



Dates for the Diary

Summer Term 2021

Friday 18th June – Change of dinner menu (see poster below)

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

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



Girls' District Football

On Monday 31st May we played Gloucester in the SC Cup semi-final. It was a really hard-fought game because we only scored in the second half to win 1-0. The final will be on the 12th June.

On Saturday 5th June we played Saint Albans in a seven a side match at home. We won 4-1. Even though we won 4-1 they were a good side.

by

Dalia, Eva & Rehanna



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,

Welcome back. It was lovely to see so many happy faces as we re-opened the gates this week following a warm and sunny half-term.

During half-term, we also heard about the arrival of Mrs Hearty's new baby, Isaaq, who we cannot wait to meet.

As the weather has continued to be hot, may we remind you to ensure that your children are wearing sun protection prior to arriving at school. Our staff will check that they consume adequate amounts of water throughout the day and that they are encouraged to seek shade during lunchtime. We also recommend that the children wear a hat/cap.

This week saw the start of our own Euro 2021 tournament. The first round has identified the winning countries from Year 3 to 6.

From Monday, we would like children to resume bringing in their book bag and reading book every day. This is to ensure that we enable all children to have greater access to high-quality reading material.

Finally, thank you to those of you who carried out lateral flow testing. By doing this regularly, we all protect one another.

Have a wonderful 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



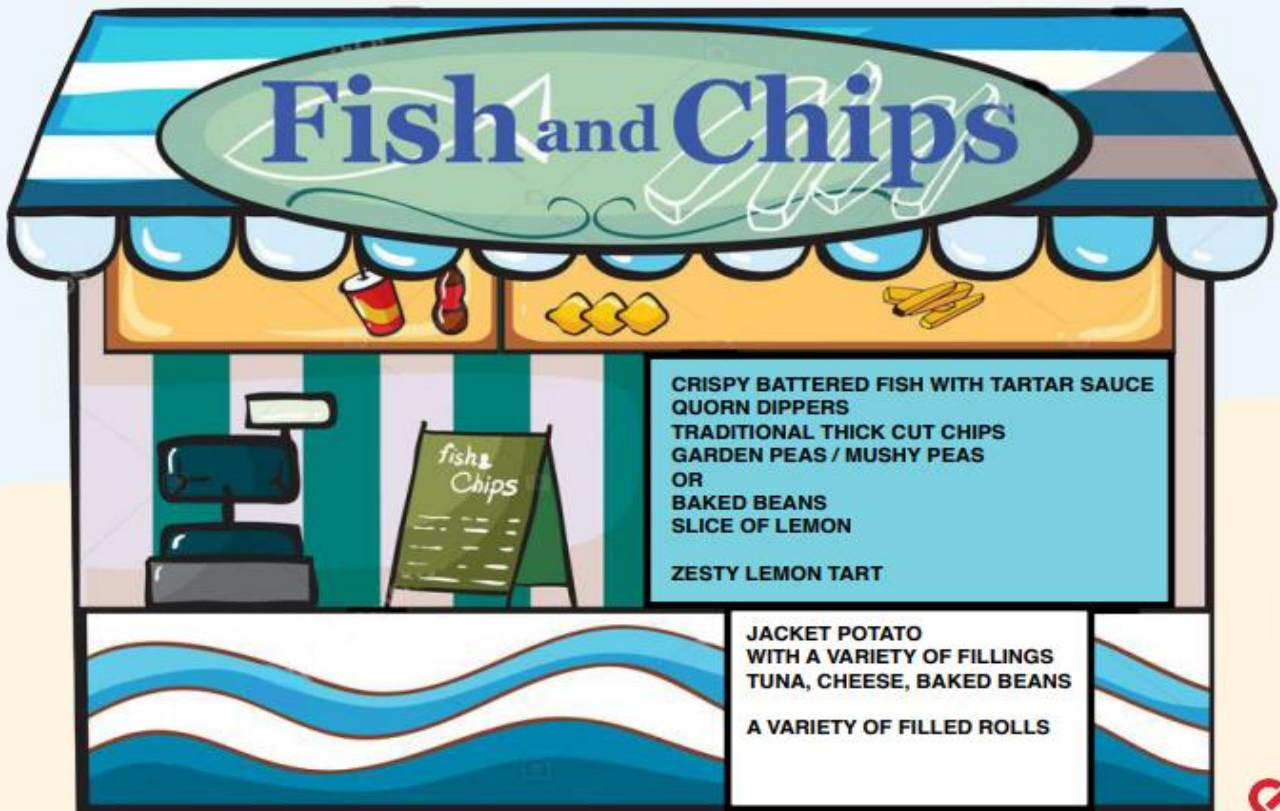
Attendance

Congratulations to 1L in Key Stage 1 who achieved 100% this week and to 5H in Key Stage 2 with 100%

Class	Attendance %	Class	Attendance %	Class	Attendance %
RB	95.40	2R	97.33	4R	99.39
RH	98.85	2T	95.83	5A	95.40
RM	98.89	3D	94.05	5H	100
1C	96.67	3G	97.70	5S	98.00
1H	96.99	3T	98.81	6P	98.28
1L	100	4E	98.81	6VC	95.68
2K	97.44	4N	97.67	6Y	87.36



18th June 2021

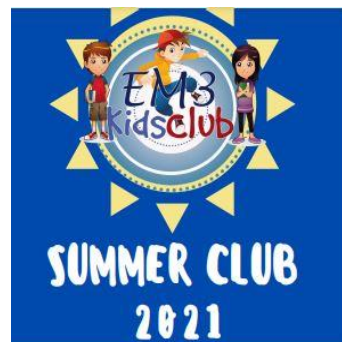


New addition to the Hunters Hall family



We are extremely happy to announce the birth of Isaaq Waheed Hearty. Mrs Hearty and baby Isaaq are doing very well.

Summer Club



**BE PART OF
EM3 KIDS CLUB
THIS SUMMER!**

(FOR AGES 4-11)
8am -6pm : £24
9am - 3pm : £20



Sign Up!

Contact:
Kelly
07804543273

Online:
www.em3kidsclub.com

**26 July
to
21 August**



Zones of Regulation Mural



LIFE IS 10% WHAT HAPPENS TO US AND 90% HOW WE REACT TO IT. -CHARLES SWINDOLL

Regulation is something everyone continually works on whether we are aware of it. We all encounter difficult circumstances that test our limits from time to time. If we can recognise when we are becoming less regulated, we are able to do something about it to manage our feelings and get ourselves to a healthy place. This comes more naturally for some, but for others it is a skill that needs more attention and practice. This is the goal of The Zones of Regulation.

The Zones of Regulation teaches all of us scaffolded skills toward developing a metacognitive pathway to build awareness of feelings/internal state and utilise a variety of tools and strategies for regulation, prosocial skills, self-care, and overall wellness. This includes exploring tools and strategies for mindfulness, sensory integration, movement, thinking strategies, wellness, and healthy connection with others.

The Zones of Regulation provides a common language and compassionate framework to support positive mental health and skill development for all, while serving as an inclusion strategy for neurodiverse learners, those who have experienced trauma, and/or have specific needs in terms of social, emotional, and behavioral development.

The **Red Zone** is used to describe extremely heightened states of alertness and intense emotions. A person may be elated or experiencing anger, rage, devastation, or terror when in the Red Zone.

The **Yellow Zone** is also used to describe a heightened state of alertness and elevated emotions, however one has more control when they are in the Yellow Zone. A person may be experiencing stress, frustration, anxiety, excitement, silliness, the wiggles, or nervousness when in the Yellow Zone.

The **Green Zone** is used to describe a calm state of alertness. A person may be described as happy, focused, content, or ready to learn when in the Green Zone. This is the zone where optimal learning occurs.

The **Blue Zone** is used to describe low states of alertness and down feelings such as when one feels sad, tired, sick, or bored.

Which Zone are you in right now?

Rocksteady Feel Good Friday KS1

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/ySGMXMV1-ic>

Band Leader Tommy will cover:

- **Pocket Sized Orchestra:** We'll be looking at our '**Pocket-Sized Orchestra**' and this week we focus on the crucial job of a **conductor**.
- **Dynamic Drawings:** Introducing the concept of **dynamics**, the children will start to consider how this musical feature can be shown visually.
- **Sing & Sign:** With the help of '**Tiny Tommy**' we will quickly recap our song from last term, **The Beatles**, '**With a Little Help from My Friends**' before we get a sneak peak at what we'll learn next!
- **Live Performance:** Get into the swing of hot summer vibes as Tommy performs the uplifting 1983 hit '**Walking on Sunshine**' by Eurovision winners **Katrina and the Waves**.

Rocksteady Feel Good Friday KS2

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/nd4OUYy_dcM

Band Leader Paul will cover:

- **Building Bars:** Putting into practice everything we have learnt about **musical notation**, we start to '**build our own bars**' of music.
- **Easy as ABC:** There are so many different elements of structure to consider in music. Here we break down the ABC's of **songwriting**.
- **Musical Word of the Week:** Appropriately for the start of the Euros, this week's word is '**Score**', a **musical score**. We take a look at some alternatives to traditional written music.
- **Festival Fever:** It's not summer without music festivals, so we will explore some of the most iconic live festival performances from the past. This week we go back to 2019, when **Stormzy** performed his historic headline set at **Glastonbury**.

Window of Tolerance

"Window of Tolerance" a term coined by Dr. Dan Siegel is now commonly used to understand and describe normal brain/body reactions, especially following adversity. The concept suggests that we have an optimal arousal level when we are within the window of tolerance that allows for the ebb and flow (ups and downs of emotions) experienced by human beings. We may experience hurt, anxiety, pain, anger that brings us close to the edges of the window of tolerance but generally we are able to utilise strategies to keep us within this window. Similarly, we may feel too exhausted, sad, or shut down but we generally shift out of this.

WINDOW OF TOLERANCE

The window of tolerance and different states that affect you



HYPERAROUSAL

- o Abnormal state of increased responsiveness
- o Feeling anxious, angry and out of control
- o You may experience wanting to fight or run away



DYSREGULATION

- o When you start to deviate outside your window of tolerance you start to feel agitated, anxious, or angry
- o You do not feel comfortable but you are not out of control yet

SHRINK
your Window
of Tolerance

Stress and trauma
can cause your
window of
tolerance to
shrink

Think of the window of tolerance as a river and you're floating down it. When the river narrows, it's fast and unsafe. When it widens, it slows down and you:

- o are at a balanced and calm state of mind
- o feel relaxed and in control
- o are able to function most effectively
- o are able to take on any challenge life throws at you

Meditation,
listening to music,
or engaging in
hobbies can
expand your
window of
tolerance

EXPAND
your Window
of Tolerance

**WINDOW OF
TOLERANCE**



DYSREGULATION

- o You start to feel overwhelmed, your body might start shutting down and you could lose track of time
- o You don't feel comfortable but you are not out of control yet



HYPOAROUSAL

- o Abnormal state of decreased responsiveness
- o Feeling emotional numbness, exhaustion, and depression
- o You may experience your body shutting down or freeze

© 2020 MIND MY PEELINGS

www.mindmypeelings.com

To find out more have a look at these two websites:

<https://www.attachment-and-trauma-treatment-centre-for-healing.com/blogs/understanding-and-working-with-the-window-of-tolerance>

<https://www.mindmypeelings.com/blog/window-of-tolerance>

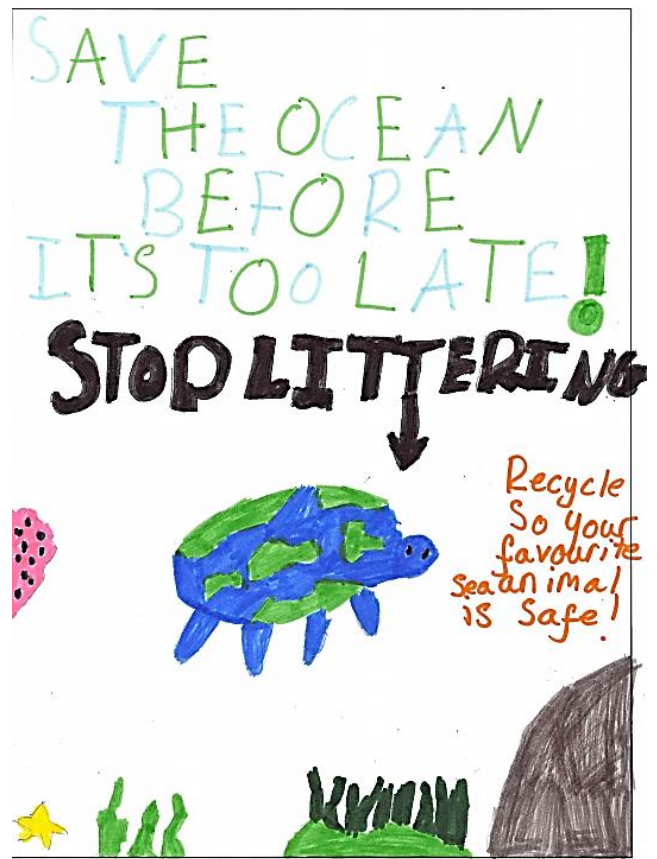
World Ocean Day

On Tuesday 8th June, the whole school took part in activities which promoted and raised awareness of water conservation, plastic pollution, rising water temperatures, overfishing, sewage dumps and many other factors that are impacting the ocean's ability to thrive as it should. Life below the water is in crisis mode and it's up to everyone to take action in protecting this extraordinary life-source.

The connection we have to the ocean is closer than you might think. 70% of our bodies are made up of water, as is 70% of our planet. We have exactly the same level of salt in our blood as you find in seawater and, not too far back into our evolutionary history, we had gills.

As humans, it's not only our physicality that links us to the big blue but our health. Every second breath we take comes from the ocean. The sea and its inhabitants provide food, shelter and livelihood for people all around the world. Not to mention its regulation of our weather and climate. It's even been scientifically proven that being near or in water has a positive effect on our mood and sense of wellbeing.

You can find out more by visiting: <https://worldoceanday.school/resources-2020/>



DT Design Challenge

Over the past few weeks, pupils from all year groups have been designing games for the DT Design Challenge. I am so impressed with all of the games that I have seen so far and individual classes have selected the three top designs to go through to the final. A panel of children will be judging the games and the winners will win a construction prize for their class. Some pupils have even made their games and have enjoyed testing them out with their friends. We have some inspiring inventors at Hunters Hall. Well done to everyone for taking part and good luck to the finalists. **Mrs McCarthy**



The Outer North East London Dental Outreach Team invite **YOU** to a Dental Health Drop-In Session as Part of National Smile Month

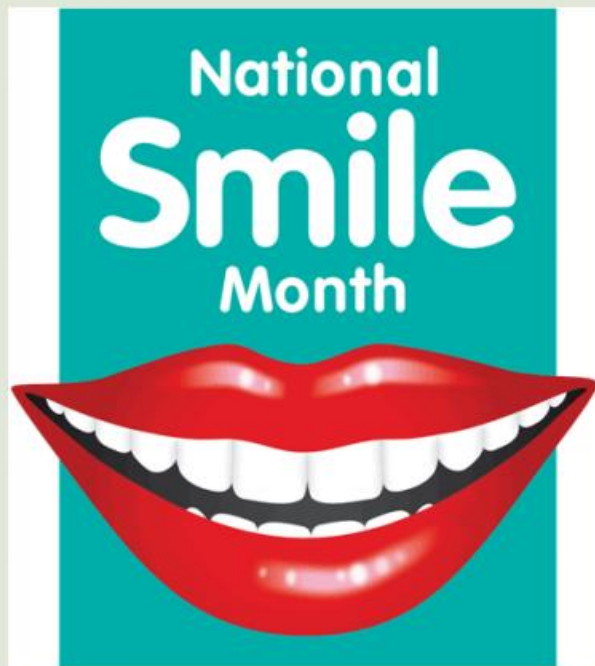
Wednesday

16th June

10-3pm

Microsoft Teams meeting

Join on your computer or mobile app
[Click here to join the meeting](#)



- Drop in any time between 10 and 3pm
- Ask the team any dental-related questions
- Get useful dental advice

Join on your computer or mobile app. [Click here to join the meeting.](#)

Barking & Dagenham cycling duo enjoy success at MTB Championships



Published: 7:00 AM June 2, 2021

Gabriel Allet in action - Credit: Barking and Dagenham Cycling Club
Barking & Dagenham Cycling Club had two of their younger members - who are also brothers - racing at Redbridge Cycling Centre in the MTB Championships.

Gabriel Allet finished fifth in the under-10s race and placed third in the unofficial men's U10 Eastern Region MTB Championship.

Meanwhile, brother Rubens Allet finished eighth in the under-12s race and placed fourth in the unofficial Mens U12 Eastern Region MTB Championship.

Head coach Russell Coe said: "I'm pleased the two boys enjoyed their races at Hog Hill. They both work hard, never miss a training session and this gets great results."

The club currently train twice a week at the Jim Peters Stadium in Mayesbrook Park, Dagenham and compete in youth races throughout the country.



'Biggest Sing'

On Tuesday 15th of June KS2 are taking part in the 'Biggest Sing' which is attempting to gain the Guinness World Record for the largest simultaneous sing along as well as raising money for the children's mental health charity Place2Be. The current record stands at 293,978!

We will be joining virtually with hundreds of thousands of children across the country. We are so excited to be part of this amazing opportunity.

Look out on snippets and the school website to see how we get on!

If you can donate £1 for the charity Place2be please click the link here: [Biggest Sing](#) Thank you so much it will make a big difference.

Young Voices
joins forces with special
guest artists to smash its own
Guinness World Records™
title for the Largest Simultaneous
Sing-Along and top the charts
with a charity single!

YV

**BIGGEST
SiNG**

In support of
**Place
2Be**

Streamed Live from The O2 arena
15th June 2021 at 2^{pm}

Join us and sing
'LOVELY DAY'

Sign up
and get involved
for FREE at
[youngvoices.co.uk](#)

Billy Ocean

Yolanda Brown

Ruti

#yybiggestsing

GUINNESS
WORLD RECORDS
OFFICIAL ATTEMPT

MAGIC
STAR

The O₂

MAL+LEONARD
EUROPE