



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)



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

Absence Reminder



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 1R in Key Stage 1 who achieved 95.79% 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:

£3339.75

All proceeds will go to younglivesvscancer.org.uk (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/>

YOUNG LIVES
vs CANCER
CLIC SARGENT

RECEPTION TO YEAR 2

To register for this event click [here](#) or copy this url into your web browser

<https://webinars.rocksteadymusicschool.com/ref/U9YmJwRCzDvk7JTN>

Band Leader Tommy will cover:

- **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**.



YEARS 3 AND 4

To register for this event click [here](#) or copy this url into your web browser

<https://webinars.rocksteadymusicschool.com/ref/fs0pVec2N1y8uCn7>

Band Leader Paul will cover:

- **Silly Samba! Follow the Leader** - Let's become a real-life **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 [here](#) or copy this url into your web browser

<https://webinars.rocksteadymusicschool.com/ref/tutIDlarwlVKlxNa>

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.

	<p style="text-align: center;">Age 4+</p> <p>The U stands for universal and is applied to movies suitable for most ages. These movies should be positive in tone and should make clear differences between right and wrong. There should be no dangerous behaviour that children can copy and, at most, there may be occasional very mild bad language.</p>
	<p style="text-align: center;">Age 8+</p> <p>PG stands for parental guidance and these movies can be a little more complicated or intense than a U rated film. PG films might include some heavier topics, such as racism or bullying, but not in a way that condones such behaviour. Any bad language is mild, and there may be mild innuendo and references to sex.</p>
	<p style="text-align: center;">Age 12+</p> <p>The 12A rating only applies to films shown in cinemas. This means a child under the age of 12 must be accompanied by a grown-up.</p> <p>The 12 rating is used for DVDs and video-on-demand and cannot be sold or rented to anyone under the age of 12. Weapons and bad behaviour may be included in these movies but should not be shown as attractive and should not be glamorised. Moderate bad language, and sometimes strong language depending on the context, may be used. Sex scenes should be short and discreet.</p>
	<p style="text-align: center;">Age 15+</p> <p>This rating reflects the fact that although teens are often aware of many adult topics, there is still some content that is too 'mature' and may be unsuitable. Behaviour such as suicide and self-harm may be included but not in great detail. Use of illegal drugs may be shown but should not be promoted, and strong language is permissible. Sex scenes may be included but not excessively or explicitly. Strong violence is allowed but it cannot dwell on 'inflicting pain or injury'.</p>
	<p style="text-align: center;">Age 18+</p> <p>This rating signals that a movie's content may be very graphic and should not be watched by anyone under the age of 18. The film may include very strong language, explicit sex scenes and strong violence. The BBFC only request limitations on the content if it is a risk to adults or society or the content is illegal in any way.</p>

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



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

I am paying at the
Book Fair

Available until:
📅 12 Oct at 16:00

Use this option to make payment
for books at the Fair



I am paying for Books from
a Wish List

Available until:
📅 12 Oct at 16:00

Use this option to make payment
for books on a Wish List.



I am unable to attend the
Book Fair

Available until:
📅 12 Oct at 13:00

Use this option to make payment
and order from an invitation.





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



Happiness Chemicals and 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 HORMONE

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



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



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.

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:

Ham Roll

Soft Floured Roll
with soft spread and ham

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 diglycerides of fatty acids), Whey Powder (**MILK**), Buttermilk Powder (**MILK**), preservative (Potassium Sorbate), Acid (Citric acid), Natural Flavouring, Colour: Beta-Carotene, Vitamin A, Vitamin D, Pork (100g pork per 100g finished product), Corn (Salt, Stabiliser (Triphosphate), Demerara Sugar, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)), Salt, Sesame Seeds



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

Cheese Roll

Soft Floured Roll
with soft spread and Cheese Slice

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 diglycerides 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 seeds



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, 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 diglycerides of fatty acids), Whey Powder (**MILK**), Buttermilk Powder (**MILK**), preservative (Potassium Sorbate), Acid (Citric acid), Natural Flavouring, Colour: Beta-Carotene, Vitamin A, Vitamin D, **EGGS**, Water, Rapeseed Oil (25%), Thickening Agent (Modified Maize Starch), Spirit Vinegar, Sugar, Pasteurised **EGG** Yolk (1%), Salt, Lemon Juice From Concentrate, Stabilisers (Guar Gum, Xanthan Gum), Texture Enhancer (Citrus Fibre, Sugar), **MUSTARD** Flour, Preservative (Potassium Sorbate), Sesame 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), Spirit Vinegar, Sugar, Pasteurised **EGG** Yolk (1%), Salt, Lemon Juice From Concentrate, Stabilisers (Guar Gum, Xanthan 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 acids), Whey Powder (**MILK**), Buttermilk Powder (**MILK**), preservative (Potassium Sorbate), Acid (Citric acid), Natural Flavouring, Colour: Beta-Carotene, Vitamin A, Vitamin 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, 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 diglycerides of fatty acids), Whey Powder (**MILK**), Buttermilk Powder (**MILK**), preservative (Potassium Sorbate), Acid (Citric acid), Natural Flavouring, Colour: Beta-Carotene, Vitamin A, Vitamin D, Chicken, Water, Salt, Turkey Mix (Pea Starch, Stabilisers (E451 & E450), Gelling agent (Carrageenan, E407)), Sesame Seeds

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