



### Dates for the Diary

#### Spring Term

**Thursday 19<sup>th</sup> January** – Dinner menu change – see poster below

**Friday 10<sup>th</sup> February** – Last day of term

**Monday 13<sup>th</sup> to Friday 17<sup>th</sup> February** – Half Term Holidays

**Monday 20<sup>th</sup> February** – Children return to school

Dear Parent/Carer,

Thank you for your patience and understanding yesterday and today as we ask you all to enter and exit through the Alibon Road gates. Regrettably, the problem with our Rockwell Road gates is more serious than first thought and we may need to replace them rather than have them fixed. Therefore, we will have to continue only using the Alibon Road gates every morning and afternoon until further notice. We appreciate that this may be a slight inconvenience for some of you but we really have no alternative until the issue is resolved.

As you will see from our attendance data below, we are far off our target of 96.6%. We accept that this winter has seen a lot of different illnesses but ask you to consider whether your child really needs to be at home. The curriculum often moves at speed leaving children who have poor attendance behind their peers and feeling upset and unsure about being in school. Please register any absence through the link on ParentHub where you will get an update of your child's current attendance percentage. Once the percentage drops below 90%, your child is in the persistent absentee category and you will be requested to meet with our attendance team.

### Thrive School of Excellence








Hopefully, we will all have a healthy, happy new year and a successful 2023.

Best wishes,

Selina Frazer & Michael Kaitell,  
Co-Headteachers

### Team Points

TEAM POINTS		
	<b>Tigers</b>	<b>621</b>
	<b>Bears</b>	<b>479</b>
	<b>Wolves</b>	<b>498</b>
	<b>Sharks</b>	<b>515</b>
	<b>Komodo Dragon</b>	<b>575</b>

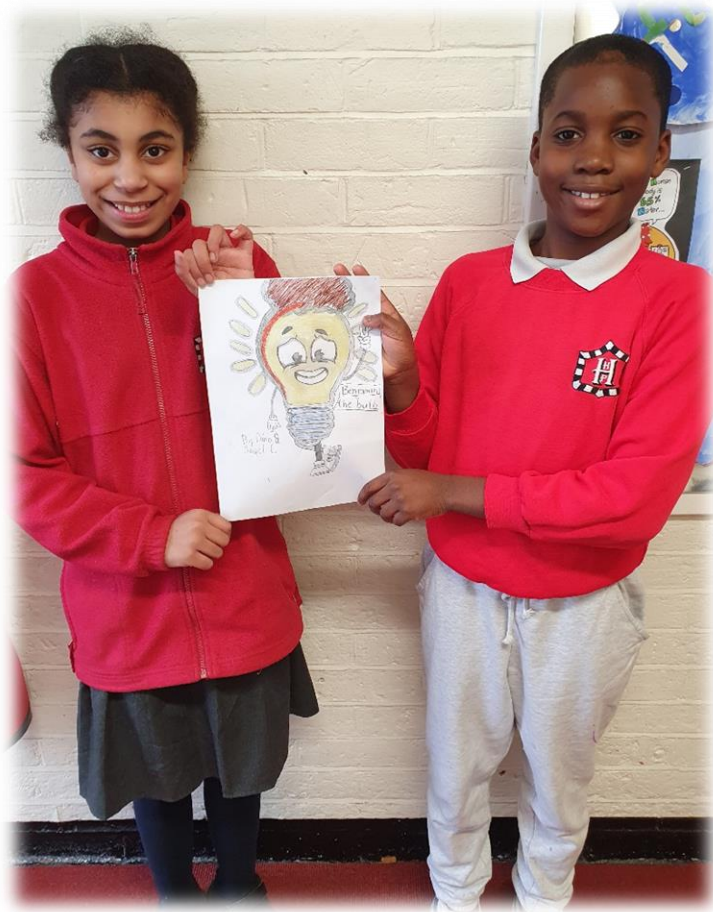
### Attendance

Congratulations to 2A in Key Stage 1 who achieved 100% this week and to 6N in Key Stage 2 with 98.95%

Class	Attendance %	Class	Attendance %	Class	Attendance %
RB	86.26	2D	99.02	4TH	94.86
RH	93.30	2K	86.26	5A	94.74
RR	97.96	3G	92.65	5D	90.36
1H	91.53	3T	91.51	5Y	98.94
1K	87.50	3Z	85.92	6E	95.43
1L	95.39	4G	95.11	6L	93.43
2A	100	4R	98.90	6N	98.95



Ms Vernon and Mr Lapa launched a Science competition to design a Science Mascot for our new set of Principles. They were both wowed by the response from the pupils. The winners were Dino (6N) and Angel (6L) who created Benjamin the Bulb. This was chosen because bulbs represent all of our bright ideas and questions that we love to ask in Science lessons! Well done Dino and Angel. They received a Science Experiment Kit each which will help them develop their love for Science even more!



Lessons are fully planned to engage and encourage asking and answering the BIG questions!

We learn lots of scientific words that we can use in the world around us.

We find out about different scientists from different backgrounds that inspire us.

We are always learning something new and it's exciting to find out why things happen or how things work!

We often do hands on practical activities to help us fully engage and have a better understanding.

### Hunters Hall Science Principles

*Science is good at our school when we explore, discover and question things together.*



### Our Vision

*To provide all our children with engaging, investigative lessons which give them a life-long love for learning.*

Science learning can be used in our other subjects.

Our Science lessons use the 5 different enquiry types.

Our Science lessons enable the children to work in groups, pairs or individually depending on the task.

Our Science lessons are differentiated so that every child has access to the curriculum and is supported either via the task or mixed ability pairings/groupings.

Our Science lessons encourage us to look for Science in our real life experiences not just in school.

## 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.

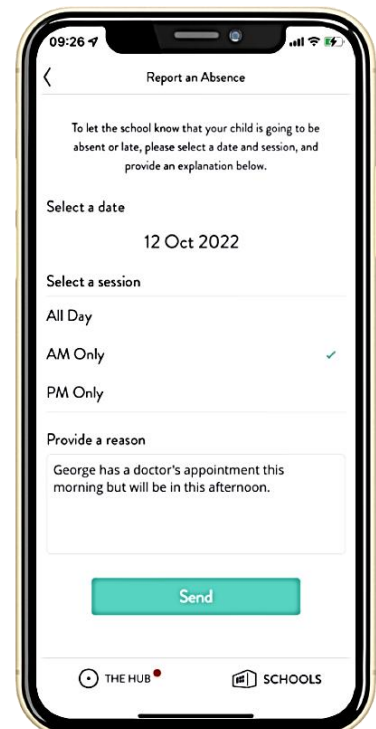
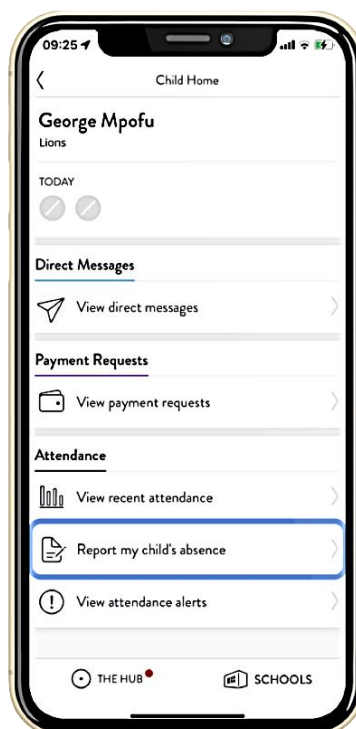
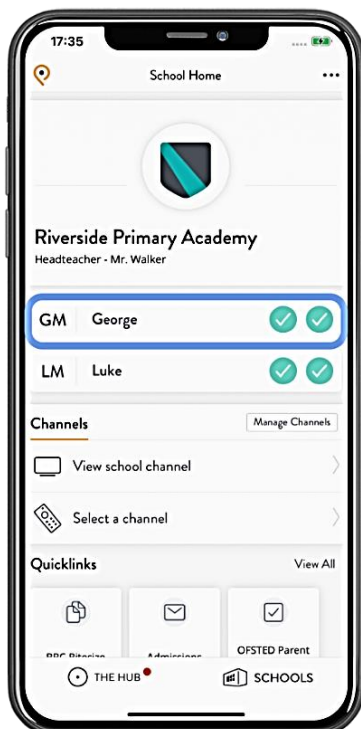
This applies to old messages, as well as new ones.

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>



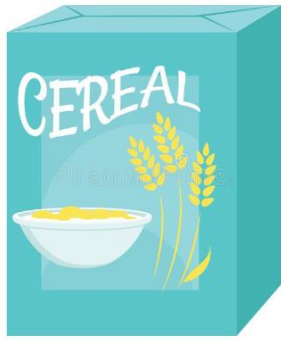
## Reporting absence





## Year 4 Request

Can Year 4 children bring in a cardboard toilet roll holder / cereal box for the week beginning 16/1/23 ~ Thank you.



## Reminder

IF YOU CHANGE ANY OF YOUR CONTACT DETAILS



PLEASE LET US KNOW

## January Action for Happiness

# Happier January 2023

### SUNDAY

1 Find three things to look forward to this year

### MONDAY

2 Make time today to do something kind for yourself

### TUESDAY

3 Do a kind act for someone else to help brighten their day

### WEDNESDAY

4 Write a list of things you feel grateful for and why

### THURSDAY

5 Look for the good in others and notice their strengths

### FRIDAY

6 Take five minutes to sit still and just breathe

### SATURDAY

7 Learn something new and share it with others

8 Say positive things to the people you meet today

9 Get moving. Do something active (ideally outdoors)

10 Thank someone you're grateful to and tell them why

11 Switch off all your tech at least an hour before bedtime

12 Connect with someone near you - share a smile or chat

13 Take a different route today and see what you notice

14 Eat healthy food which really nourishes you today

15 Get outside and notice five things that are beautiful

16 Contribute positively to your local community

17 Be gentle with yourself when you make mistakes

18 Get back in contact with an old friend

19 Focus on what's good, even if today feels tough

20 Go to bed in good time and allow yourself to recharge

21 Try out something new to get out of your comfort zone

22 Plan something fun and invite others to join you

23 Put away digital devices and focus on being in the moment

24 Take a small step towards an important goal

25 Decide to lift people up rather than put them down

26 Choose one of your strengths and find a way to use it today

27 Challenge your negative thoughts and look for the upside

28 Ask other people about things they've enjoyed recently

29 Say hello to a neighbour and get to know them better

30 See how many people you can smile at today

31 Write down your hopes or plans for the future



ACTION FOR HAPPINESS

Happier · Kinder · Together

# Healthy Packed Lunches

**Love your packed lunch!**  
Create a healthier packed lunch by choosing foods from the 5 main food groups below:

- 1 Starchy Carbohydrates**  
to re-fuel your body  
Base your lunchbox on starchy carbohydrates.  
Choose ONE EVERYDAY from:  
✓ Bread, rolls, bagels, wraps, pitta or baguettes  
✓ Pasta  
✓ Couscous  
✓ Mousliac  
✓ Potatoes  
✓ Cheese wholegrain  
Use a thermos flask to bring your own soup  
Get kids involved in the shopping
- 2 Fruit and Vegetables**  
to keep you healthy  
Pack one portion of fruit and one portion of veg every day  
Choose TWO EVERYDAY from:  
✓ Apple, banana, pear, orange, plums  
✓ Small pot of mixed berries or grapes  
✓ Prepared salmon or mango  
✓ Chopped vegetable sticks: carrots, cucumber, pepper, celery, mango, sweet, mini corn  
✓ Salad vegetables  
✓ Vegetable Soup  
Add salad to your lunchbox  
Use a thermos flask for dipping sauce
- 3 Dairy and Alternatives**  
for healthy teeth and bones  
Don't forget the dairy!  
Choose ONE EVERYDAY from:  
✓ Milk  
✓ Cheese – hard cheese, soft cheese, cheese spread  
✓ Yoghurt or Fromage Frais  
✓ Custard  
Choose low sugar dairy products  
Choose oily fish like salmon once every 3 weeks
- 4 Protein Foods**  
for growth and repair  
Pack a protein pouch!  
Choose ONE EVERYDAY from:  
✓ Meat  
✓ Fish  
✓ Eggs  
✓ Non-dairy protein e.g. lentils, chick peas, beans  
Use processed meats to a minimum  
Choose oily fish like salmon once every 3 weeks
- 5 Drinks**  
to rehydrate your body  
✓ A large glass of water  
✓ Semi-skimmed milk – or skimmed milk for children over 5 years.  
✓ 150ml of fresh unsweetened fruit juice/smoothie  
Pin it up!  
Occasionally!  
Meat products such as sausage rolls, pies, sausages  
Plain cakes / sponges and biscuits of appropriate portion sizes  
For more healthy packed lunch ideas and recipes visit [www.plunckyfoods.co.uk/recipes](http://www.plunckyfoods.co.uk/recipes)

The school encourages parents and carers to provide children with packed lunches that complement the School Food Standards. For children aged 5 years and above preparing a healthy well balanced child's lunchbox, includes:

- Starchy foods – these are bread, rice, potatoes, pasta etc.
- Protein foods – including meat, fish, eggs, beans etc.
- A dairy item – this could be cheese or a yoghurt
- Vegetables or salad
- A portion of fruit
- A healthy drink such as water or milk

## INCLUDE:

- Minimum of 1 portion of fruit and 1 portion of vegetables everyday
- Meat, poultry, fish and non-dairy protein e.g. pulses
- Oily fish at least once every few weeks (e.g. sardines, salmon)
- Starchy food such as bread, pasta, rice, potatoes including wholegrain varieties
- A dairy product milk, cheese and yoghurt (unsweetened, low/medium sugar) and low/medium fat for children aged 5+, any dairy alternatives should be unsweetened and fortified
- Water or milk (semi-skimmed or skimmed).

## LIMIT:

- Processed meat products sausage rolls, pies, sausages etc.
- Cakes and biscuits to be enjoyed as part of a meal occasionally not as a snack
- Fruit juice: no more than 150mls per day (restricted to children aged 5+)

## DO NOT INCLUDE:

- Salty snacks such as crisps, nuts etc
- Sweets and chocolate
- Sugary soft drinks





# FOODS OF THE WORLD

Thursday 19<sup>th</sup> January 2023

Chicken Burrito  
Halal Chicken Burrito  
Vegetable Burrito  
Savoury Twister Fries  
Sweetcorn

Belgium Waffles and sauce



Free ESOL courses at  
Hunters Hall every  
Friday 9.00-11.00 or  
11.00-13.00

- Improve your English grammar
- Be more confident with your speaking skills
- Improve your writing
- Get City and Guilds Certificate

If you are interested, please speak to Patrick Bellevue or come and see Magdalena Walsh every Friday in room 28 between 9.00 and 13.00. You can also send an email to [magdalena.walsh@bdc.ac.uk](mailto:magdalena.walsh@bdc.ac.uk)



# Your wellbeing team



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We are here to support you and your child with any questions or worries you have about emotional support and well being

We are based in Hunters Hall Mondays, Tuesdays, Thursdays & Fridays so please pop in for a chat and a tea!

If you have any questions or would like to get in touch, please speak with Lisa Cooper or Patrick

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Registration will be taking place next Wednesday, 18th January (9:00am-11:00am) in our Training Room. Refreshments will be provided. Please see the leaflet below for further details or speak to Mr Bellevue

**Barking &  
Dagenham**



Healthy Start. Brighter Future

## Healthy families Right from the start

**Do you have a child under 5?**

Would you like to:

- Feel more confident as a parent?
- Reduce mealtime stress?
- Enjoy being active as a family more often?
- Encourage your child away from screens and TV?
- See your child eat more fruit and vegetables?
- Gain ideas to help with family routine?

Join our **FREE 8-week programme**  
please scan the QR code or email:

[Healthy.lifestyles@lbbd.gov.uk](mailto:Healthy.lifestyles@lbbd.gov.uk)

## Healthy families Growing up

**Do you have a child aged 5 to 12?**

The programme covers these 5 themes across 8 sessions and provides everything you need to help your children flourish.

- Feeling more confident as a parent
- Physical activity for the whole family
- What children and the whole family eats
- Family lifestyle habits
- Enjoying life as a family



### **FREE Leisure vouchers**

There is no cost for parents to attend. On completion families will receive 5 x Free leisure vouchers for weekly use of **Swim, Soft play & Junior gym** activities.

For more information, please email [Healthy.lifestyles@lbbd.gov.uk](mailto:Healthy.lifestyles@lbbd.gov.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**