



Hunters Hall Primary School

Snippets

Issue: 12
April 2021

Dates for the Diary

Spring Term 2021

Thursday 1st April 2021 – Last day of Spring Term.

Friday 2nd April 2021 – Good Friday

Friday 2nd April to Friday 16th April – Easter Holidays

Summer Term 2021

Monday 19th April – Children return to school

Friday 23rd April – St George's Day Dinner Menu

Monday 3rd May – May Day Bank Holiday

Covid Update

Hopefully, you will not require this information. However, should your child have a positive Covid result on Good Friday or Saturday, please email covid@hunters-hall.bardaglea.org.uk with the result. We will assist in identifying close contacts and advising self-isolation.

After this date, please contact NHS Test and Trace.

<https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/>

Dear Parent/Carer,

I wish you and your family a happy holiday and hope the weather allows you to reunite with those you have not been able to be with since before Christmas. It is important that we keep within the Covid road map rules to ensure we do not cause a further spike of cases and have to endure further restrictions.

When we return on Monday 19th April, I am delighted to announce that I will be sharing the headship of our school with Mr Kaitell. We share the same ambition and vision for Hunters Hall, and have been working together increasingly as joint leaders. It seems only fair for us both to have the role and title of Co-Headteacher and we feel that together we have a stronger voice to support and promote our school and the provision for all our children.

I am also extremely proud to announce that our wellbeing support has been acknowledged by Thrive Approach®, who have awarded us two further areas of excellence. Thank you to our growing Thrive Team and all staff, as the Thrive approach® only works if every single member of staff understands the importance of emotional regulation before learning about and developing relationships.

I would also like to thank one of our teachers - Mrs Aitouaziz, who through her role in the teachers' union, has presented the school with a number of holiday packs. We greatly appreciate this resource.

I look forward to seeing you all on Monday the 19th April for what I hope will be a healthy, uninterrupted summer term.

Best wishes,

Selina Frazer,
Headteacher

School Uniform

School uniform can 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



Remember...



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:

@HuntersHallPS

Attendance

Congratulations to **1C** in Key Stage 1 who achieved **97.96%** this week and to **3D** in Key Stage 2 with **100%**

Class	Attendance %	Class	Attendance %	Class	Attendance %
RB	97.88	2R	97.71	4R	95.63
RH	97.14	2T	97.71	5A	93.24
RM	97.63	3D	100	5H	92.09
1C	97.96	3G	93.63	5S	92.07
1H	94.61	3T	94.42	6P	93.40
1L	96.94	4E	96.83	6VC	92.34
2K	88.42	4N	98.98	6Y	93.94



Raising a Reader: Top Tips for Parents to Foster a Love of Reading



This free event is designed to support primary school parents. We know from current research that children of all ages who read for pleasure perform better in all subjects. Reading for pleasure also builds empathy, improves wellbeing and has a dramatic impact on life outcomes. This session will explore practical tips on how to help your child to foster a love of reading.

This 45 minute session is free to all parents who have children at primary school.

Choice of dates and times:

Thursday 29th April 2021 7pm – 7:45pm

Thursday 20th May 2021 7pm – 7:45pm

To Book Visit: <https://www.eventbrite.co.uk/e/raising-a-reader-top-tips-for-parents-to-foster-a-love-of-reading-tickets-14555633819>

Active April

Active April 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Commit to being more active this month, starting today	2 Listen to your body and be grateful for what it can do	3 Spend as much time as possible outdoors today	4 Have a day free from TV or screens and get moving instead	5 Eat healthy and natural food today and drink lots of water	6 Turn a regular activity into a playful game today	7 Do a body-scan meditation and really notice how your body feels
8 Get natural light early in the day. Dim the lights in the evening	9 Give your body a boost by laughing or making someone laugh	10 Turn your housework or chores into a fun form of exercise	11 Be active outside. Dig up weeds or plant some seeds	12 Set yourself an exercise goal or sign up to an activity challenge	13 Move as much as possible, even if you're stuck inside	14 Make sleep a priority and go to bed in good time
15 Relax your body & mind with yoga, tai chi or meditation	16 Get active by singing today (even if you think you can't sing!)	17 Go exploring around your local area and notice new things	18 Make time to run, swim, dance, cycle or stretch today	19 Have a 'no screens' night and take time to recharge yourself	20 Spend less time sitting today. Get up and move more often	21 Focus on 'eating a rainbow' of multi-coloured vegetables today
22 Regularly pause to stretch and breathe during the day	23 Enjoy moving to your favourite music. Really go for it	24 Go out and do an errand for a loved one or neighbour	25 Get active in nature. Feed the birds or go wildlife-spotting	26 Try a new online exercise, activity or dance class	27 Take an extra break in your day and walk outside for 15 minutes	28 Find a fun exercise to do while waiting for the kettle to boil
29 Meet a friend outside for a walk and a chat	30 Become an activist for a cause you really believe in					



Kindness: Health Facts



DID YOU KNOW?

KINDNESS IS TEACHABLE

"It's kind of like weight training, we found that people can actually build up their compassion 'muscle' and respond to others' suffering with care and a desire to help."
Dr. Ritchie Davidson, University of Wisconsin

KINDNESS IS CONTAGIOUS

The positive effects of kindness are experienced in the brain of everyone who witnessed the act, improving their mood and making them significantly more likely to "pay it forward." This means one good deed in a crowded area can create a domino effect and improve the day of dozens of people!

KINDNESS INCREASES:

THE LOVE HORMONE

Witnessing acts of kindness produces oxytocin, occasionally referred to as the 'love hormone' which aids in lowering blood pressure and improving our overall heart-health. Oxytocin also increases our self-esteem and optimism, which is extra helpful when we're in anxious or shy in a social situation.

ENERGY

"About half of participants in one study reported that they feel stronger and more energetic after helping others; many also reported feeling calmer and less depressed, with increased feelings of self-worth"

Christine Carter, UC Berkeley, Greater Good Science Center

HAPPINESS

A 2010 Harvard Business School survey of happiness in 136 countries found that people who are altruistic—in this case, people who were generous financially, such as with charitable donations—were happiest overall.

LIFESPAN

"People who volunteer tend to experience fewer aches and pains. Giving help to others protects overall health twice as much as aspirin protects against heart disease. People 55 and older who volunteer for two or more organizations have an impressive 44% lower likelihood of dying early, and that's after sifting out every other contributing factor, including physical health, exercise, gender, habits like smoking, marital status and many more. This is a stronger effect than exercising four times a week or going to church." Christine Carter, Author, "Raising Happiness; In Pursuit of Joyful Kids and Happier Parents"

PLEASURE

According to research from Emory University, when you are kind to another person, your brain's pleasure and reward centers light up, as if you were the recipient of the good deed—not the giver. This phenomenon is called the "helper's high."

SEROTONIN

Like most medical antidepressants, kindness stimulates the production of serotonin. This feel-good chemical heals your wounds, calms you down, and makes you happy!

KINDNESS DECREASES:

PAIN

Engaging in acts of kindness produces endorphins, the brain's natural painkiller!

STRESS

Perpetually kind people have 23% less cortisol (the stress hormone) and age slower than the average population!

ANXIETY

A group of highly anxious individuals performed at least six acts of kindness a week. After one month, there was a significant increase in positive moods, relationship satisfaction and a decrease in social avoidance in socially anxious individuals.
University of British Columbia Study

DEPRESSION

Stephen Post of Case Western Reserve University School of Medicine found that when we give of ourselves, everything from life satisfaction to self-realization and physical health is significantly improved. Mortality is delayed, depression is reduced and well-being and good fortune are increased.

BLOOD PRESSURE

Committing acts of kindness lowers blood pressure. According to Dr. David R. Hamilton, acts of kindness create emotional warmth, which releases a hormone known as oxytocin. Oxytocin causes the release of a chemical called nitric oxide, which dilates the blood vessels. This reduces blood pressure and, therefore, oxytocin is known as a "cardioprotective" hormone. It protects the heart by lowering blood pressure.

RANDOM ACTS OF KINDNESS

FOR MORE INFORMATION, VISIT WWW.RANDOMACTSOFKINDNESS.ORG



Community Anti-Racism Competition

COMMUNITY ANTI-RACISM COMPETITION

Our Community Anti-Racism Competition is free to enter. It is open to young people living in the London Boroughs of Barking & Dagenham and Havering. We want to encourage participants to think about racism and produce their own original work which can be displayed in our community spaces. Entrants can produce either a piece of artwork or of creative writing.



PRIZES WILL BE GIVEN TO THE WINNERS!



Entry Categories

- Aged 5-8 years
- Aged 9-11 years
- Aged 12-15 years
- Aged 16-18 years
- Additional Support for Learning

Hosted by Barking, Dagenham and Havering Trades Union Council

Barking, Dagenham and Havering Trades Union Council

COMMUNITY ANTI-RACISM COMPETITION

A panel of independent judges will select the winning entries.

There will be one prize for creative writing and one prize for artwork in each category. Winners will receive their prizes from special guests.

Your creative work will highlight the standard of our young people's own work, reflecting the level of respect and diversity in our community.

The closing date for the competition is 31st May 2021



Prizes will be resources to help you with further creative writing or artwork

Rules

- Your entries should not exceed one side of A3 paper (279cm-420cm)
- Group entries are permitted, but each group may have a maximum of 3 participants
- Only one entry per person or group

How to Enter

Post entries to:
NEU Office
Barking Town Hall
1 Town Hall Square
IG11 7LU
Please ensure you write your name, school or college and age, on the back of your art or written piece.

Contact us at: BDHTUC@hotmail.com

Please ensure name and age is written clearly on the back of the art or written piece being submitted.

The closing date for entries is 31st May 2021.

23RD APRIL 2021 ST. GEORGE'S DAY



Fish Finger Bap & Chips
Quorn Dippers & Chips
Crunchy Coleslaw / Baked Beans
or Peas

St George's Sponge Cake

(Jacket Potato with a variety of fillings)
Tuna, Cheese, Baked Beans
A Variety of Filled Rolls



St George's Day in England remembers St George, England's patron saint.
The anniversary of his death, which is on April 23, is seen as England's national day.
According to legend, he was a soldier in the Roman army who killed a dragon and saved a princess.

Leaf Wheel

Leaf Colour Wheel

Find as many different coloured leaves as you can.

Place them in a circle.

Fill in the circle with other leaves that are more than one colour. Try and place them so they are next to other leaves of the same colour.



Inside: research the work of land artists Andy Goldsworthy and Richard Shilling



Dear Nicola

Congratulations on becoming a Thrive Ambassador School with Excellence in Reparative & Right-time.

Further to the recent visit from your relationship manager, I am delighted to hear of your extraordinary commitment to embedding the Thrive Approach in your setting for the benefit of your children and young people. I am pleased to enclose your certificate for Thrive Ambassador School with Excellence in Reparative & Right-time.

Your setting's status as Thrive Ambassador School with Excellence in Reparative & Right-time is valid for up to three years.

If you would like to work towards demonstrating excellent practice in another category, the relevant self-assessment forms can be downloaded from your member area. Schools that showcase excellence in all five categories become a Thrive School of Excellence. Should you wish to learn more about this, please do not hesitate to get in touch with your relationship manager.

Once again, may I extend my congratulations on achieving the status of Thrive Ambassador School with Excellence in Reparative & Right-time.

With best wishes,

Best Wishes

A handwritten signature in black ink, appearing to read "Kate Middleton".

Kate Middleton
Member Services Manager



Thrive Ambassador School
with Excellence in Reparative
2021



Thrive Ambassador School
with Excellence in Right-time
2021



I wanted to let you all know how grateful I am for the way you have responded to the huge challenges you have all faced throughout the coronavirus pandemic.

Whether this is your first year at school or your final year of college, I know the disruption you have all faced to your education since the pandemic began has been incredibly challenging and has meant completely changing the way you learn - either learning remotely at home or continuing at school or college with fewer of your friends around you and lots of safety measures in place.

Whether you were at home or at school, the disruption last term and throughout last year asked a lot of you and your families. I am filled with admiration for the incredible way you all responded and the resilience you have shown. Not being in school or college with your teachers and friends was a huge sacrifice. Everything you did, with the help of your families and your schools and colleges, and everything you missed out on – time in school, taking exams, seeing friends, playing sport and much more - made such a huge difference to helping us stop the spread of the virus. I want to say a huge thank you to all of you.

Getting all young people back into school and college safely has been my priority throughout the pandemic. I know how vital it is not just for your education but also to spend time with your friends and to feel happy and secure. All our lives have changed a lot in the past year but the challenges that young people have faced have been some of the hardest. I will continue doing everything in my power to make sure that all of you are supported to boost any areas of work you've had less time at school to study, get the qualifications you deserve and have the opportunities you need to succeed.

Continuing to follow all the safety measures your schools and colleges have worked hard to put in place, as well as taking a test twice a week, is so important and helps us to stop the virus spreading. The testing that thousands of you have been taking part in at school and college is a vital part of this. I am so grateful to you and all the staff who have supported you to do this. I know your schools and colleges have worked incredibly hard to prepare you to test yourself at home.

As most of you at secondary school and college move to testing yourself regularly at home, it's vital that you continue to test and report online twice a week through the Easter holidays and after you return to school. Home testing twice a week for you and everyone you live with makes a huge difference and means you are playing a really important role in helping us move back to a more normal way of life. Your school or college will continue to support you and make sure you have tests. You and your family can also find out more about home testing [here](#).

I was delighted to see the enthusiasm with which so many of you returned to school at the beginning of March and I am sure you have had a wonderful few weeks catching up with your friends and teachers. It was fantastic to meet pupils delighted to return to school on my visits to schools like Arden Academy and Bedford Free School and to see so many more of your reunions on social media. I hope that the new term will be just as enjoyable and successful for all of you.

Rt Hon Gavin Williamson CBE MP, Secretary of State for Education

Spring Spotter

Get outside! How many signs of Spring can will you spot?



Magnolia flowers
Are all magnolias pink?



Blue Tit
What is it doing?



White clouds in a blue sky
What shapes can you see?



Daffodils
How many petals do they have?



Horse Chestnut (conker tree) buds
Can you describe the texture of the tree trunk?



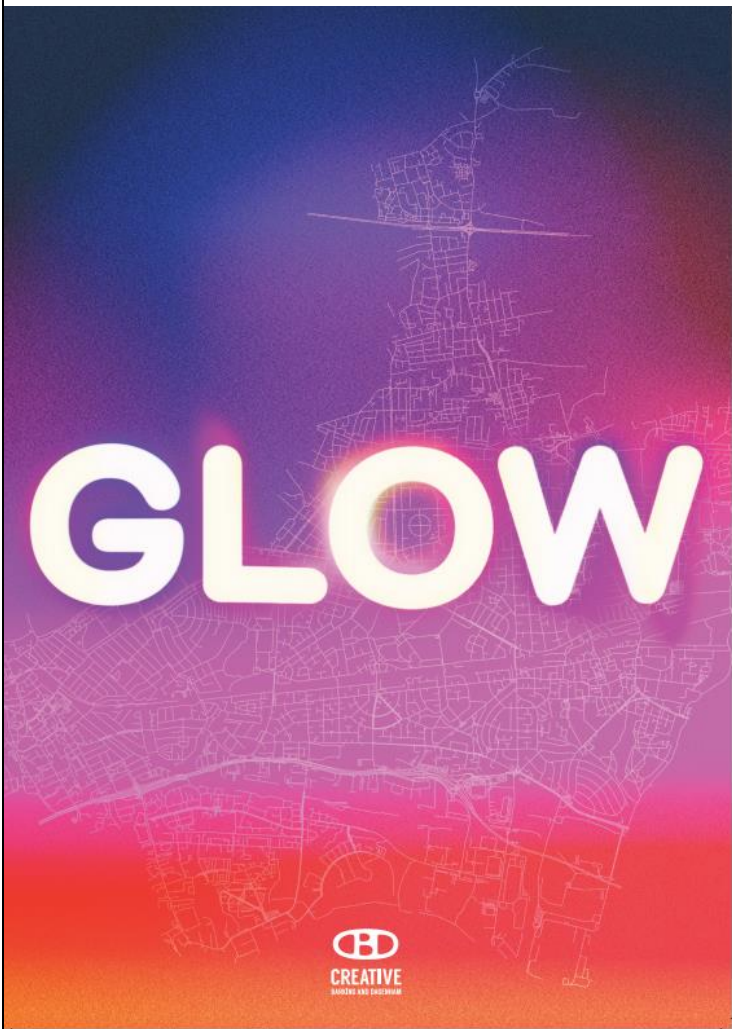
Blackbird
Can you hear their bird song?



Tree blossom
Can you get close enough to smell it?



Hawthorn leaf
How many lobes (sticking-out parts) does each leaf have?



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Creative Barking and Dagenham (CBD) is a consortium of Barking & Dagenham College, Barking & Dagenham Council, Barking Enterprise Centre, BD_Collective and Studio 3 Arts. GLOW is curated by a group of local CBD Cultural Connectors.

FIND OUT MORE AS IT HAPPENS

www.creativebd.org.uk
 @CreativeBandD
 #GlowFestival21

ACTIVITY PACKS TO CONNECT WITH YOUR COMMUNITY

Your child has brought home an Easter holiday activity pack to accompany GLOW, working with the themes that local residents think are most important for 2021: hope, dreams, diversity and togetherness.

GLOW is all about illuminating Barking and Dagenham. One way we can do this is by shining a light on our family and community.

We hope you have loads of fun with your activity pack. Share what you create and let us know if you spot any illuminations in your area!

Our GLOW activity pack was created in collaboration with Emergency Exit Arts.



GLOW Challenge 1: SEEING THINGS IN A NEW LIGHT

Suggested age: 5–7

Activities created by
 DJ Jones and Shermaine Slocombe

WAYS OF SEEING

This activity will build imagination and communication skills.

You will need:

- A sheet or light blanket
- One small household object of your choice, e.g. hairbrush, wooden spoon
- The entire family!

Find a space in your home to lay down a sheet or a blanket on the floor.

Stand around the sheet as a family, pick up the edges all together and lift it up as high as you can. Like a parachute, let it fall to the floor. Try this a few times and take it in turns to describe the different shapes you see. Walk around the sheet so you can see the shapes from different places.

Find a household object and take turns to find a new use for it. A spoon could become a microphone or a toothbrush! Show it through an action, without saying any words and everyone must guess what its new use is.

TREASURE HUNT

Inspire your whole family to look at everyday objects in a new way.

You will need:

- Something to shine a light on, e.g. a sheet, ceiling or wall
- A mobile light source, e.g. hand held torch, phone torch, bike light
- Some small household objects that could let the light through, e.g. a colander or strainer, slotted spoon, cheese grater, drinking glass etc.

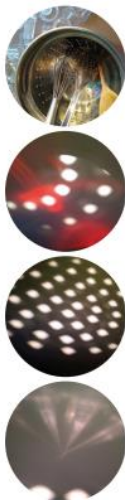
Hunt for things around the home with holes or that have interesting shapes.

Carefully lay them down and make sure your room is dark. Take it in turns to choose an object and shine a light through it, projecting it onto the sheet, ceiling, or wall. The light on a phone is excellent for this as it makes clear sharp shadows. What can you see?

Here are some ideas to spark your imagination:

How big can you make the shadows by moving the light in and out, or, round and round. What patterns can you make? How different can you make the objects look? If you have a second light source, what happens when two members of the family project an object shadow at the same time? Can you make your objects interact with each other? How can you change the colour of the light?

You can also take photos of your projections. Go close up. Play with filters using your phone camera app.



SHARE YOUR CREATIONS USING #GLOWFESTIVAL2021

Posts must be made by people aged 13+. This is a public event – any photos and videos you post may be shared on the internet.

SHADOW PUPPETS

This making activity encourages you to have conversations about your community and learn about light and shadows.

You will need:

- Pencils, pens and paper
- Card e.g. cereal boxes and or other cardboard food packaging
- Scissors (supervised by an adult)
- Translucent materials, e.g. coloured cellophane or sweet wrappers
- Sticky tape or masking tape
- Hole punch to make holes. You could also use a sharpened pencil or craft knife (for adults only)
- Sticks (as operating rods) e.g. kebab sticks, wooden spoons and pencils

Think of someone special that you would like to celebrate by making them into a puppet. This could be a special aunty, a close neighbour or someone from the local community.

Create your character by drawing the person on paper. It is best to do a profile (side view) of a face to start with, with arms and legs that you can cut round.

Next, draw your design onto the card. Try to make your character pencil height. With the help of an adult, cut holes with a craft knife to let the light through. You can then stick some translucent sweet wrapping over the spaces to add colour. Hold it up to the window to let the light through.

Attach a 'rod' (stick) to the back of your puppet using tape so that you can hold and move it. Make sure it sticks out from the back of the puppet.

Experiment like you have done in previous activities to make your puppet shadows small and large on a sheet or wall.



Take some time to reflect and encourage everyone in the family to discuss:

- What they liked doing and why?
- What was the best moment?
- What could you do next?

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GLOW Challenge 2: CREATIVE CONNECTIONS

Suggested age: 7-11
Activities created by
Jo Paul and Shermaine Slocombe

MAKE A SPINNER

Making a spinner is fun and easy!

You will need:

- Pens, paint, crayons, felt tips or coloured pencils
- A blunt pencil
- Card for the spinner
- Scissors (supervised by an adult)
- A square of drawing paper

1. Make a spinner template by folding your paper in half length ways, then corner to corner diagonally.
2. Using a pen, join the points where the folds meet the edges to make an OCTAGON shape, cut this shape out and mark the middle.
3. Place the paper octagon on some card, and draw around it.
4. Cut out the octagon shape.
5. Divide the octagon into 8 equal triangles by drawing lines from corner to corner.
6. Colour in the triangles using 4 colours – use the same colour for triangles on opposite sides of the octagon.
7. Using a pencil, poke a hole right in the middle of the shape.
8. Keep the pencil in your octagon spinner and give it a spin!



CONNECT THE DOTS

Connect as a family by making and playing your own game.

You will need:

- Card/paper or paper plates to make the dots
- Scissors (supervised by an adult)
- Paint, crayons, felt tips or coloured pencils. You will need the same 4 colours you used to make your spinner.

Cut out lots of paper or card circles and/or use paper plates if you have them. Divide the circles into 4 and decorate each set with the same colours you used to make your spinner.

Here are some other ideas to spark your imagination:

Your theme for a RED colour could be LOVE

Task ideas: Tell someone in the room why they are special to you. Say thank you to someone for something they've said or done in the last week.

Your theme for a BLUE colour could be DREAMING

Task ideas: Think about your dreams. Where in the world would you like to go and why? Who would you love to meet and why? What do you wish you could change in the world?

(continued on next page)



Your theme for a YELLOW colour could be CREATE

Task ideas: Draw a (e.g. banana, cat, a member of your family, a memory, etc). Sculpt a (e.g. a tower, favourite food, a hug, a tree etc).

Your theme for a GREEN colour could be MOVEMENT

Task ideas: Dance like no-one is watching. Move like an elephant. Find 5 ways of jumping across the room using low, medium and high levels. Dance with someone in the room as if you are both ballroom champions. Stand and move like a superhero!

Once you have decided on the tasks, write them on the correct colour dots. Now you're ready to play the game! Place all the dots around the room and take it in turns to spin your spinner. Whichever colour it lands on is the colour of the dot you must stand/sit on. Once you are there, read the task on the dot and follow the instructions!

BLUE PLAQUES

This activity encourages you to find new things you can celebrate about your family and share with your neighbours. The idea is loosely based on the blue plaques placed on buildings around London, which honour the famous people who have lived or worked in them. Have you spotted any before?

You will need:

- Card or thick paper
- Blue pens, paint, crayons, felt tips, pencils or wrapping paper
- White paper
- Glue or tape
- Scissors (supervised by an adult)
- A carrot/potato/cotton reel or similar for printing with.

Cut out a circle from card or paper. You can draw around a plate or even use a paper plate. Colour it blue.

Add a white border around the edge of the blue circle.

Cut out a smaller circle from the white paper and decorate the edge in blue. On the smaller circle, write your name or draw yourself. Add 'lives here', 2021, and something that describes you, e.g. artist, dancer, hugger, lego builder!

Once you have finished it, stick your blue disc on your front door or in your window!



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