



Dates for the Diary

Summer Term 2021

Thursday 20th May – World Bumble Bee Day Dinner Menu

Monday 31st May to Friday 4th June – Half Term Holidays

Monday 7th June – Teacher Training Day – school closed to all children

Tuesday 8th June – Children return to school

Wednesday 21st July – Last day of the academic year.

LONDON BOROUGH OF BARKING AND DAGENHAM SCHOOL TERMS AND HOLIDAYS 2020/2021

MAY 2021							JUNE 2021							JULY 2021							AUGUST 2021						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
3	4	5	6	7	8	9	1	2	3	4	5	6	5	6	7	8	9	10	11	2	3	4	5	6	7	8	
10	11	12	13	14	15	16	14	15	16	17	18	19	20	12	13	14	15	16	17	18	9	10	11	12	13	14	15
17	18	19	20	21	22	23	21	22	23	24	25	26	27	19	20	21	22	23	24	25	16	17	18	19	20	21	22
24	25	26	27	28	29	30	28	29	30				26	27	28	29	30	31	23	24	25	26	27	28	29		
31																			30	31							

■ Bank holidays
 ■ School holidays
 ■ INSET Day (no pupils)
 ■ Last Day of Summer Term

Dear Parent/Carer,

As it is Mental Health Awareness week, we have been focusing on our Thrive Approach at school and how it supports us deal with our emotions and relationships. It is still too common for people to think of mental health as only relevant when there is a problem. What we focused on this week was how to keep our mental health well and in balance. Our Thrive Approach at school supports us in teaching us how to identify our feelings and regulate them to feel at ease.

In today's virtual assembly, we explored how difficult it can be when school staff or our parents say no or ask us to do something we do not want to do. We explored how we can identify our emotions and talk about them. This then leads us to remain regulated and in a position to accept what is required of us or what is happening.

Every class has its own Thrive target to support our children's emotional development, which they are learning in lessons and, in particular, on Thrive Fridays. In this edition of Snippets, we have included a parent and carers' guide to Thrive. We are also continuing our Family Thrive offer to parents as some lockdown restrictions ease.

Finally, we want to mention how lovely it is to acknowledge Eid through our children and staff wearing something special today.

We wish you a very safe and enjoyable weekend.

Selina Frazer & Michael Kaitell,
Co-Headteachers

Remember...



Breathing

Hot Chocolate Breathing



Imagine you have a mug of hot chocolate. You can breathe in through your nose to smell the hot chocolate - count 1 2 3 4 5. You can blow out of your mouth to cool it down - count 1 2 3 4 5. Deep breathing can calm your body and brain.

School Uniform

School uniform can be purchased every Monday from 3:00-4:00pm in the dining hall.

Uniform can also be purchased online:
www.schooluniformdirect.org.uk/schools/product-category/schools-and-clubs/hunters-hall-primary/

Or

Telephone: 01992 763679

Email: info@schooluniformdirect.org.uk



Parent Hub

We would like all parents/carers to join us on Parent Hub.



Parent Hub is a FREE app that helps keep you up to date with what's going on at school. You'll receive messages, pictures, documents and newsletters, all in one handy place.

1. Download the Parent Hub app from your app store (iPhone or Android).
2. Create yourself an account.
3. Choose "Add a School" and enter:

@HuntersHallIPS

Attendance

Congratulations to **1L** in Key Stage 1 who achieved **94.97%** this week and to **4R** in Key Stage 2 with **97.91%**

Class	Attendance %	Class	Attendance %	Class	Attendance %
RB	91.18	2R	89.94	4R	97.91
RH	91.67	2T	79.78	5A	90.38
RM	77.92	3D	92.04	5H	89.78
1C	86.67	3G	89.52	5S	86.59
1H	84.82	3T	88.29	6P	93.53
1L	94.97	4E	90.50	6VC	90.82
2K	86.02	4N	89.60	6Y	85.31



MAJORITY

Certificate of appreciation.

Presented to:

Hunters Hall Primary School

For their participation in the Majority Earth Day campaign and helping to raise awareness of environmentalism.

Your incredible artwork and Earth Day activities have helped to make the world a little greener. As a thank you, we've sent the school a bundle of Majority tech and we've planted 1,000 trees in your name.

Tell us how you're using your new Majority audio equipment by tagging us @majorityaudio on Instagram, Facebook or Twitter.



Girls' District Football

The girls' district team played against Croydon. In the first half, we played really badly and then Mr Wilding moaned at us making us feel really guilty. We played better in the second half and it finished 1-1. Rihanna scored but it was disallowed. The score remained the same after 14 minutes of extra time and so we went to penalties. It was nerve wracking but luckily, we won 1-1 on penalties with Dalia saving 3 of the 4 shots.



by Dalia and Rihanna

Nature

30 THINGS TO DO WITH YOUR KIDS OUTSIDE

HIKE IT BABY 30

Look at a cloud and say what you think it looks like. <input type="checkbox"/>	Make a wish on a dandelion. <input type="checkbox"/>	Explore a cobweb and make spiders cool. <input type="checkbox"/>	Hug a tree. <input type="checkbox"/>	Build a house for fairies. <input type="checkbox"/>
Read a book in the woods. <input type="checkbox"/>	Fill a basket with nuts, leaves, and sticks that have fallen from trees. <input type="checkbox"/>	Pick up 3 pieces of trash from outside. <input type="checkbox"/>	Identify 3 birds. <input type="checkbox"/>	Throw rocks in a river, pond, or puddle. <input type="checkbox"/>
Plant wildflowers. <input type="checkbox"/>	Build a rock cairn. <input type="checkbox"/>	Slide down a sand or grassy hill. <input type="checkbox"/>	Explore a trail you have never been down. <input type="checkbox"/>	Draw pictures in the dirt. <input type="checkbox"/>
Paint rocks with water and see what colors arise. <input type="checkbox"/>	Splash in a big puddle. <input type="checkbox"/>	Put bugs in a bowl and observe them. <input type="checkbox"/>	Work in a garden or explore a public garden. <input type="checkbox"/>	Pick out how many shades of green you see on a trail. <input type="checkbox"/>
Look for something prickly. <input type="checkbox"/>	Sing in the rain. <input type="checkbox"/>	Plant a seed that you find on the trail. <input type="checkbox"/>	Have a picnic. <input type="checkbox"/>	Find a trail with a creek and look for the animals that live in it. <input type="checkbox"/>
My Trail <input type="checkbox"/>	Make binoculars out of toilet paper rolls and spy something through them. <input type="checkbox"/>	Make a new friend. <input type="checkbox"/>	Walk like a duck, a deer, or a bear. <input type="checkbox"/>	Find different items that are your child's favorite color. <input type="checkbox"/>

www.hikeitbaby.com

Special Dinner Menu ~ 20th May

WORLD BUMBLE BEE DAY
20TH MAY 2021

HONEY GLAZED SAUSAGES
VEGETARIAN HONEY GLAZED SAUSAGES

FLUFFY MASHED POTATO
BROCCOLI
STICKY RED ONION GRAVY

APPLE & HONEY SPONGE CAKE
WITH CUSTARD

JACKET POTATO
WITH A VARIETY OF FILINGS
TUNA, CHEESE, BAKED BEANS

A VARIETY OF FILLED ROLLS

International Nurses Day

May 12 has been set as the International Day of the Nurse for the past thirty years, and usually it's celebrated with talks, celebratory events and colleagues coming together to talk about and promote the profession.

Covid-19 has seen unprecedented events including national lockdowns. Throughout all of this, nurses and midwives everywhere are continuing to work their socks off to ensure patients are well cared for.



Since the Crimean war in 1853, nurses like Florence Nightingale and Mary Seacole have been at the forefront of caring for patients in difficult and trying situations. These early nursing pioneers ensured that injured soldiers who were far away from their homes and families were cared for, comforted and supported. Today's nurses are doing exactly the same thing: caring for people in situations where family and friends cannot be close because of the virus and risk of infection.

We owe it to our nursing colleagues past and present and especially those nurses that have lost their lives during this current crisis to spend a few moments thinking about our very special profession. To all nurses, wherever you are in the world, we thank you.

Eid

Eid al-Fitr means the "Festival of the Breaking of the Fast" and marks the end of Ramadan. Ramadan is a month-long holiday when Muslims fast, or go without food and drinks, during daylight. During Eid al-Fitr Muslims go the mosque, have a feast with their families and friends and give money to charity.

Eid Mubarak to everybody!

Why not click the link or image to find out more about Eid al-Fitr

An advertisement for CBeebies Radio's Eid al-Fitr special day. The top part features an illustration of a family (a woman in a blue hijab, a man in a white thobe and ghutra, and three children) standing in front of a mosque with a crescent moon and stars in the background. Below the illustration is a "CBeebies Radio" logo with a play button icon and the time "09:07". A yellow button says "Get this week's podcasts". Below that is a link "ALL CBEEBIES RADIO >". The main title is "My CBeebies Special Day – Eid al-Fitr" in large black font. Below the title is the text "At the end of Ramadan, Abdul and his family have lots to celebrate!". In the bottom right corner, there is a heart icon, a smiley face emoji, and the number "140".

<https://www.bbc.co.uk/cbeebies/radio/my-cbeebies-special-day-eid>

KS1 sessions run Friday from 1:30 – 2:00pm and you can click [here](#) or copy this url into your web browser <https://youtu.be/1VZCveLhSSo>

Band Leader Tommy will cover:

- **Musical Mix & Match:** The children will put their **rhythm** and **pitch** skills to the test in this fun and engaging game.
- **Make Your Own Ostinato (Part 1):** As we continue to explore **composition**, Tommy will explain how the children can build their own **ostinatos**.
- **Sing & Sign:** Building on what we've learnt, we tackle the lyrics and **Makaton** signs to the third verse of **The Beatles** classic, 'With a little help from my friends.'
- **Live Performance:** It is time for everyone to get up and groove as Tommy performs **Ed Sheeran's 'I Don't Care'**.

KS2 sessions run Friday from 2:00 – 2:30pm and you can click [here](#) or copy this url into your web browser <https://youtu.be/ULppl1ABMrM>

Band Leader Paul will cover:

- **Name that Note:** A game to test the children's knowledge of **notes** on a musical **stave**. Can they spot the difference?
- **Time Traveller:** We're going back to the 1950's, an era of big skirts, bopping and **Elvis Presley**. We look at how 'The King's' blend of **country**, **pop** and **rhythm and blues** became the cornerstone of **rock 'n' roll**.
- **Musical Word of the Week:** It's '**counter-melodies**'. We learn how they are often used along with **harmonies** to create memorable and complementary backing vocals.
- **Songcraft & Songwriters:** **John Lennon** and **Paul McCartney** are two of the most successful songwriters ever. This week we learn about their song "**Help!**", **Lennon** attributes this 1965 hit to his own '**Elvis era**' of writing.

Healthy Packed Lunches

As a Healthy School, we promote and advocate healthy lunches. We have noticed that some children's packed lunches contain items which do not contribute to a balanced diet.

Please ensure that packed lunches follow our school expectations. Which can be located here:

<http://www.huntershallprimary.org.uk/healthy-schools/483.html>

A Guide to Building...

Healthy Snacks & Lunchbox

P2IP

Bring **WATER** everyday!

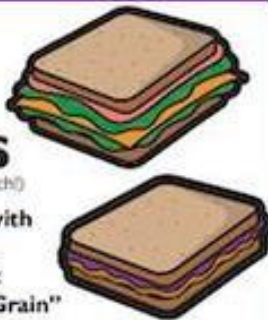
Putting tap water in a reusable bottle is FREE and will help keep your child hydrated all day!



Whole Grains

(Great for Snack or Lunch!)

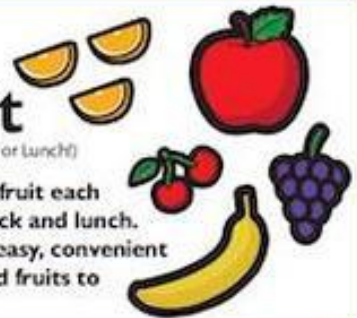
Make sandwiches with whole grain bread. Look for labels that say "100% Whole Grain"



Fruit

(Great for Snack or Lunch!)

Pack fresh fruit each day for snack and lunch. These are easy, convenient ways to add fruits to your day



Pack healthy snacks each day. Add a healthy sweet or savory treat. Try whole grain crackers and pretzels for savory snacks or dried fruits for sweet treats.

Snacks



Add veggies in your child's lunch. They add a healthy crunch instead of chips.

Veggies

(Great for Snack or Lunch!)

You can also find some delicious recipes here: <https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

change 4 life



Food facts



Recipes



Activities



Your child's weight

Breakfast

Lunch

Dinner

Puddings

Lunchbox

Barbecue and picnic

Healthier lunchbox recipes

Get loads of easy-to-prepare ideas your kids will love, as well as tips on what else to put in their lunchbox



For more information about school meals visit: <http://www.huntershallprimary.org.uk/school-meals2/124.html>



← Andreana (5H)

Hetty (5H) →



← Jessica (5H)

Embracing Thrive: a parent and carers guide



Thrive® is delighted that your child's school has chosen Thrive to promote the wellbeing of all its students and help to prevent mental health issues arising.

The Thrive Approach®

The Thrive Approach has evolved over the last 25 years, providing those who work with children and young people with the knowledge, skills and tools to optimise social and emotional development. Thrive is committed to supporting and encouraging the development of confident, curious, creative and capable children and young people who are open to learning and better equipped to deal with life's ups and downs.

Building positive relationships

The connections children and young people have with the adults around them is key. Repetition of positive experiences developed through Thrive activities supports their development, helping them to:

- feel good about themselves and know that they matter
- increase their sense of security and trust
- increase their emotional wellbeing
- improve their capacity to be creative and curious
- increase their self-esteem and confidence to learn
- learn to recognise and regulate their feelings
- learn to think before behaving in a certain way
- ...and much more.

"I cannot stress enough the value of The Thrive Approach in the short term. We have experienced a cultural shift in a matter of weeks, and I am extremely curious to see if the improved emotional regulation of the children has a positive impact on their attainment as we move through the year."

Headteacher



How does it work?

Appropriate for all children from birth to adulthood, the Thrive Approach draws on the latest research into brain science, child development theory and attachment theory. It helps us to understand how the brain develops, and how parents, teachers and other professionals can best support this development by providing the best experiences for the children at each stage.

What difference does Thrive make?

Schools that have adopted the Thrive Approach have reported many benefits. These include calmer children, less disruptions in class, improved attendance, reduced exclusions and higher achievements. The knock-on effect of this can be better parent-school relationships and improved staff morale. You can read about these on the Thrive website: mythrive.uk/case_studies.

How will my child be involved in Thrive?

We use a screening and monitoring tool called Thrive-Online® which identifies the developmental needs of individuals or groups and suggests actions plans to meet these needs so that children and young people can move forward and fulfil their potential. Thrive-Online will be led by your school practitioners who will:

- Profile whole groups as well as individual pupils identified as having additional needs.
- Create an action-plan at a group and individual level, with a raft of strategies and age-appropriate activities to build into teaching to support social and emotional development.
- Measure and report on the progress of whole groups and individuals over time.

Find out more

There is lots more information on the Thrive website (thriveapproach.com) and also the Thrive Community Facebook group: The Thrive Approach - supporting the community to weather the storm.



"Thrive has helped my son tremendously. It has given him more confidence and also it has helped him to calm down in difficult situations. I can see a huge difference in him. He looks forward to his Thrive time." Parent

could you foster?



nexus
fostering



**we urgently need
carers in Essex**

Ofsted
Outstanding
Provider

Visit us at www.nexusfostering.co.uk

Call us on **01708 608087**



**If you've got space in
your heart and in your
home, you could become
a foster carer.**

#WhyWeCare

Barking &
Dagenham

FOSTERING

Becoming a foster parent means you'll be able to support, love and care for a child in care, in all aspects of their life, whilst also providing them with a safe, stable and nurturing environment that they can call home.

It's a very rewarding and life changing role but also understand that it can be difficult and new foster parents can have lots of questions. That's why, the Barking and Dagenham foster team, are there to help.

They will provide you with all the training and guidance you need, pay generous fees and support you every step of the way.

Year 5 Persuasive Writing

Year 5 have been reading the novel "Toro! Toro!" As part of our curriculum, we have been writing persuasive arguments about bullfighting. Anca in 5A wrote her own persuasive piece at home and brought it in to share.

Bullfighting is cruel and wrong. I understand it is a cultural activity but why should bulls have to suffer like this? Have you ever see a bullfight? The matador is who stands in the middle of the circle and teases the bull until the bull is super stressed. After the bull is stressed enough, they will stab a spear into the bull's head and let it die. Would you like to be that bull and someone uses your dead body as a trophy? The matadors have the biggest risk. 5,000 matadors have been killed during the bullfight. Matadors either die or leave with scars.



I strongly believe, as do animal rights groups that this should stop. The Spanish Government has done a good job banning it in Catalan. I do think it should be banned everywhere in Spain, not just Catalan. Why should bulls need to be killed for entertainment? This has been going on for maybe even more than 20,000 years and per year 7,000 bulls have been killed. That is not OK. I hope this stops everywhere in Spain, not just in Catalan.

Afternoon Tea With The Queen

Year 1 have been learning about The Royal Family. We had afternoon tea with the Queen.



Year 3 Geography Topic

On Tuesday and Wednesday Year 3 went on a local walk to Pondfield Field and Pondfield Park as part of their geography topic 'Our Wonderful World'. We looked at human and physical features they could hear and see around them. After our walk around the park, we played in the park. 'Jaireh says she had SO much fun!' Jake said 'it's the best trip he's been on.'



YOUNGMINDS

Fourth Floor, India House, 45 Curlew Street, London SE1 2ND
020 7089 5050 - ymenquiries@youngminds.org.uk

Hunters Hall Primary
Alibon Road
Dagenham
RM10 8DE



Supporter Reference: 111234

26 April 2021

Dear all at Hunters Hall Primary,

Thank you so much

Thank you to everyone at Hunters Hall Primary from YoungMinds for taking part in #HelloYellow for World Mental Health Day! At a time when it's needed most, you have raised vital funds and shown children and young people that they're not alone with their mental health.

Your amazing donation of £340.88 will make an enormous difference. Despite the progress that has been made, there is still much work to be done. Too many young people still feel ashamed to open up about how they feel, and support is often too hard to find. Together, we're changing this. We're there for parents when they have nowhere else to turn. We empower professionals on the front line of the crisis. We give young people a stronger voice. We're fighting for young people's mental health.

We know how important the wellbeing of your pupils is to you. For regular **free tips, ideas and resources for your school** sign up to our **360 Schools Community** here: <https://youngminds.org.uk/youngminds-professionals/360-schools/> and why not put **#HelloYellow 2021** in your diary now by signing up here: <https://youngminds.org.uk/contact-us/sign-up-for-helloyellow/>.

Without your help, we would not be able to support professionals, parents, children and young people across the UK to make a real and substantial difference to their lives and safeguard the mental health of children and young people, not just now but long into the future.

So on behalf of everyone we support, **thank you.**

Yours sincerely,

Emma Thomas, Chief Executive



Your details will only ever be used by YoungMinds – we will never give your details to a third party to use for their own purposes. We regularly update our privacy policy to keep your data safe, you can see our policy here: <https://youngminds.org.uk/our-policies/privacy-policy/>. You can unsubscribe at any time by contacting us at: ymenquiries@youngminds.org.uk

youngminds.org.uk