup>nd</sup> July: Last day of summer term for nursery pupils.

Friday 23<sup>rd</sup> July: Year 2 leavers' ceremony. 9.00am Birch class; 9.30am Elder class; 10.00am Pine class.

Friday 23<sup>rd</sup> July: Last day of summer term for Reception, Year 1 and Year 2 pupils. Non uniform day for Reception and Year 1 pupils. School finishes at 1.00pm.

## Community News

**Get a first view of the plans for your new hospital**



You can now get a first view of the plans for the new Hillingdon Hospital.

With artists' impressions and plans of the proposed new building as well as information on how it will improve services, the exhibition sets out the vision for a new, modern, 21st-century hospital.

Under the proposals, the current hospital will remain open during the building works.

The new hospital will provide the same range of healthcare services but with significant improvements that should mean a better patient experience.

Visit [the public exhibition website](#) to find out more and give feedback. There's also [a public webinar on Thursday 1 July](#) when you can hear about the plans and ask any questions.

### Update for NW London on the vaccine programme and new variants

#### Rise in new variants and the vaccine

Across all NW London boroughs (Brent, Harrow, Hillingdon, Hounslow, Ealing, Hammersmith and Fulham, Kensington and Chelsea and Westminster) we are seeing a rise in the rates of new Covid-19 variants.

There is no evidence to suggest the Covid-19 vaccine is not working in terms of providing protection against variants, but it has never been more important to come forward for your first vaccine and ensure you have your second for maximum protection.

All our large vaccination centres listed below are all providing Pfizer vaccines.

Anyone over the age of 36 can now book at [www.nhs.uk](http://www.nhs.uk) or walk-in to one of our vaccination centres for a first dose of the vaccine. GPs are also sending invites so you can book in.

Walk-in availability varies, booking guarantees you a slot, services are open 9am-7pm.

#### Walk-in vaccination services



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The vaccination centres providing a walk-in service for first doses are open from 9am to 7pm daily.(Except Bryon Hall and Brentford leisure centre - see below.)

Full details [are here](#)

- Brentford leisure centre 658 Chiswick High Rd, Brentford TW8 0HJ (Monday to Thursday)
- Bryon Hall Christchurch Avenue, Harrow HA3 5BD (Monday to Wednesday only)
- Ealing - CP House, 97-107 Uxbridge Road, Ealing W5 5TL
- Heathrow Vaccination Centre, Compass Centre, Bath Road, Heathrow, TW6 2GW
- Marble Arch Vaccination Centre: 86 Edgware Rd, London W2 2EA
- Novotel London West, 1 Shortlands Hammersmith International Ctre, Hammersmith, London W6 8DR
- The Record Store, The Old Vinyl Factory, 15 Pressing Lane, Hayes, UB3 1HA
- Science Museum, Exhibition Road, South Kensington, London SW7 2DD
- Wembley Vaccination Centre: Olympic Office Centre, 8 Fulton Rd, Wembley, London, HA9 0NU

You are asked to bring ID, your name and address and your NHS number if you have it (if you don't have your NHS number you can still walk-in).

Following your walk-in you will then be able to book your second vaccine at 8 weeks 48 hours later using [www.nhs.uk](http://www.nhs.uk)

### **Second doses**

To help ensure residents get the maximum protection possible, we are bringing forward the date of second vaccines from 12 weeks to 8 weeks.

If you had a vaccine at a GP service, you will be texted inviting you to attend a new date. If you attended a pharmacy or large vaccination centre and booked your second dose through the national booking system [www.nhs.uk](http://www.nhs.uk) – you will be texted to invite you to change your second appointment. You will need to cancel the appointment you have and rebook – there are plenty of appointments available to do this.