

Message from the Headteacher

We are all looking forward to welcoming our parents to school next week, for the consultations on your child's progress and well-being. These meetings are a perfect opportunity to get a good understanding of how your child is performing at school and what you can do as their parent to support them at home. You will be provided with the contact details sheet, please may I request you to go over these and make any changes so our information on the system is up-to-date. If you already haven't reserved a slot through Parentmail for these meeting, please do so as soon as possible as only a few appointments left.

Tuesday 10th October was 'World Mental Health Day' and we used this opportunity to raise awareness of mental health amongst the children and to understand how different aspects of our life contributes to our mental well-being.

Pupils were given the outline of a human brain, and they had to reflect on daily routine activities that keep our minds healthy and in an optimum place.

Each year group has been studying the contributions of a black personality to society as October is Black History Month. I look forward to sharing with you their work sometime in the near future.

Warm Regards

Iman Basu Roy

Announcements

Uniform Policy

According to school uniform policy the school does not permit children to have 'extreme' haircuts which are classed as fashionable that could serve as a distraction to other children, for example, shaven styles, logos or other shaven pattern designs.



Nut Free School

We are a nut free school so please make sure you do not provide your child with any kinds of nuts, nutella or peanut butter.



Awards for this Week

Class	Star	Citizen
Butterflies	Zahra	Pratiksha
Dragonflies	Zeinab	Joel
Barnowl	Nivvah	Iyed
Bluebird	Deveshi	Amilah
Kingfisher	Santiago	Judy
Kestrel	Vedant	Zhi Xuan
Nightingale	Bayram	Yahia
Nuthatch	Hussein	Aliza
Raven	Viyaan	Ikhlas
Robin	Robin	Elitheia
Sparrow	Maya	Rishi
Swift	Rayaan	Ali
Woodpecker	Whole Class	Mirella
Wren	Miiya	Yassin

Mental Health Awareness

At school and at home we can sometimes feel upset for lots of different reasons. Here are some ideas to help us feel better during these times.

Feeling Upset?

Here's 5 Ideas to Help with Anxiety

1 Calm Breathing



Relax & do the
4-7-8 Breathing

2 Lifestyle



Get Enough Sleep

Eat Healthy Foods

Exercise Every Day

3 Connection



Connect with Others



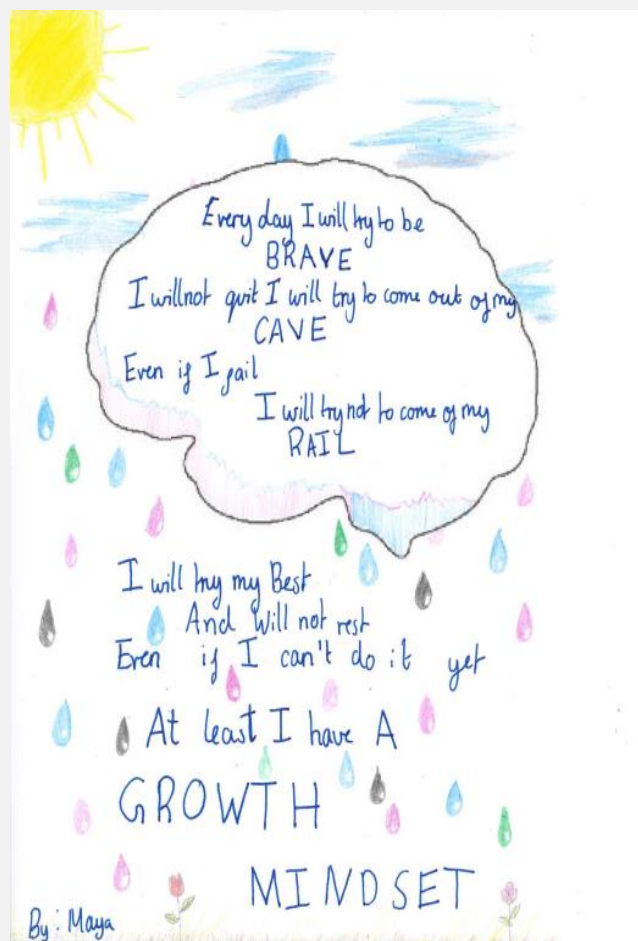
Connect with Nature

5 Positivity



Think positive thoughts

Dream & use your imagination to think of good things



Value of the Month – Equality

EQUALITY IS THE
SOUL OF LIBERTY;
THERE IS, IN FACT,
NO LIBERTY
WITHOUT IT.

QUOTEHD.COM

Frances Wright
Scottish Writer

Maths Workshops

There will be maths workshops coming up on **2nd, 6th, 9th & 13th November**. These will be focussed on fluency in number, everyday maths building and pupil's mental agility.



Attendance this week

Whole school – 98.3%

Every half
day counts!



Classes above target (97%)

Dragonflies, Kestrel, Kingfisher,
Nuthatch, Robin, Raven Sparrow, Swift,
Wren & Woodpecker

Diary Dates

Date	Event	Year Groups
Tuesday 17 th October	Parents Evening	All Classes (Parents invited) 3:40 -7:00pm
Wednesday 18 th October	Parents Evening	All Classes (Parents invited) 3:40 -5:30pm
Thursday 19 th October	Black History Assembly	Year 6 Wren (Parents invited) 2:45 - 3:20pm
Friday 20 th October	Bee Netball Competition at Ealing Trail finders Rugby Club	Year 5 & 6 (Selected Children)
Monday 23 rd - Friday 27 th October	Half-Term	Whole School
Monday 30 th October	School Closed (Staff Training Day)	Whole School
Tuesday 31 st October	School re-opens (All children back)	Whole School
Wednesday 1 st November	Trip to St Paul's Cathedral	Year 2 Classes
Wednesday 1 st November	Oral Health Visitor will be doing assemblies & workshops	EYFS & KS1 Classes
Thursday 2 nd November	Maths Workshop for Parents	EYFS Parents (9-10am)
Friday 3 rd November	Diwali Assembly	Year 3 Nightingale (Parents invited) 2:50-3:20pm
Monday 6 th November	Maths Workshop for Parents	KS1 Parents (9:30-10am)
Thursday 9 th November	Maths Workshop for Parents	Lower KS2 Classes (Parents invited) 9am-10am
Thursday 9 th November	Nasal Flu Vaccinations	Reception -Year 6 classes
Friday 10 th November	Remembrance Assembly	Year 6 Woodpecker (Parents invited) 2:50-3:20pm
Monday 13 th November	Maths Workshop for Parents	Upper KS2 Classes (Parents invited) 9am-10am
Monday 20 th - Friday 24 th November	Bike ability Course	Year 6 Pupils
Monday 27 th November - Friday 1 st Dec	Bike ability Course	Year 6 Pupils
Tuesday 21 st November	Mobile Planetarium	Year 5 Classes
Friday 24 th November	Anti- Bullying Assembly	Year 4 Raven (Parents invited) 2:50-3:20pm
Thursday 30 th November	Viking Workshop	Year 4 Classes
Thursday 30 th November	Height & Weight Measurements	Reception & Year 6 Classes

Key	
	Events for parents
	Events for children
	Social events