

Hunters Hall Primary School

Snippets

Issue: 5 October 2021

Dates for the Diary

Autumn Term 2021

Wednesday 20th October – Parent/Carer Consultation Evening

Thursday 21st October – Parent/Carer Consultation Evening

Friday 22nd October – INSET Day (no pupils)

Monday 25th October to Friday 29th October – Half Term Holidays

Monday 1st **November** – INSET Day (no pupils)

Tuesday 2nd November – All pupils return to school

Tuesday 16th November – Flu Immunisation (1st session)

Friday 10th December – Flu Immunisation (2nd session)

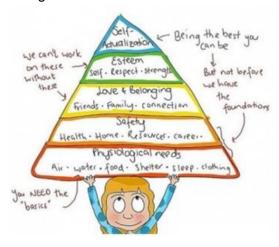


Absence Reminder



Dear Parent/Carer.

It seems appropriate to continue to focus on Maslow's Hierarchy of Needs when we are all wearing yellow to raise awareness of good mental health.



Last week we focused on our basic physical needs and today, being two days away from World Mental Health Day, we will focus on love and belonging. These are essentials for our mental wellbeing and contentment. To feel loved and have connection with our families and friends are necessary for us to flourish and develop.

This addition of Snippets is full of advice on how to maintain good mental health. Everyone needs a hug and our section on neuroscience proves that a hug releases oxytocin, a vital hormone that helps each one of us feel loved, noticed and appreciated. Make sure you give and receive hugs along with taking time to listen to each other this weekend, so you and your children feel loved and connected.

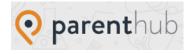
Wishing you all good mental and physical health.

Stay safe.

Selina Frazer & Michael Kaitell, Co-Headteachers

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 <u>1R</u> in Key Stage 1 who achieved <u>95.79%</u> this week and to 4G in Key Stage 2 with 99.60%

Class	Attendance %	Class	Attendance %	Class	Attendance %
RB	88.12	2M	93.01	4R	93.73
RH	81.30	2T	94.30	5N	93.87
RR	88.46	3D	94.23	5P	94.68
1H	91.94	3G	95.83	5R	97.78
1L	93.92	3T	99.18	6A	90.63
1R	95.79	4E	98.47	6L	98.72
2K	93.28	4G	99.60	6Y	97.24



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



Space Day 7th October

As a thank you for taking part in the Space Day themed lunchtime yesterday, the catering team have given us three space-based books for our children to enjoy.



Reminder!

Transition to Secondary 2022

If you have a child in Year 6, please apply on line before 31st October 2021 at either www.eadmissions.org.uk or use the link at www.lbbd.gov.uk/admissions.

Please speak with Mr Bellevue if you you require assistance.



Ava's Chain of Kindness Fundraiser

Following the fundraising day in memory of Ava, we are pleased to announce that with your support the total:

£339.75

All proceeds will go to <u>younglivesvscancer.org.uk</u> (the operating name of Clic Sargent Cancer Care for Children) To find out more about the work of the charity please visit:

https://www.younglivesvscancer.org.uk/

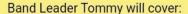


RockSteady Feel Good Fridays

RECEPTION TO YEAR 2

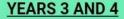
To register for this event click <u>here</u> or copy this url into your web browser

https://webinars.rocksteadymusicschool.com/ref/U9YmJwR CzDvk7JTN



- Musical Toolkit It's all about tempo. Tommy has some fun tricks up his sleeve as the children learn more about this speed-related musical term.
- Let's Go ROUND Again Rocksteady vocalist, Rachel takes us back on-board 'The Nervous Wreck'. But this week we'll be challenging the children to sing it as a round.
- Sing & Sign Get ready for more singing and
 Makaton signs as we learn the next part of 'Best Day
 of My Life' by American Authors?
- At the Movies Performance We end the stream with a roar-some performance of 'The Lion Sleeps Tonight', made famous by the 2019 remake of Disney's Lion King.





To register for this event click <u>here</u> or copy this url into your web browser

https://webinars.rocksteadymusicschool.com/ref/fs0pVec2N 1y8uCn7

Band Leader Paul will cover:

- Silly Samba! Follow the Leader Let's become a reallife samba band. The children will explore the different sections of a samba, learning how important it is to follow the leader's instructions.
- The Vocal Zone We'll investigate melodies and counter melodies and start to sing some independent parts as we layer-up vocals.
- Musical Word of the Week Harmony is this week's focus. We take a closer look at harmony and how this element is used in music.
- Spotlight Instrument Performance The spotlight shines firmly on the voice as we celebrate the outstanding work of vocalists. To end this stream with a bang, we'll enjoy a performance of Katy Perry's 'Firework', which absolutely highlights what a great vocal brings to a song.

YEARS 5 AND 6

To register for this event click <u>here</u> or copy this url into your web browser

https://webinars.rocksteadymusicschool.com/ref/tutlDlarwl VKlxNa

Band Leaders Tommy, Paul, and friends will cover:

- The Theory Lab A look at some of the science behind musical theory, the children will learn all about chords, including the difference between major and minor chords.
- Vocal Zone Rocksteady vocalist, Rachel will explore
 a three-part harmony with the children and how vocal
 harmonies sound in a major or minor chord.
- Musical Word of the Week Let's talk about effects, or FX as it's referred to in music technology. What are FX and how they are used to add texture, dynamics, and timbre to songs.
- Sound Pioneers Performance You can't talk about sound pioneers without talking about the legendary
 Jimi Hendrix. Hendrix revolutionised the electric guitar and its place in modern music, creating a sound where effects played a huge part. Sit back and enjoy a performance that celebrates this rock icon.



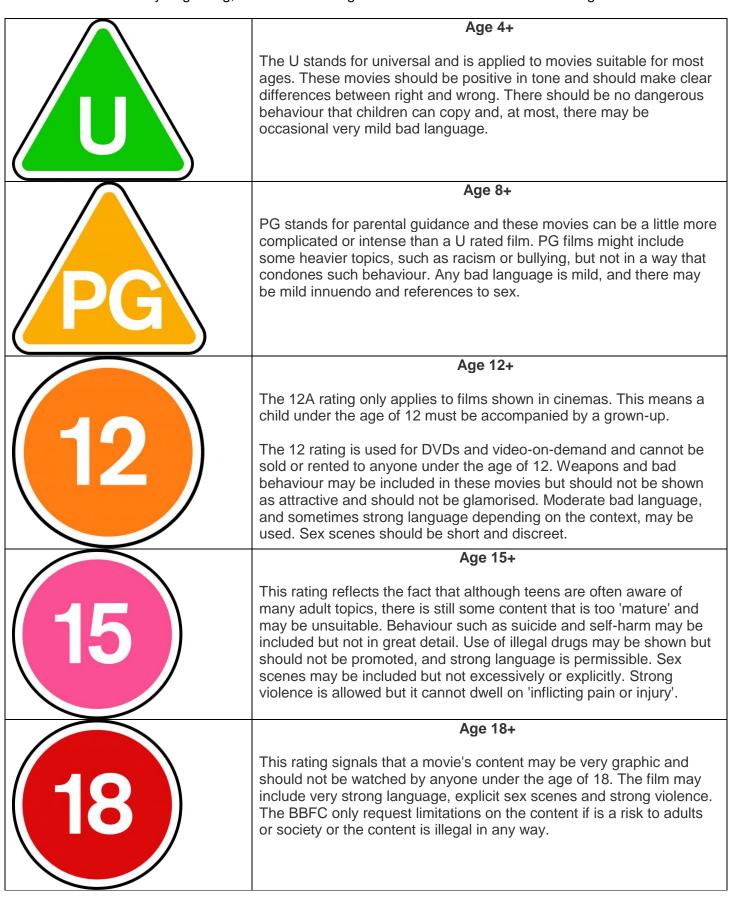
Thank you for supporting #Hello Yellow today. Once we have the final figure of how much has been raised we will announce in a future edition of Snippets.

Meanwhile, why not watch the assembly video that the children watched earlier today. Click the link below.



Age Ratings & Safeguarding

We are including the following in this week's Snippets as we have found a growing number of children are experiencing emotional difficulties due to watching material that is meant for an older age group than their current years. In particular, children have been talking about programmes that they have watched on Netflix. This also relates directly to gaming, which also has age-recommendations in order to safeguard children.



Forward Together for Mental Health

#WorldMentalHealthDay 10 October 2021

Good mental health is not simply the absence of diagnosable mental health problems, although good mental health is likely to help protect against development of many such problems.

Good mental health is characterised by a person's ability to fulfil a number of key functions and activities, including:

- the ability to learn
- the ability to feel, express and manage a range of positive and negative emotions
- the ability to form and maintain good relationships with others
- the ability to cope with and manage change and uncertainty.
 - 1. Talk about your feelings
 - 2. Keep active
 - 3. Eat well
 - 4. Drink sensibly
 - 5. Keep in touch
 - 6. Ask for help
 - 7. Take a break
 - 8. Do something you're good at
 - 9. Accept who you are
 - 10. Care for others

Book Fair



Our annual book fair has returned this week until Wednesday 13th October. It is located in the Dining Hall on the following days after school from 3:15pm.

Thursday 7th October

Friday 8th October

Tuesday 12th October

Wednesday 13th October

Access via the Pagoda Playground. Please be patient with us as we manage the queue in a Covid secure way.

You can preview the books that will be available here:

https://www6.scholastic.co.uk/3dissue/catalogues/SchoolsCatTBF19/

This year, there will be the opportunity to pay for the books by scanning a QR Code or visiting https://bookfairs.scholastic.co.uk/pay/1185038 in order to avoid the need for cash.



Log in or Register

Your Fairs Book Fairs Free resources Parents The books FAQs Contact us

Please select a payment option:

School: Hunters Hall Primary School











DONATE YOUR OLD UNIFORMS AND WINTER COATS AND HELP OTHERS.

Don't throw out or store away! Recycling helps the planet as well as supporting others in our community.



Donations can be dropped off at the school reception or handed to members of staff who are on gate duty.

Thank you







How to Hack Them

DOPAMINE

REWARD/MOTIVATION CHEMICAL

- Finishing a task
- Celebrating small wins
- Self Care Activities
- Exercise
- Listening to Music
- Gratitude



OXYTOCIN

LOVE /CONTENTMENT HORMONI

- Healthy Relationships
- Hugging Family
- Playing with a Dog
- Helping others
- Holding Hands
- Helping others

wishinguwelltoday

SEROTONIN

THE MOOD STABILIZER

- Meditating / Yoga
- Deep Breathing
- Running
- Sun Exposure
- · Oatmeal/ Bananas

ENDORPHINS

THE PAIN KILLER

- Laughter / Dancing
- Dark Chocolate
- Meditation
- Vanilla or lavender essential oil

Level 2 Certificate in Understanding Children and Young People's Mental Health

Are you interested in increasing your knowledge of children's mental health? Courses online, such as this one, allow you to develop your knowledge at your own pace, and in your own home. This qualification aims to equip you with a more detailed understanding of mental health conditions that affect children and young people, the legislation and guidance surrounding mental health, risk factors that may affect mental well-being and the impact that mental health concerns may have on young people and others.

Click the image below to register for the free course:

Level 2 Certificate in

Understanding Children
and Young People's Mental
Health

Unit 1: Understand children and young people's mental health in context

In this unit, you will learn about the concept of mental health and how society's view of mental health has changed over time. You will also learn about the legislation in place to support children and young people's mental health.

Unit 2: Understand factors which may affect children and young people's mental health

This unit will cover the risk factors that can affect children and young people's mental health and how these can be mitigated. You will also look at how developmental changes and puberty can impact children and young people.

Unit 3: Understand children and young people's mental health concerns

This unit will look at the behaviours displayed by children and young people that may indicate a mental health concern. You will look in more detail at common mental health conditions that affect children and young people.

Unit 4: Understand the impact of children and young people's mental health concerns

In this unit, you will investigate the impact of mental health concerns on children, young people and others. You will look at the importance of diagnosis and the reasons why there may be a reluctance to seek a diagnosis.

Unit 5: Understand how to support children and young people with mental health concerns

In this fifth and final unit, you will explore person-centred approaches to supporting children and young people with mental health concerns, how to promote mental well-being in children and young people, and the services and treatment involved with children and young people's mental health.

Natasha's Law

In line with Natasha's law regarding allergies, all prepacked sandwiches and cakes etc. must have labels of ingredients. The labels below are for the roll choices when the purple dinner option is chosen.

For your information:



Soft Floured Roll
with soft spread and ham
WHEAT Flour, (WHEAT Flour, Calcium Carbonate, Iren,
Niacin, Thiamin), Water, Salt, Yeast, Sugar, Rapesced Cit,
Emulsifiers: E471, E472(e); Flour Treatment Agents: E300,
8500

vegetable Oils (Rapeseed Oil, Palm Oil, Sunflower Oil), water, Sait, emulsifier (Mono- and diplycarides of fathy acids). Whay Powder (Milk K), Buttermilk Powder (Milk K), preservative (Potesskern Sorbete), Acid (Citric sold), Natural Flavouring, Colour: Beta-Carctene, Vitamin A, Vitamin D, Pork (100g pork per 100g finished product), Cure (Saik, Stabilier) (Triphosphale), Demerara Sugar, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrile)), Sait Sesamo Seeds



Allergy Advice: Contains: Sesame Seeds, Cereals (containing gluten), Milk

Cheese Roll

Soft Floured Roll
with soft spread and Cheese Sice
WHEAT Flour, WHEAT Flour, Calcium Carbonate,
Iron, Niacin, Thiamin), Water, Salt, Yeast, Sugar,
Rapeseed Oil, Emulsifiers: E471, E472(e): Flour
Treatment Agents: E300, E920, Vegetable Oils
(Rapeseed Oil, Palm Oil, Sunflower Oil), water, Salt,
emulsifier (Mono- and dighycerides of fatty acids),
Whey Powder (MILK), Buttermilk Powder (MILK),
preservative (Potassium Sorbate), Acid (Citric acid),
Natural Flavouring, Colour: Beta-Carotene, Vitamin
A, Vitamin D, Cheddar Cheese (MILK), Sesame



Allergy Advice: Contains: Sesame Seeds, Cereals (containing gluten), Milk

Egg Mayo Roll

Soft Floured Roll with Soft Spread and Egg Mayonnaise WHEAT Flour, (WHEAT Flour, Calcium Carbonate, fron, Nacio, Thiamin), Water, Salt, Yeast, Sugar, Rapessed Ol, Emulsifiers: E471, E472(e): Flour Treatment Agenta: E300, E520, Vegetable Olta (Rapessed Oli, Palm Ol; Sunflower Oli, Water, Salt, emulsifier (Mono- and diglycardides of Staff yacids), Whey Poseder (MILK), Brottemilk Powder (MILK), Whey Poseder (MILK), Brottemilk Powder (MILK), Staff Florecardine, Clother Bett-Carotene, Vitamin A, Vitamin O, EGGS/Water, Rapessed Oli (25%), Thickneinig Agent (Modified Meitre Starch), Spirit Vinegar, Sugar, Pasteurised EGG Yolk (15%), Salt, Lemon Juice From Concentrate, Stabilisers (Guer Gum, Xanthan Gum), Texture Enhancer (Chus Fibre, Sugar), MUSTARD Flour, Preservative (Potassium Sorbate), Seame seeds.



Allergy Advice: Contains: Sesame Seeds, Cereals (containing gluten), Eggs, Milk, Mustard

Tuna Roll

Soft Floured Roll with soft spread and Tuna Mayo WHEAT Flour, (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Yeast, Sugar, Rapeseed Oil, Emulsifiers: E471, E472(e): Flour Treatment Agents: E300, E920, Tuna [FISH], Water, Salt. Water, Rapeseed Oil (25%), Thickening Agent (Modified Maize Starch), Spirt Vinegar, Sugar, Pasteurised EGG Yolk (1%), Salt, Lemon Juice From Concentrate, Stabilisers (Guar Gum, Xenthan Gum), Texture Enhancer (Citrus Fibre, Sugar), MUSTARD Flour, Preservative (Potassium Sorbate), Vegetable Oils (Rapeseed Oil, Palm Oil, Sunflower Oil), water, Salt, emulsifier (Mono- and diglycerides of fatty salt, emulsifier (Mono- and diglycerides of fatty salt), Whey Powder (MILK), Buttermik Powder (MILK), preservativa (Potassium Sorbate), Acid (Citric acid), Natura Flavouring, Colour: Beta-Carotene, Vitamin A, Witamin D, Sesame seeds

Allergy Advice: Contains: Sesame Seeds, Cereals (containing gluten), Eggs, Fish, Milk, Mustard

Chicken Roll

Soft Floured Roll with Soft Spread and Chicken WHEAT Flour, (WHEAT Flour, Calcium Carbonate, Iron, Niscin, Thiamin), Water, Salt, Yeast, Sugar, Rapeseed Oil, Emulsifiers: E471, E472(e); Flour Treatment Agents: E300, E920. Vegetable Oils (Rapeseed Oil, Palm Oil, Sunflower Oil), water, Salt, emulsifier (Mono- and diglycerides of fatty acids), Whey Powder (MILK), Butermik Powder (MILK), Bratermik Powder (MILK), preservative (Potaseton Soroate), Acid (Citric acid), Natural Flavouring, Goccur: Beta-Carotene, Vitamin A, Vitamin D, Chicken, Water, Salt Turkey Mix (Pea Starch, Stabilisam (E451 AF450), Gelling agent (Carrageenan, E407)): Sesame Seeds

Allergy Advice: Contains: Sesame Seeds, Cereals (containing gluten), Milk