



# Hunters Hall Primary School

## Snippets

Issue: 12  
December 2022

### Dates for the Diary

#### Autumn Term

**Tuesday 13<sup>th</sup> December** – Year 4 Christmas singing performance 2:15pm

**Thursday 15<sup>th</sup> December** – Year 4 WWI workshop, Jolly Jumper Day & Christmas Dinner Day

**Thursday 15<sup>th</sup> December** – Year 6 Disco 4:00-5:00pm, Dining Hall

**Friday 16<sup>th</sup> December** – Christmas Coffee Morning

**Monday 19<sup>th</sup> December** – Year 2 End of Topic Celebration

**Tuesday 20<sup>th</sup> December** – Christmas Community Carol Concert

**Wednesday 21<sup>st</sup> December** – Nursery finishes 11:30am / 3:15pm

**Thursday 22<sup>nd</sup> December** – Children finish for Christmas Holidays 1pm

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**Monday 9<sup>th</sup> January** – INSET Day (no pupils)

**Tuesday 10<sup>th</sup> January** – Children return to school

**Wednesday 11<sup>th</sup> January** – 4B start swimming

Dear Parent/Carer,

We often talk about the consequences to one's actions, but have you thought about the consequences to your **reactions**? After all, it is not really about what happens to you, but how you react to it that matters. Like in chemistry, it is the reaction that determines the end result.

When something happens that we never wanted to happen, we usually develop a scenario in our minds of how it could have been different. In other words, we focus too much on what happened, and not how we can move on from it. And that is an unproductive way to handle anything.

If your first reaction to a situation is negative, stop in that moment and imagine, "Am I just projecting my own feelings on this?" You will benefit from a more objective way of thinking.

We can make the choice to be offended by something and not allow ourselves to recover from the situation. The next time that something bothers you, try stopping and seeing the situation from a different angle.

If you are in the vicinity of Dagenham & Redbridge Football Club tomorrow (Saturday 3<sup>rd</sup> December 12-2pm), look out for some of our Race & Social Justice Ambassadors who will be continuing with their campaign to end modern day slavery near the stadium.






Best wishes,

Selina Frazer & Michael Kaitell,  
Co-Headteachers

### Thrive School of Excellence



### Team Points

TEAM POINTS		
	<b>Tigers</b>	<b>632</b>
	<b>Bears</b>	<b>661</b>
	<b>Wolves</b>	<b>322</b>
	<b>Sharks</b>	<b>502</b>
	<b>Komodo Dragon</b>	<b>567</b>

### Attendance

Congratulations to 2A who achieved 95.83% this week and to 6L in Key Stage 2 with 95.96%

Class	Attendance %	Class	Attendance %	Class	Attendance %
RB	85.71	2D	93.16	4R	92.52
RH	88.64	2K	92.62	5A	90.69
RR	87.45	3G	89.35	5D	93.31
1H	91.84	3T	87.55	5Y	92.83
1K	92.78	3TB	76.21	6E	90.59
1L	95.57	4B	87.28	6L	95.96
2A	95.83	4G	88.98	6N	89.84



## 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/](http://www.schooluniformdirect.org.uk/schools/product-category/schools-and-clubs/hunters-hall-primary/)

Or

Telephone: 01992 763679

Email: [info@schooluniformdirect.org.uk](mailto:info@schooluniformdirect.org.uk)



## 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**

### How to translate messages in the Parent Hub app (guidance for schools)

In the app, parents just tap the 'translate' button in the bottom right of a message.

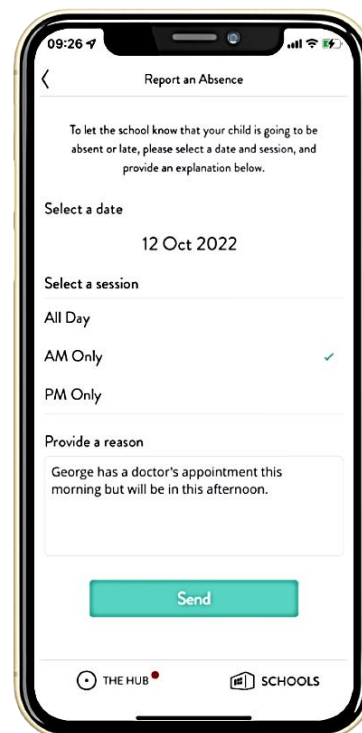
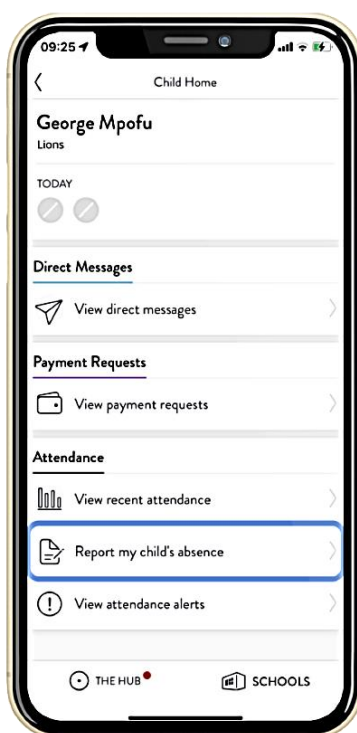
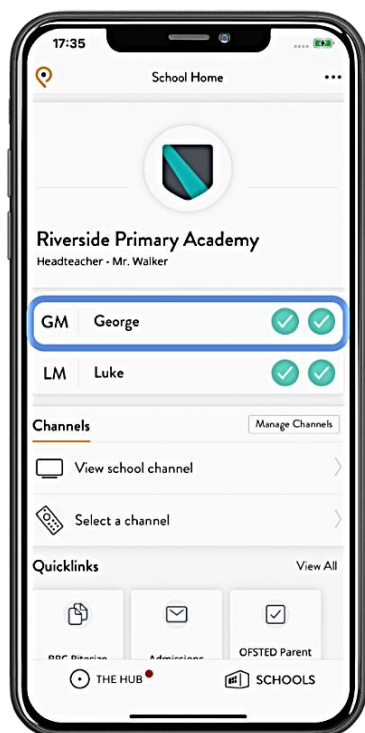
This applies to old messages, as well as new ones.

To find out more, click the link below for a useful guide.

<https://support.parenthub.co.uk/hc/en-us/articles/6172951020689-How-to-translate-messages-in-the-Parent-Hub-app>



## Reporting absence





On Thursday 15th December, an all day workshop for Year 4 will be taking place here at the school

Please remember to pay the **£6.50** cost through your child's ParentPay account.

<https://www.parentpay.com/>

<https://whiterosemaths.com/1-minute-maths>



**Year 4 - Times Tables**

Reminder for children in Year 4 to log onto the PiXL website and learn their times tables.



The children in each of the Year 4 classes were given the PiXL ID, individual usernames and passwords.

If parents need a reminder letter, please can they contact the class teacher at the end of the day so subsequent letters can be printed and distributed? The website can be found below.

**'PiXL Times Tables' and 'PiXL Unlock' (vocabulary) apps**

The children have free access to two apps: one to help them learn and practise their times tables and another to develop their vocabulary knowledge and understanding.

The apps can be downloaded via Apple or Android (please search for 'PiXL Unlock'), and the desktop versions can be found at these links: <https://timestable.pixl.org.uk> and <https://vocab.pixl.org.uk/>

Your child has been given a unique log-in, which works for both, and we would be pleased if you would download it to use straight away. Collaborating to support the children's learning both inside and outside of school has a greater impact and using these apps won't even seem like work to the children!

Many Thanks,

*Year 4 Team*

### Multiplication Square

X	1	2	3	4	5	6	7	8	9	10	11	12
1	1	2	3	4	5	6	7	8	9	10	11	12
2	2	4	6	8	10	12	14	16	18	20	22	24
3	3	6	9	12	15	18	21	24	27	30	33	36
4	4	8	12	16	20	24	28	32	36	40	44	48
5	5	10	15	20	25	30	35	40	45	50	55	60
6	6	12	18	24	30	36	42	48	54	60	66	72
7	7	14	21	28	35	42	49	56	63	70	77	84
8	8	16	24	32	40	48	56	64	72	80	88	96
9	9	18	27	36	45	54	63	72	81	90	99	108
10	10	20	30	40	50	60	70	80	90	100	110	120
11	11	22	33	44	55	66	77	88	99	110	121	132
12	12	24	36	48	60	72	84	96	108	120	132	144



# Year 6 Disco



4:00-5:00 on Thursday 15<sup>th</sup> December  
(children will leave school as normal and return to school for  
the start time)

in the Dining hall (enter via the Pagoda playground)

The cost is £1.00 to be paid via ParentPay.

On Thursday 15<sup>th</sup> December all children who have a paid will receive  
a ticket during the school day which they will be required to bring  
with them when they return to school for entry to the disco.

All children must have an adult to collect them from the disco (this  
includes children who usually walk home after the school day  
independently)

Children's mobile phones will need to be handed in at the start of  
the disco and will be returned at the end.



**Celebrating Christmas at Hunters Hall**  
**'The best way to spread Christmas Cheer**  
**is to sing out loud for all to hear'**

We look forward to seeing many of you at the following events.

We will be taking donations during these events to raise money for our Young Voices Choir who will be singing in the 02 in January. Donations may also be given via ParentPay from Monday 5<sup>th</sup> December. Please help us raise money for this fantastic opportunity for our choir. This is something your child may be part of in the future!

**Year 1 Singalong – Monday 12<sup>th</sup> December 2:15pm Y1/2 Playground**

**Year 4 Singalong – Tuesday 13<sup>th</sup> December 2:15pm Pagoda Playground**

Year 2 and Year 3 Choir- Children in the choir have had a letter with details on- if the children have a Christmas t-shirt / jumper / accessory they can wear it on the 14<sup>th</sup> for the concert.

We will be holding a raffle during these concerts (£1 a strip) as well as taking donations to raise money for our Young Voices Choir who will be singing in the 02 in January.

**Year 2 Choir – Wednesday 14<sup>th</sup> December 9:15am USH**

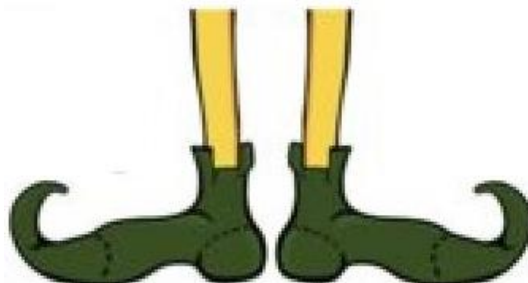
**Year 3 Choir – Wednesday 14<sup>th</sup> December 10:00am USH**

**Year 6** are busy preparing a concert for Senior Citizens in our community and a few have been selected to sing in local care homes.

Thank you for all your support. May I take this opportunity to wish you all a Merry Christmas.



***Mrs Bright***





## Origami Prince

A very talented member of 2A holding a paper art of a peacock that he made. Last week he even made a fantastic model of a Brachiosaurus.



## Barking Mad About Christmas

**BARKING MAD ABOUT CHRISTMAS**

**FREE entry**

Christmas tree lights switch on in partnership with Barking Market

**Saturday 3 December**  
11am to 5pm  
Barking Town Square

Free Santa's grotto and gift

- Christmas carols and entertainment
- Christmas crafts
- Elf hunt - find the naughty Elves and collect stamps to visit Santa's grotto (including quiet hour for children with additional needs)
- Get your stocking fillers and Christmas presents from the vibrant Barking Market

Plus **meet Shrek** at intervals

[lbbd.gov.uk/christmas](http://lbbd.gov.uk/christmas)

**SHREK** **The PartyBox** **BARKING MARKET** **Barking & Dagenham**

Dreamworks Shrek © DreamWorks Animation LLC. All Rights Reserved. MCR324 NOV22

**PROGRAMME**

Stage - Hosted by Lewis Mason	Time	Meet and Greet with Shrek	Time
Welcome	11am	Town Hall steps	11am, 11.55am, 1.40pm and 4.10pm
Eden J - Singer	11.05am	Barking Market	3.10pm
Sing-along with Frostie	11.30am	<b>Festive Workshops</b>	<b>Time</b>
Tej and the Dhol drummers	11.55am	Holly wreath making with The PartyBox	11am - 5pm
Broadway Theatre Panto	12.15pm	Christmas craft workshop with BLC Library	11am - 2pm
Magic show with Frostie	12.30pm	Christmas Bingo at the BLC Library	2pm - 3pm
Eden J - Singer	1.05pm		
Marsh Green Primary School Choir	1.40pm		
Gold Vocal Collective	1.55pm		
Tej and the Dhol drummers	2.30pm		
Eden J - Singer	2.50pm		
Elevation Performance Academy	3.15pm		
Big Deal	3.35pm		
Lit Youth	3.45pm		
Bad Youth Forum	4pm		
The Mayor and the Leader's speeches & prize giving	4.15pm		
Gold Vocal Collective	4.30pm		
Christmas tree lights switch on	4.50pm		

Programme subject to change

**Elf Hunt**

Find the naughty Elves at the four locations around Barking Market, Barking Learning Centre and the Town Square - report back to Santa and be entered in our prize draw.

**Santa's Grotto**  
Free visit to see Santa with a gift for our Elf hunters.



## Aspirations Visit



On Monday, our children in Years 5 & 6 were visited by a group of volunteers who represent different fields of work from investment banking to healthcare. Our children were able to ask pertinent questions about careers and listen to top tips from the panel about how to achieve their goals and dreams.

Have a read below to see how much the children were inspired by the visitors.

What inspired me is that when one of them said that you don't have to do a job that has already been created you can make one or combine some of the things you like. Because I really enjoy karate and making photos so I'm thinking of combining them. Or my main thing is that I do karate and be a photographer on my free time when I'm older. And my favourite tip is follow your dreams and let no one stop you.

By

Alexandra

Angel

Papas

6E:



I'm more determined to become the person I dreamed to be. I'll probably be a historian when I am older and I'll learn subjects like History, math and science. I want to be a historian because I could travel to places all over the globe and make some shocking discoveries. I remember one of them telling us to look at our own path and try our hardest to succeed.

Zhenyang

I would like maybe for a model to come in or a person who does Interior Design because that's what I want to try to be when I'm older and it would be nice to see if they enjoy it and how it works. I didn't really want to work any of the jobs that the visitors work, but I did get inspiration to never give up and keep going. I also took inspiration from Justice because she said her goal one day was to combine both her dream jobs and make it into one. So that if she does make it one day, then anyone can. And it is really good that you could do BOTH of the things you love. I've learned a lot of things today and I really enjoy this experience.



Listening to the visitors has made me realise that I want to do some sort of charity work because I would like to see if I can make peoples lives different in a good way. I also have realised that I want to do more than one job. I have also decided that I do want to be a teacher and inspire children to do their dream job and don't let anyone tell them what they can and can't do. I am going to work hard to be a teacher and make sure I don't give up.

Isabella GF

28.11.22 ~~I have been th~~

These visitors helped me figure out that I can do whatever job I want in the future. As long as I work hard, now I know that when I am older I have a lot more options to choose from and slowly but surely I am thinking of things I would like to do such as an artist, doctor, or an interior designer! I was worried that I just had to get a job when I am older ~~older~~ but these visitors have showed me that I can do something I enjoy if I put my mind to it and to block out all of the negative comments because I can do anything.



Lola

28.11.22

My personal experience meeting the visitors really encouraged me to believe in what I want to do and how I should never let someone else's opinion stop me from my dreams. I was very inspired by the lovely lady who came in and told us how she uses engineering and the medical field to help people over the world it was really inspirational some of the things she said really made me want to help others when I'm older and more mature. I enjoyed listening to each person and finding out what made them want to do their job and how they were inspired to do what they loved, I also like how they said you don't just have to do one thing in life. My dream job is to be an interior designer, marine biologist or an animal specialist, if not I'd like to help others who aren't in a good situation like a teacher or something else.

They made me more determined to achieve and think about if I really want to do more than one thing. Justice also really made me think if I want to be a videographer because I've always watched films and vlogs and wondered what it would be like to film my life. I remember when I was little I used to take my mum's phone and just record for fun. But I've always had this urge to mix soaps and make potions so maybe I could be a chemist. I don't fully know what I really want to be so I'll always remember to listen and respect people,

Gabija 6E.



Tip 1  
Dream BIG



Tip 5  
You Are  
Amazing!  
Super cool!  
Great in any way  
Independent  
Role Model  
Talented

# ASPIRE

Tip 6  
Make MANY FRIENDS

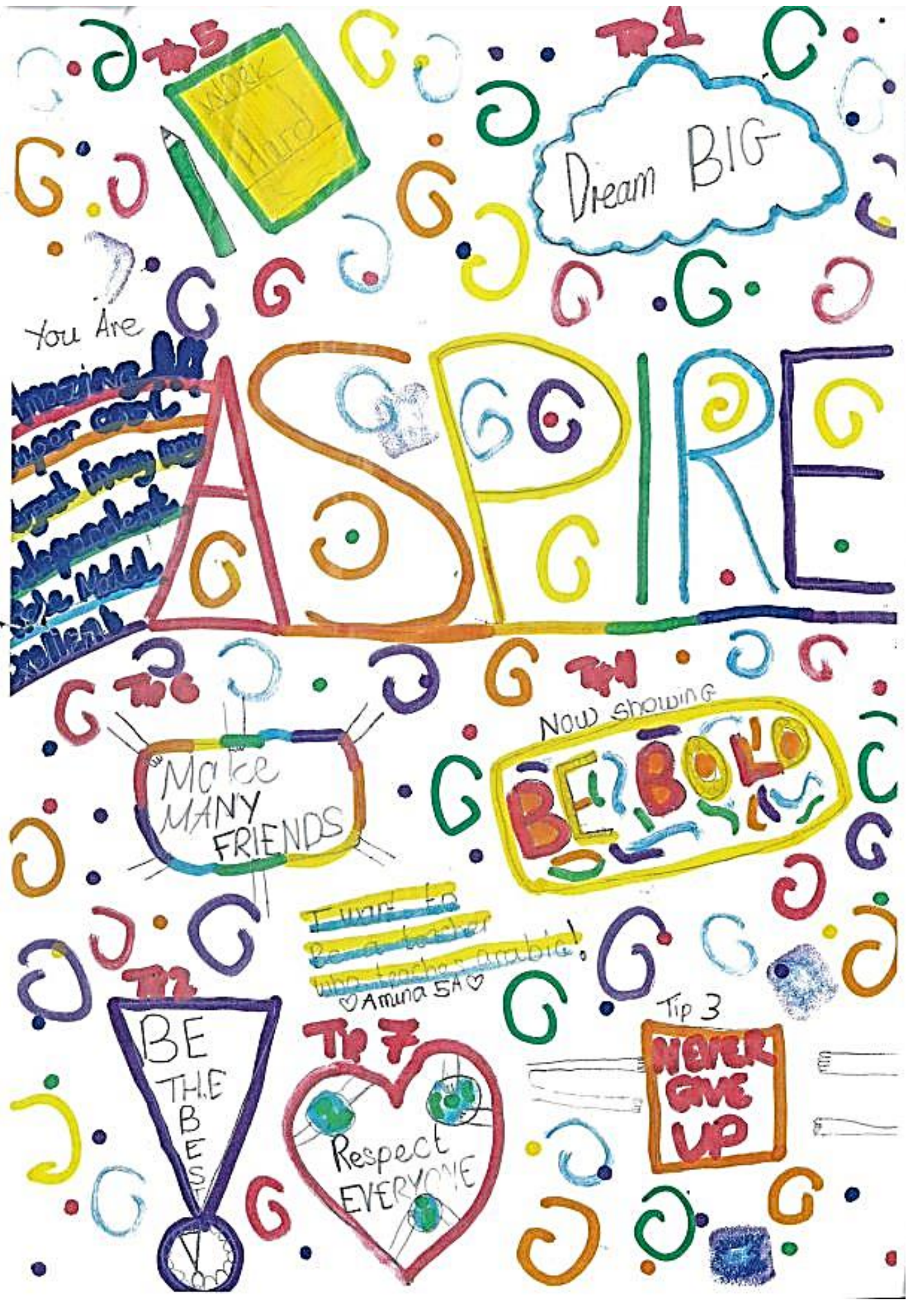
Tip 4  
NOW SHOWING  
BE BOLD

I want to  
be a teacher  
who teaches Arabic!  
Amina SAO

Tip 2  
BE THE BEST

Tip 7  
Respect EVERYONE

Tip 3  
NEVER GIVE UP





Life is with bumps  
and cuts and some people  
can take that dream  
away but, you can have  
the choice to give up  
or you can get your  
-self backup again. To  
do that you have to  
believe your-self!



Life has  
lol

Aspire

Life is some  
times wobbly  
like this!

why? because some one  
comment affect you affect







# TOP TIPS



- 1** Kids love to be involved in the prepping and choosing of their lunchbox content and they will be more likely to eat it.
- 2** Try planning out a week of lunchboxes at a time so that you can ensure variety in what they eat – more variety provides a wider range of nutrition.
- 3** Your child's school may have their own lunchbox policy, always follow their guidance which is especially important when it comes to allergies e.g. no nuts, no sesame (which includes hummus) etc.
- 4** Lunchboxes may be left in warm environments until it is time for lunch. If your child's lunchbox contains any items that need to be chilled (e.g. yoghurts, cheese, meat), add an icepack in to keep the food cool.

# SIMPLY VEG

Are you struggling to get your kids to eat more veg? Head to [SimplyVeg.org.uk](http://SimplyVeg.org.uk) from Veg Power for help.

[SIMPLYVEG.ORG.UK](http://SIMPLYVEG.ORG.UK)



## BEHOLD THE LUNCH OF LEGENDS

Help Po and Wandering Blade unlock the power you need in your lunchbox by following the five sacred steps of a hero's lunch... main, fruit, snack, vegetable & water.

**CHOOSE YOUR LEADER**

### MAIN - SANDWICHES 1

#### A STRONG BODY & A TRUE HEART

A strong hero needs power, and a real sandwich needs fibre. Choose brown or wholemeal bread.



Add a filling that contains protein and vegetables to keep you filled up and ready for adventure.



**OR SOMETHING DIFFERENT?**

Leftovers  
A boiled egg (or two)

Why not try these alternatives, last night's leftovers in a sealed container such as cooked chicken or salmon with veg can be perfect

Cous cous salad with veg  
Pasta salad with veg

Download a larger version  
More great lunchbox tips plus veg hacks  
[SIMPLYVEG.ORG.UK](http://SIMPLYVEG.ORG.UK)

### 3 SNACK

Lunchboxes aren't the same without a snack, pick the ones with less sugar and salt.



**FIND YOUR COURAGE**

### 2 FRUIT

Harness the sweet goodness of fruit. One portion is one child's handful – don't forget to chop into bite-size pieces.



**UNLEASH THE ENERGY**

### 4 VEGETABLE

Try raw veg, or even cold cooked carrots if your child prefers soft textures. One portion is one child's handful – don't forget to chop into bite-size pieces.



**DISCOVER PURITY**

### 5 WATER

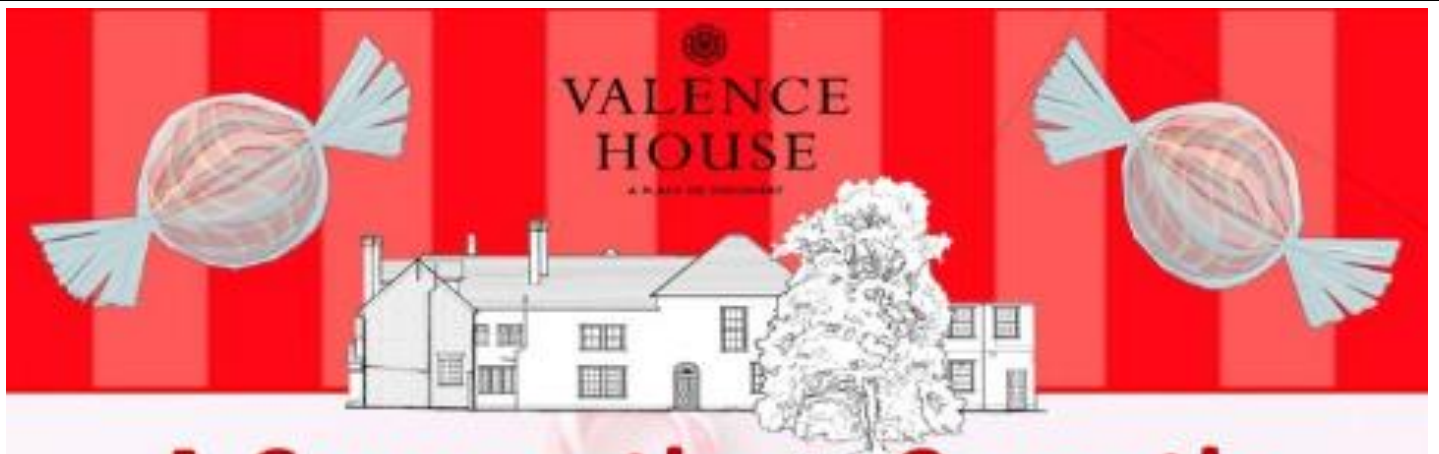
A true hero seeks the purity of clear fresh water.



**POWER UNLOCKED**







# A Scrumptious Sweetie Christmas

Saturday 10<sup>th</sup> December 2022

11am – 5pm

Discover sugar and spice and all things nice as you join us for a day of festive fun for all the family and pick up special treats from local stallholders in our Christmas market.



Mulled Wine  
& Mince Pies

Chocolate  
Fountain  
& Sweet  
Treats

Santa's  
Grotto -  
advanced  
booking  
essential

£3.50 per child

Christmas  
Market  
Over 30  
stalls!

Christmas  
Tree  
Trail

Children's  
Christmas  
Crafts

Valence House, Becontree Avenue, Dagenham, RMB 3HT  
020 8227 2034

[www.valencehousecollections.co.uk](http://www.valencehousecollections.co.uk)

[@valencehouse](https://www.facebook.com/valencehouse) [@valencehouse](https://www.instagram.com/valencehouse) [@valencehousemuseum](https://www.instagram.com/valencehousemuseum)



Barking  
& Dagenham



# This Winter

Get involved in **healthy and fun** activities

From **podcasting** and **football** to **arts and crafts**, there is something for everyone!

Open to children and young people aged **4 to 18** – **FREE** if they are eligible

**EACH ACTIVITY INCLUDES A HEALTHY LUNCH**

To find out more and to book a place, visit [lbbd.gov.uk/free-holiday-activities](http://lbbd.gov.uk/free-holiday-activities)

#HAF2022  
This provision is free for children and young people who live or go to school in Barking and Dagenham and are eligible for benefits related free school meals.

Department for Education  
**Barking & Dagenham**

Take part in a **Winter holiday** to remember in Barking and Dagenham

Location	Venue	Dates	Age Group
RM10 7HX	Ultimate Vision Sports at William Bellamy School	Wednesday 21 December to Friday 23 December	5 to 11 years
RM8 3EX	Ultimate Vision Sports at Grafton Primary School	Thursday 22 December to Friday 23 December	5 to 11 years
IG11 7JA	Ultimate Vision Sports at Gascoigne Primary School	Wednesday 21 December to Friday 23 December	5 to 11 years
IG11 7JA	Ultimate Vision Sports at Gascoigne Primary School	Wednesday 28 December to Friday 30 December	5 to 11 years
IG11 7FP	Ultimate Vision Sports at Ripple Primary School	Wednesday 28 December to Friday 30 December	5 to 11 years
IG11 7FP	Ultimate Vision Sports at Ripple Primary School	Wednesday 4 January to Friday 6 January	5 to 11 years
RM8 1DN	Ultimate Vision Sports at Robert Clack	Wednesday 28 December to Friday 30 December	12 to 16 years
RM8 1DN	Ultimate Vision Sports at Robert Clack	Wednesday 4 January to Friday 6 January	12 to 16 years
RM9 6UU	Inspire Minds Through Sports at St Peters RC School	Wednesday 21 December to Friday 23 December	5 to 11 years
RM9 6UU	Inspire Minds Through Sports at St Peters RC School	Wednesday 28 December to Friday 30 December	5 to 11 years
RM10 9JS	Inspire Minds Through Sports at William Ford Junior School	Wednesday 21 December to Friday 23 December	5 to 11 years
RM10 9JS	Inspire Minds Through Sports at William Ford Junior School	Wednesday 28 December to Friday 30 December	5 to 11 years
RM9 4UN	Malearn at Jo Richardson Community School	Friday 23 December, Thursday 29 December and Friday 30 December	4 to 11 years
RM8 3AR	Ballerz at Valence primary School	Thursday 22 December to Friday 23 December	5 to 11 years
IG11 8JA	Ballerz at Northbury Primary School	Tuesday 3 January to Thursday 5 January	5 to 11 years
RM6 5NJ	Dagenham Eagles at Marks Gate Community Hub	Wednesday 21 December to Thursday 22 December	5 to 11 years
RM10 7YP	DABO at Prembroke Gardens	Friday 23 December	5 to 18 years
RM10 7YP	DABO at Prembroke Gardens	Wednesday 28 December to Friday 30 December	5 to 18 years
RM10 7YP	DABO at Prembroke Gardens	Tuesday 3 January to Wednesday 4 January	5 to 18 years
RM10 8UR	Learning Hive at John Perry School	Monday 19 December to Thursday 22 December	5 to 11 years
RM8 3AR	Artbash at Valence Primary School	Thursday 29 December to Friday 30 December	5 to 11 years
RM10 7FH	Everyone Active at Becontree Leisure Centre	Wednesday 28 December to Friday 30 December	5 to 11 years
RM10 7FH	Everyone Active at Becontree Leisure Centre	Tuesday 3 January to Wednesday 4 January	5 to 11 years
IG11 7HW	Everyone Active at Abbey Leisure Centre	Wednesday 28 December to Friday 30 December	8 to 12 years
IG11 7HW	Everyone Active at Abbey Leisure Centre	Tuesday 3 January to Wednesday 4 January	8 to 12 years
RM10 9JS	Company Drinks at Outdoor Bowls Pavilion	Monday 19 December to Thursday 22 December	8 to 11 years
IG11 7JR	Studio 3 Arts at Galleon Centre	Friday 23 December	10 to 16 years
IG11 7JR	Studio 3 Arts at Galleon Centre	Wednesday 28 December to Friday 30 December	10 to 16 years
IG11 8HE	Silver Music Entertainment at Make It Centre	Tuesday 3 January	12 to 16 years
RM9 4UN	Silver Music Entertainment at Jo Richardson Community School	Wednesday 4 January	12 to 16 years

Free Winter Camp for Students Eligible for Free School Meals

Learning Hive

**FREE WINTER CAMP**

For students eligible for Free School Meals

National Tutoring Programme  
Believe in children Barnardo's  
HAF Holiday Activities & Food Programme  
Department for Education

**Awesome activities**

Limited spaces First come, first serve basis!

- Basketball
- Dance Classes
- Competitions
- Drama Club
- Sports Activities
- Nutritional Education
- Games & Prizes
- Cooking Workshops

**During the Christmas Holidays**  
19th - 28th December  
Check the dates in your area!

**How to register**  
It's simple, just click to get started!

**Register**

learninghive.co.uk  
info@learninghive.co.uk  
0207 112 8658

Use the link to register:  
[Events \(learninghive.co.uk\)](http://Events.learninghive.co.uk)



# BREAKFAST CLUB



Our breakfast club is open term time only Monday to Friday, 7:45 to 8:30am.

No booking is required, you can turn up on the day and pay.

The charge is **£3** per day, you are required to accompany your child into our breakfast club and stay with them until they have been marked in on our daily register.

You are required to have the correct money for payment.

Please note that payments in advance are non-refundable and non-transferable therefore if you choose to pay in advance and your child does not attend you lose that money.



# WANTED

## SECOND HAND UNIFORM

### DONATIONS NEEDED

A big thank you to everyone who has previously donated. We always need more good quality second hand uniform items. Has your child grown out of theirs? Please donate to the school and come along to one of our sales for bargain replacements!

Winter coats and shoes also welcome.

Please bring any donations in a bag to the school office.



*Thank you*



### DHP Scheme

**Are you struggling to afford your rent payments?**



**Do you have rent arrears?**

**Do you need help with a deposit?**

Help is available through the London Borough of Barking and Dagenham's Discretionary Housing Payment (DHP) scheme

Visit <https://www.lbbd.gov.uk/benefits-and-support/discretionary-hardship-support/discretionary-housing-payments-dhp>

To find out more and apply online

You must be in receipt of Housing Benefit or Universal Credit housing costs to qualify for a DHP



**Barking & Dagenham**

### Household Support Fund

**Are you struggling with the rising cost of living?**



**Do you have utility debts?**

Help is available to support the rising cost of living for energy & utility costs, food and other emergency need through the London Borough of Barking and Dagenham's Hardship schemes

Visit <https://www.lbbd.gov.uk/benefits-and-support/discretionary-hardship-support/hardship-payment-schemes/household-support-fund>

to find out more and apply online



**Barking & Dagenham**





# MINI ROCKERS

**FOR RECEPTION TO YEAR 2**

Fun and inclusive in-school rock and pop band lessons, for Reception, Year 1 and Year 2. No experience or instrument required.



# ROCK HEROES

**FOR YEARS 3 AND 4**

Fun and inclusive in-school rock and pop band lessons, for Years 3 and 4. No experience or instrument required.



# ROCK ICONS

**FOR YEARS 5 AND 6**

Fun and inclusive in-school rock and pop band lessons, for Years 5 and 6. No experience or instrument required.

<https://www.rocksteadymusicschool.com/info-for-parents>

- ✓ **Learn to play in a band**  
Learning an instrument should be fun. Your child can choose from the electric guitar, keyboard, drums or vocals and enjoy playing in a happy, supportive environment with their friends.
- ✓ **Lead by real musicians**  
Your child's music teacher should also be their role model. Which is why all Rocksteady Band Leaders are carefully chosen, extensively trained musicians who know how to inspire a life-long love of playing music.
- ✓ **In school time**  
Lessons are 30 minutes long and take place in school time with all instruments provided, making it hassle-free for parents.
- ✓ **From first notes to favourite songs**  
The Rocksteady Programme is for all children aged 4-11 and is proven to progress musicianship, confidence and teamwork skills with no prior experience necessary.
- ✓ **With regular live performances**  
Playing on stage is a huge confidence booster. With termly concerts at school assemblies, your child will be able to show off their progress to friends, teachers and parents with the rest of their band.
- ✓ **And happily affordable**  
Rocksteady is one of the most hassle-free ways to learn an instrument on a rolling subscription that you can cancel at any time. It's risk free too – cancel in the first month and you'll get a full refund.

**Call 0330 113 0330**





# December Kindness

## December Kindness 2022

MONDAY



5 Give a gift to someone who is homeless or feeling lonely

TUESDAY



6 Leave a positive message for someone else to find

WEDNESDAY



7 Give kind comments to as many people as possible today

THURSDAY

1 Spread kindness and share the December calendar with others

8 Do something helpful for a friend or family member

FRIDAY

2 Contact someone you can't be with to see how they are

9 Notice when you're hard on yourself or others and be kind instead

SATURDAY

3 Offer to help someone who is facing difficulties at the moment

10 Listen wholeheartedly to others without judging them

SUNDAY

4 Support a charity, cause or campaign you really care about

11 Buy an extra item and donate it to a local food bank

12 Be generous. Feed someone with food, love or kindness today

13 See how many different people you can smile at today

14 Share a happy memory or inspiring thought with a loved one

15 Contact an elderly neighbour and brighten up their day

16 Look for something positive to say to everyone you speak to

17 Give thanks. List the kind things others have done for you

18 Ask for help and let someone else discover the joy of giving

19 Contact someone who may be alone or feeling isolated

20 Help others by giving away something that you don't need

21 Appreciate kindness and thank people who do things for you

22 Congratulate someone for an achievement that may go unnoticed

23 Choose to give or receive the gift of forgiveness

24 Bring joy to others. Share something which made you laugh

25 Treat everyone with kindness today, including yourself!

26 Get outside. Pick up litter or do something kind for nature

27 Call a relative who is far away to say hello and have a chat

28 Be kind to the planet. Eat less meat and use less energy

29 Turn off digital devices and really listen to people

30 Let someone know how much you appreciate them and why

31 Plan some new acts of kindness to do in 2023



ACTION FOR HAPPINESS

Happier · Kinder · Together



# Top tips on how to talk to your children about their feelings

### Ask them what they need

It can be tough to talk about how you feel, and when we want to talk about things as parents, children don't always want to or feel ready. Asking what a child needs from you can help them feel more in control, heard, and respected.

Children might also not know what they need, so suggesting a few options can be a good starting point. For example, do you need some space right now?

### Name it

Sometimes it can be hard for children to identify their feelings. Naming what you observe can help them to do this. For example, when talking to a young child, you might say, 'You seem really angry today. I can see you are clenching your hands, and you don't have a happy face. I wonder if anything has made you angry or upset?'

### Listen carefully

This sounds pretty straightforward, but sometimes, when we care, we may jump into problem-solving mode a little too hastily. And while it might come from a really good place, it's not always helpful.

### Choose your timing wisely

Talking about feelings, or any difficult subject, can be quite sensitive. Choosing a time when you are both calm and relaxed can be more useful than choosing a time when there are any heightened emotions already at play.

### Think about the setting

Talking about feelings can be really sensitive, so making sure the space is private, comfortable, and feels safe for your child can be key to a positive outcome.

### Practice asking open questions (rather than closed ones)

Closed questions usually encourage yes or no type answers. Open questions, on the other hand, go a bit deeper and encourage more thinking and exploration. This simple difference in style might help your child consider their own thoughts and feelings a little more and encourage them to share more of their story or problem with you.

### Think about whether your child feels ready to talk

Just because you want to talk doesn't mean they feel ready to. Look out for the things they say, and their body, too, for indicators on whether they really want to talk about their feelings.

### Model it

Being more open and honest about how you yourself feel (in an age appropriate way, of course) can normalise the idea of talking about emotions. Children who see that adults also have big feelings, doubts, get scared or anxious, get frustrated with others at work, etc. might feel more comfortable opening up themselves.

### Get creative

We might feel a pressure to have all the answers and say the right things, but sometimes, we just need to think a little differently. Helping our children express their feelings through play or using art materials can be just as important and useful, especially for much younger children whose natural language is often play.

### Take away the intensity

It can be pretty daunting (on both sides) to sit down to talk about something as important as feelings. But decreasing some of the intensity can sometimes reduce the pressure and make things a little less stressful.

