



Dates for the Diary

Summer Term 2021

Tuesday 29th June – 1C trip to Raphael's Park

Wednesday 30th June – 1H trip to Raphael's Park

Thursday 1st July – 1L trip to Raphael's Park

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



Covid-19 update

England remains in Step 3

The government has announced a 4-week pause at Step 3. Step 3 restrictions remain in place, and you should follow the guidance on this page, which explains what you can and cannot do.

It is expected that England will move to Step 4 on 19 July, though the data will be reviewed after 2 weeks in case the risks have reduced. The government will continue to monitor the data and the move to Step 4 will be confirmed one week in advance.

However, some restrictions will change on 21 June. From 21 June, there will be changes to the rules on:

- weddings and civil partnership ceremonies and wedding receptions or civil partnership celebrations
- commemorative events following a death such as a wake, stone setting or ash scattering
- large events pilots
- care home visits
- domestic residential visits for children

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

Dear Parent/Carer,

As you are aware from our letter distributed yesterday, we have had to close one of our bubbles due to a confirmed positive case of Covid-19. This reminds all of us that the virus is still prevalent in society. It also reminds us that we must adhere to the measures that are in place: adults wearing face masks; washing hands; social distancing, and regular lateral flow testing.

This week, Mr Read, our PE Lead, has sent out a consultation slip to gather responses as to whether you would be interested in purchasing a smart watch for £2.50 which can be used monitor physical activity.

Reading is truly valued at Hunters Hall. If your child has a favourite book which they would like Mrs Hobday to read aloud and post on YouTube, please bring the book into school labelled with your child's name, class, and reason why it is their favourite book.

To all England and Scotland fans we hope the teams do you proud this evening from 8pm.

Happy Fathers' Day to all parents who fulfil that role, and have a very happy and safe weekend.

Selina Frazer & Michael Kaitell,
Co-Headteachers

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



Attendance

Congratulations to RH in Key Stage 1 who achieved 99.17% this week and to 3G in Key Stage 2 with 99.00%

Class	Attendance %	Class	Attendance %	Class	Attendance %
RB	96.55	2R	96.00	4R	98.53
RH	99.17	2T	93.75	5A	97.71
RM	95.83	3D	97.96	5H	96.69
1C	98.75	3G	99.00	5S	97.80
1H	96.88	3T	97.97	6P	94.12
1L	97.50	4E	94.79	6VC	97.89
2K	96.15	4N	97.04	6Y	97.04



La Bamba

It is always great to find out about our pupil's extra-curricular activities, and we welcome news about their pursuits. Click the link to hear one of our pupils playing her guitar.

<https://drive.google.com/file/d/1uw2qoF0wSPUUFz7W5R8VvmkmlKxwqmQ/view>



Sponsored Silence

Uthmaan, from 1C, is part of a Penpal Club and together with the other children, he took part in a sponsored silence event last week to raise money for a good cause.

He managed to raise £525 so far on his own and collectively, the children have raised almost £8,500.

He completed his sponsored silence on Sunday 13th June, from 9.30am to 2pm and then all the children broke their silence together over a Zoom reunion.

Uthmaan, who does like to chat, has achieved both in terms of the challenge itself plus the amount of money he has raised for a good cause. He has been practising doing periods of silence all week prior to the event on Sunday and sent messages to family, friends and neighbours to encourage donations and support for this fundraiser. He displayed an impressive level of patience, understanding and commitment.



Girls' District Team



At the weekend, the Barking & Dagenham Schools' FA Girls' District Team contested the Southern Counties Cup final at Oxford City F.C. They came up against tough opponents in unbeaten National Cup finalists Woking and were incredibly unlucky to lose 2-1 after leading at half-time.

The following pupils from our school represented the borough with distinction.

Diamond Olalaye
Dalia Wyszczelska
Eva Young
Rihanna Zaman

Biggest Sing



PROUD TO SUPPORT



To hear our contribution to the World Record attempt which we took part in on Tuesday 15th June 2021, click here: <https://www.youtube.com/watch?v=68Ore6GRcEM>



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/WluWunVLDms>

Band Leader Tommy will cover:

- **Melody Match!** This popular game is back. After a quick refresh on the **musical alphabet**, we'll see whether the children can match the **melody** cards they see, to the **melodies** they hear.
- **Pocket Sized Orchestra:** Continuing our look at the role of the **conductor**, Tommy will teach your pupils some key signals to stop and start the flow of music.
- **Sing & Sign ... and Sunshine:** Tommy teaches us the **lyrics & Makaton signs** for the chorus of 'Here Comes The Sun' by **The Beatles**.
- **Live Performance:** We're half way there and 'Livin' On A Prayer' as Tommy steps back into the 1980's to perform this rip-roaring **Bon Jovi** hit.

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/b9K8cSsMHcQ>

Band Leader Paul will cover:

- **Basic Beats:** This week we investigate the creation of '**basic beats**' using repeated **rhythms**, exploring some well-known examples along the way.
- **Musical Moods:** The children will examine some **classical** pieces to see how emotion can be expressed and how effective music is in storytelling.
- **Musical Word of the Week:** A musical '**phrase**' is like a sentence, where **melody**, **harmony** and **rhythm** interact. We'll take a closer look at this important musical feature.
- **Festival Fever:** As part of our focus on **festivals** for the summer half-term, we explore the music of **Jimi Hendrix**, one of the greatest **live performers** and influential **guitar players** of all time. Get ready for the Jimi Hendrix experience as we cover his version of '**Wild Thing**'.

Have you had your DOSE of D.O.S.E?

Did you know, 37% of people around the world are unhappy. That means at least 1 in 3 people you know aren't happy with their life. Are you one of those people?

If so, there are simple ways to improve your happiness. At Hunters Hall we know about happiness chemicals. Your brain releases these happy chemicals that make you feel good.

Watch this video to find out how to increase

Dopamine

Dopamine enables motivation, learning, and pleasure. It gives you the determination to accomplish goals, desires, and needs.

It's similar to the, "I got it" feeling when you accomplish something. Once you achieve those goals, desires, or needs, dopamine gives a surge of reinforcing pleasure.

However, the overstimulation of dopamine can become a real problem because of its addictive nature. It is closely tied to developing bad habits or addictions.

The effects of dopamine are fleeting due to its instant gratification feeling, which leaves you desiring more.

Oxytocin

Oxytocin gives a feeling of trust, it motivates you to build intimate relationships and sustain them. It is also known as the "cuddle hormone" or "love hormone" because it plays a role in bonding.

This hormone gives you the desire to stick together with those you "trust", which creates a feeling of safety or comfort. It helps your body adapt to several different emotional and social situations.

Oxytocin can boost your immune system which makes you more resistant to the addictive qualities of dopamine. Unlike dopamine, oxytocin gives you a lasting feeling of calm and safety.

It can help fight stress, improve relationships, and promote long-lasting positive emotions.

Serotonin

Serotonin rewards you with a good feeling when you feel significant or important. It is the pleasure you get when you experience social power, loyalty, or status.

It results from finding opportunities to assert or prevail. This is not aggressive, rather it is a calm form of confidence and accepting yourself within the people around you.

Serotonin is what motivates a leader to excel and grow. It not only motivates you but your peers to do the same. The feeling of not letting down their leader, parent, or teacher is what causes this motivation.

Endorphin

Endorphins release a brief euphoria that masks physical pain. It is a response to pain and stress which also helps alleviate anxiety and depression. Any kind of physical distress can trigger endorphins.

However, you can also get a release of endorphins when you experience "runners high". Runners high only occurs when you exceed your limits.

The release of endorphins acts as a natural pain killer and diminishes your perceptions of pain.



GET YOUR DAILY D.O.S.E. OF HAPPINESS

The happy brain chemicals that make you feel good



1 What are the Happy Chemicals?

DOPAMINE

- Enables motivation, learning, and pleasure
- Gives you determination to accomplish goals, desires, and needs

OXYTOCIN

- Feeling of trust, motivates you to build and sustain relationships
- Known as "Cuddle or Love Hormone", plays a role in bonding

SEROTONIN

- Feeling significant or important among peers
- Calm form of accepting yourself with the people around you

ENDORPHINS

- Releases a brief euphoria to mask physical pain
- Response to pain and stress that alleviates anxiety and depression

2 How Deficiency Affects You

- procrastination
- low self-esteem
- lack of motivation
- low energy or fatigue
- inability to focus
- feeling anxious
- feeling hopeless
- mood swings

- feeling lonely
- stressed
- lack of motivation
- low energy or fatigue
- disconnect of relationships
- feeling anxious
- insomnia

- low self-esteem
- overly sensitive
- anxiety/panic attacks
- mood swings
- feeling hopeless
- social phobia
- obsession/compulsion
- insomnia

- anxiety
- depression
- mood swings
- aches and pains
- insomnia
- impulsive behavior

DOPAMINE

OXYTOCIN

SEROTONIN

ENDORPHINS

3 How to Increase Happiness Levels

- meditate
- daily to-do list
- long term goals
- food rich in L-Tyrosine
- exercise regularly
- create something: writing, music, or art

- physical touch
- socializing
- massage
- acupuncture
- listening to music
- exercise
- cold shower
- meditate

- exercise
- cold showers
- sunlight
- massage

- laughter/crying
- creating music/art
- eat dark chocolate
- eat spicy foods
- exercise/stretching
- massage
- meditate

Aged 21+ ~ Book Your Covid-19 Vaccine



If you live in Barking and Dagenham, City of London, Hackney, Havering, Newham, Redbridge, Tower Hamlets or Waltham Forest, book now to have your first Covid-19 vaccination at the London Stadium.

Aged 21 or over and need your first Covid-19 jab?

All local people aged 21 and over are invited to attend a vaccination event on **Saturday, 19 June** from 10am to 8pm at the London Stadium (West Ham) in the Olympic Park, Stratford, London.

If you live in Barking and Dagenham, City of London, Hackney, Havering, Newham, Redbridge, Tower Hamlets or Waltham Forest, register for your first Covid-19 vaccination (bookings by appointment only no walk-ins).

It's quick and easy, book your appointment using this link: <https://www.eventbrite.co.uk/e/london-stadium-vaccination-event-on-saturday-19-june-2021-tickets-158453922949>

BookTrust

Our priority is to get children excited about books, stories and rhymes because if reading is fun, children will want to do it. That's why we are promoting BookTrust's Great Books Guide. It contains absolutely brilliant, carefully chosen books to engage and excite children all the way up to age 11 (although everybody regardless of age will love them too). We believe that the "right" book is always the book a child wants to read – and we hope this guide inspires you to find that book.

Click the image or follow the link below:

<https://cdn.booktrust.org.uk/globalassets/resources/great-books-guide/2020/booktrust-great-books-guide-2020.pdf>



Mural



This week saw the unveiling of Nana's awesome artwork which has been brought to life-size proportions in our playground.

Things to do if you are in the red zone:

Movement

Running

Walking

Deep breaths (try these themed deep breathing cards)

Listening to music

Talking to someone

Things to do if you are in the yellow zone:

Stretching

Yoga

Enjoy nature

Drink a glass of water

Listen to music

Write in a diary

Things to do if you are in the green zone:

Write in a diary

List out accomplishments & achievements

Help someone

Reach out to a friend

Things to do if you are in the blue zone:

Talk to someone

Rest



Build a puzzle

Read a book

Colour or draw

Think about positive mind-set strategies

LONDON BOROUGH OF BARKING AND DAGENHAM SCHOOL TERMS AND HOLIDAYS 2021/2022

 2 September 2021 = First Day of Autumn Term for Pupils
 INSET Days (no pupils)

 21 July 2022 = Last Day of Summer Term

SEPTEMBER 2021

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

OCTOBER 2021

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

NOVEMBER 2021

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

DECEMBER 2021

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

JANUARY 2022

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

FEBRUARY 2022

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

MARCH 2022

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

APRIL 2022

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

MAY 2022

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

JUNE 2022

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

JULY 2022

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

AUGUST 2022

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

 Bank holidays

 School holidays