



### Dates for the Diary

#### Spring Term

- Monday 6<sup>th</sup> to Friday 10<sup>th</sup> February** – Children’s Mental Health Week
- Tuesday 7<sup>th</sup> February** – Safer Internet Day
- Tuesday 7<sup>th</sup> February** – Dinner Menu Change (see poster below)
- Friday 10<sup>th</sup> February** – Last day of term
- Friday 10<sup>th</sup> February** – NSPCC Number Day
- 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
- Friday 24<sup>th</sup> February** – Year 2 Topic Launch Day

#### NEU Strike Dates:

- Wednesday 1<sup>st</sup> February 2023
- Thursday 2<sup>nd</sup> March 2023
- Wednesday 15<sup>th</sup> March 2023
- Thursday 16<sup>th</sup> March 2023

(Further details to be given about each strike day.)

Dear Parent/Carer,

Thank you for your continued patience as we wait for a replacement gate for our Rockwell Road entrance. The local authority is sending surveyors on the 2<sup>nd</sup> March so we will have to persevere with our current arrangement for some time.

Lately, we have had a few children who have been dismissed from their teacher to their parent or adult collecting them, but they separate from this adult and become lost and distraught. Please focus on the child you are collecting and ensure they remain safe as they leave school and journey home. So often parents are on their phones when collecting their children that they fail to notice what their child is doing. Reconnecting with your child as you collect them from school is a precious moment to engage with them and discuss how they are and what they have been doing. Please do not use your phones at this time.

Connection is something we all need as humans and healthy relationships build good mental health. Next week is Children’s Mental Health Week. There are a number of excellent articles and advice in this edition of Snippets.

We wish you a happy, healthy weekend.

Best wishes,


Selina Frazer & Michael Kaitell,  
Co-Headteachers

### Thrive School of Excellence



We have been informed that the uniform provider will be charging 10p for a plastic bag from next week onwards. Please remember to bring your own bag when buying uniform.

### Team Points

TEAM POINTS		
	<b>Tigers</b>	<b>525</b>
	<b>Bears</b>	<b>447</b>
	<b>Wolves</b>	<b>476</b>
	<b>Sharks</b>	<b>513</b>
	<b>Komodo Dragon</b>	<b>417</b>

### Attendance

Congratulations to 1H in Key Stage 1 who achieved 95.38% this week and to 4R in Key Stage 2 with 98.37%

Class	Attendance %	Class	Attendance %	Class	Attendance %
RB	88.37	2D	93.49	4TH	86.90
RH	84.26	2K	89.22	5A	93.06
RR	94.90	3G	92.79	5D	90.94
1H	95.38	3T	92.99	5Y	86.18
1K	89.12	3Z	91.08	6E	96.12
1L	89.82	4G	91.62	6L	96.00
2A	91.34	4R	98.37	6N	92.59



# Friendly February

Friendly February 2023

MONDAY



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

- 1 Send a message to let someone know you're thinking of them
- 2 Ask a friend how they have been feeling recently
- 3 Do an act of kindness to make life easier for someone
- 4 Invite a friend over for a 'tea break' (in person or virtual)
- 5 Make time to have a friendly chat with a neighbour
- 6 Get back in touch with an old friend you've not seen for a while
- 7 Show an active interest by asking questions when talking to others
- 8 Share what you're feeling with someone you really trust
- 9 Thank someone and tell them how they made a difference for you
- 10 Look for good in others, particularly when you feel frustrated with them
- 11 Send an encouraging note to someone who needs a boost
- 12 Focus on being kind rather than being right
- 13 Smile at the people you see and brighten their day
- 14 Tell a loved one or friend why they are special to you
- 15 Support a local business with a positive online review or friendly message
- 16 Check in on someone who may be struggling and offer to help
- 17 Appreciate the good qualities of someone in your life
- 18 Respond kindly to everyone you talk to today, including yourself
- 19 Share something you find inspiring, helpful or amusing
- 20 Make a plan to connect with others and do something fun
- 21 Really listen to what people say, without judging them
- 22 Give sincere compliments to people you talk to today
- 23 Be gentle with someone who you feel inclined to criticise
- 24 Tell a loved one about the strengths that you see in them
- 25 Thank three people you feel grateful to and tell them why
- 26 Make uninterrupted time for your loved ones
- 27 Call a friend to catch up and really listen to them
- 28 Give positive comments to as many people as possible today



**ACTION FOR HAPPINESS** Happier · Kinder · Together

## Reminder!

LONDON BOROUGH of BARKING and DAGENHAM

**Co-Headteachers**  
 Selina Frazer B.A. (Hons)  
 Michael Kaitell BSc (Hons)  
 PGCE MinstLM FCoT

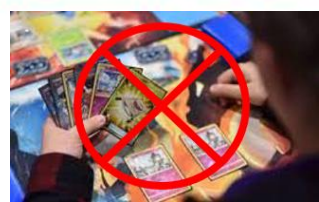


**HUNTERS HALL PRIMARY SCHOOL**  
 ALIBON ROAD  
 DAGENHAM  
 ESSEX RM10 8DE

**Telephone:**  
 020 8270 4768

**Email:** [office@hunters-hall.bardaglea.org.uk](mailto:office@hunters-hall.bardaglea.org.uk)  
[www.hunters-hall.bardaglea.org.uk](http://www.hunters-hall.bardaglea.org.uk)

### Trading Cards & Toys



Dear Parent/ Carer,

It has been brought to our attention that some children have brought trading cards into school. Unfortunately, issues have arisen as a result of this which has taken up important learning time whilst members of staff attempt to solve the problem. One such issue is swapping cards and then wanting the card(s) back.

Therefore, we do not want any child to bring in their card collection e.g. Pokémon, football, L.O.L Surprise etc...

If this is not followed; the cards will be confiscated and they will need to be collected by a parent/ carer.

We hope that you will support your child's learning and the school with this matter.

Yours sincerely,

Selina Frazer,  
 Co-Headteacher.

Michael Kaitell,  
 Co-Headteacher.

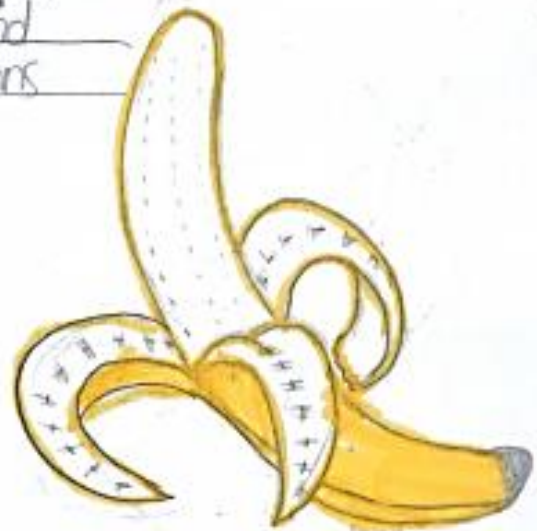


In Year 4, the children researched Fair Trade as part of their Project homework. Maya drew pictures off Fair Trade foods and researched Fair Trade. The poster was shared with her classmates.

# Fair Trade



In 2012 over £80 Million Fairtrade premiums were paid to workers & farmers to use to improved their Social, Economic and environmental conditions



Fair trade is an arrangement designed to help producers in developing countries achieve sustainable and equitable trade relationships. The Fair trade movement combines the payment of higher prices to exporters with improved social and environmental standards.

Dear parents and carers,

As part of our 'Would you rather live in a hot place or a cold place?' topic we would like to have a launch day focussing on a hot place. The launch day for this topic will take place on **Friday 24<sup>th</sup> February 2023**.

This will involve a full day of exciting activities such as making African masks, looking at African art and native animals. To really get into the spirit of the occasion we are asking the children to dress in African clothing or in summer clothes. Please send your child to school with their favourite stuffed animal. Many thanks

Mrs Kaur, Mrs Davy and Miss Akther  
**Year 2 Teachers**



### Ride For Freedom Competition

Ride For Freedom are proud to announce the launch of their first ever bicycle design competition.

The competition is to customize the frame of an Orbea Orca M20ILTD that Orbea is kindly providing Gordon Miller for this year's Ride For Freedom challenges.

They invite all students at Hunters Hall to join in the competition.

The chosen entry will win a Ride For Freedom jersey so you can continue to support and raise awareness of our cause.

Don't miss this incredible opportunity to put your design skills to work.

The deadline for submissions is February 28th, 2023. So, get your creative juices flowing and make sure to submit your designs in time!

To enter, simply follow this link - <https://www.orbea.com/gb-en/myo/step-customization/>

Then customize the frame via the link, save the design as a PDF, write your name, school name and mobile number on the email and send it to us at [info@rideforfreedom.org.uk](mailto:info@rideforfreedom.org.uk)

Good luck to all entrants!

\*Terms and Condition Apply



## 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.

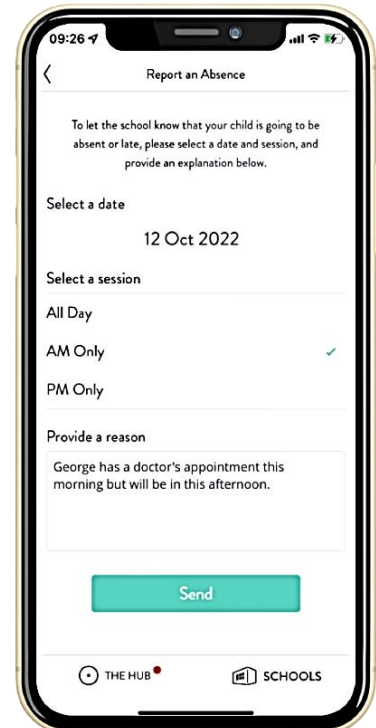
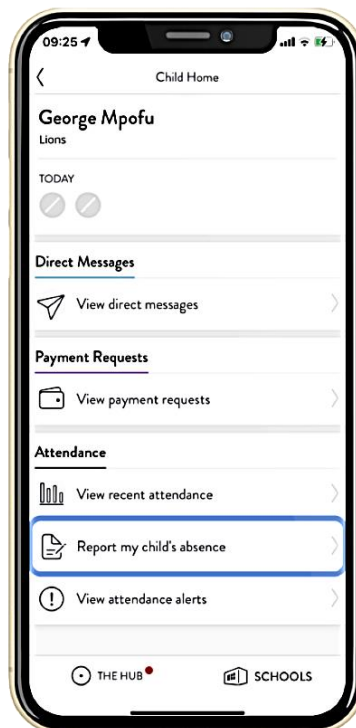
This applies to old messages, as well as new ones.

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

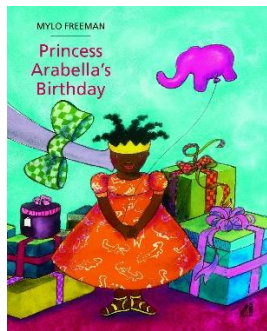




We are launching a new weekly feature.....

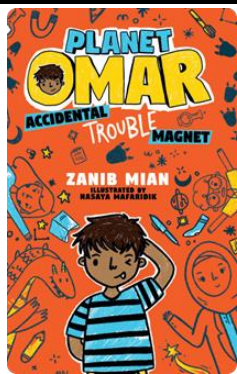
## Reading for Pleasure Matters at Hunters Hall

Ever got stuck when choosing a book to buy or borrow from the library?  
Ever wondered what your teachers, family or friends like to read?  
Well, our new weekly book review section is just what you need!  
To kick start this exciting feature, here are Miss Caisey's recommendations.



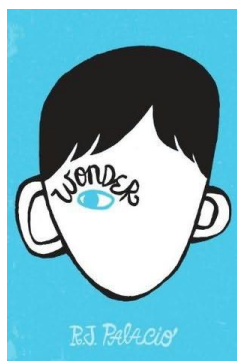
### Reading interest: 5-8

I really like this book – 'Princess Arabella's Birthday' by Mylo freeman. It's a really happy story about birthdays!



### Reading interest: 8-11

'Planet Omar' by Zanis Miah made me laugh out loud. Omar is a Muslim. He tries to be good but.....



### Reading interest: 10-adult

'Wonder' by R. J Palacio is such a well written children's novel for older children. It is a story about bullying and isolation but more importantly, about the absolute need for kindness.





If you think you may be a Young Carer or you would like to make a referral for yourself or a family that you are working with. Then you can email or visit our website where you can also make a referral.

334 Heathway  
Dagenham Essex RM10 8NJ

☎ 020 8593 4422

➔ [www.carerscentre.org.uk](http://www.carerscentre.org.uk)

✉ [carers@carerscentre.org.uk](mailto:carers@carerscentre.org.uk)

f [carersofbarking&dagenham](https://www.facebook.com/carersofbarking&dagenham)

📱 @BandDcarers

# Barking & Dagenham Young Carers



Many young people **don't** even realise that they are a Young Carer.



Registered charity 1063485  
Company Limited by Guarantee NO: 3180671

## Who Are Young Carers?

Young Carers are – children and young people under the age of 19 who help to look after or support a member of their family due to:

- Physical or learning disability
- Mental illness
- Physical illness
- Drug or alcohol problems
- Long term illness/ condition

The person the Young Carer looks after might be their parent, sibling grandparent or any other person living in the family home.

They may look after that person by themselves or could help someone else, they may not even have a physical caring role but offer emotional support to their loved one.

Ask yourself:

- Are you aged 8-19 and live in Barking & Dagenham?
- Do you need support?
- Would you like to meet other Young Carers who also have a caring role?

If YES then we can help.....

## How Can We Support You

The Barking & Dagenham Young Carers Project can support you in lots of different ways:

- 121 support with a Young Carers support worker
- You can join us on positive activities & trips away
- You can chat to us via social media or text messages
- Have access to our training/ workshop programme to gain new skills
- Access to our newsletters
- Confidential advice & information
- Meet other young people with a similar story
- Have time out from your caring role
- We can help you talk to your school, so they have a better understanding of your caring role, and offer extra support if needed.



Supporting Young People Who Care



Every Young Carer's situation is different, it is not necessarily the amount of care undertaken but the impact that it has on a young person's life.

- Plan for your future using the outcome star
- Access a formal Young Carers assesment
- Access our Tutor group to help with homework
- Help with transition from school to work/college or university.



# Corridor Display

## 2022-2023 Corridor Displays

The children and staff have been busy updating our corridors. The stimulus this time is artists from around the world.





Equality Act 2010

# Protected Characteristics

It is against the law to discriminate against someone because of their:



AGE



DISABILITY



SEX



MARRIAGE AND  
CIVIL PARTNERSHIP



RACE



PREGNANCY  
AND MATERNITY



SEXUAL  
ORIENTATION



RELIGION OR  
BELIEF



GENDER  
REASSIGNMENT



Safe Schools Alliance UK  
*Putting Safeguarding First*



## Children's Mental Health Week

Monday 6<sup>th</sup> Feb-Friday 10<sup>th</sup> February marks Children's Mental Health Week. The topic for this year is Let's Connect. The children will be engaging in activities throughout the week to support this.

Our door is always open, however please see helplines provided for further advice and support.

A  
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Under 25s	Over 25s	Parents
<p><b>YOUNGMINDS</b> <small>mentally shout 85258</small> Crisis Messenger</p> <p><b>Text YM to 85258</b> Open 24/7</p> <hr/> <p><b>THE MIX</b></p> <p><b>Call 0808 808 4994</b> 3pm - 12am, every day</p> <hr/> <p><b>childline</b> <small>ONLINE, ON THE PHONE, ANYTIME</small></p> <p><b>Call 0800 1111</b> 7:30am - 3:30am, every day</p>	<p><b>mind</b> <small>for better mental health</small></p> <p><b>Call 0300 123 3393</b> 9am - 6pm, Mon - Fri</p> <hr/> <p><b>SAMARITANS</b></p> <p><b>Call 116 123</b> Open 24/7</p>	<p><b>YOUNGMINDS</b>   Parents Helpline</p> <p><b>Call 0808 802 5544</b> 9:30am - 4pm, Mon - Fri</p>
<p>For more advice and information visit: <a href="http://youngminds.org.uk/find-help">youngminds.org.uk/find-help</a></p>		

# URGENT AND OTHER SUPPORT AVAILABLE

**shout**  
85258

**Shout** offers confidential 24/7 crisis text support for times when you need immediate assistance.  
**Text "SHOUT" to 85258**  
**Web:** [www.giveusashout.org](http://www.giveusashout.org)

**SAMARITANS**

**Samaritans** 24/7 365 days a year - they'll help you and listen to how you are feeling.  
**Call: 116 123**  
**Email:** [jo@samaritans.org](mailto:jo@samaritans.org)  
**Web:** [www.samaritans.org](http://www.samaritans.org)

**Crisis Tools**

**Crisis Tools** helps you support young people in crisis. Short accessible video guides and text resources are available for free.  
**Web:** [www.crisistools.org.uk/resources](http://www.crisistools.org.uk/resources)

**PAPYRUS**

**Papyrus** provides confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person.  
**Call: 0800 068 3131 or text: 07860 039967 (9am - midnight, 365 days a year).**  
**Web:** [www.papyrus-uk.org](http://www.papyrus-uk.org)

**childline**

**Childline** provides a confidential telephone counselling service for any child with a problem.  
**Call: 0800 1111**  
**Online chat with a counsellor:** <https://bit.ly/3HFykwd>  
**Web:** [www.childline.org.uk/](http://www.childline.org.uk/)

**Good Thinking**

**Good Thinking** is London's digital wellbeing service and provides a range of resources for young people to help improve mental wellbeing, including free NHS-approved apps.  
**Web:** [www.good-thinking.uk](http://www.good-thinking.uk)

**THE MIX**

**The Mix** provides free, confidential support for young people under 25.  
**Call: 0808 808 4994 (3pm - midnight every day)**  
**Email:** <https://bit.ly/3Ce6Vf4>  
**Web:** [www.themix.org.uk](http://www.themix.org.uk)

**Beat**

**Beat** provides support to help young people who may be struggling with an eating problem or an eating disorder.  
**Call: 0808 801 0677 (for help in England) (9am - midnight during the week and 4pm - midnight on weekends and bank holidays).**  
**Email:** [help@beateatingdisorders.org.uk](mailto:help@beateatingdisorders.org.uk)  
**Web:** [www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)

**keoth**

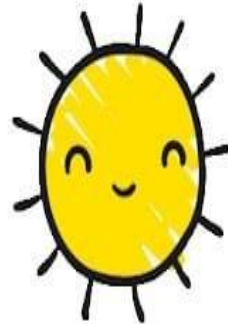
**Kooth** is a free, safe and anonymous online mental wellbeing, community, including live chat with the team, discussion boards, a magazine with helpful articles, and a daily journal.  
**Web:** [www.kooth.com](http://www.kooth.com)



# Self-Care & Mental Health for Kids



Share your own feelings to encourage self-awareness.



Set aside time for low-stress or solo activities.



Find social groups that help them feel like they belong.



Focus on articulating feelings.

"I am angry."  
"I am sad."

Encourage journaling and diaries.



Practice self-care for yourself to set the standard.

Encourage your child to focus on the moment.



Establish a self-care routine.



Recognize toxic stress events.

Blessing Manifesting

Cultivate interests and hobbies.

## Children's Mental Health Week

'Human beings thrive in communities, and this connection is vital for our wellbeing, and our survival. When we have healthy connections - to family, friends and others - this can support our mental health and our sense of wellbeing. And when our need for rewarding social connections is not met, we can sometimes feel isolated and lonely - which can have a negative impact on our mental health.' (Place2be 2023)



Hunters Hall  
Primary School

### Mindful Monday

A few minutes of peaceful thought helps to calm your mind.



### Turn-it-up Tuesday

Listening to good music can make you feel happy



### Workout Wednesday

Release those endorphins to lift your mood.



### Thankful Thursday

Focus on the positives and the good things in life.



### Friendship Friday

Everything is better when it's shared with friends



# Let's Connect

## Polite Notice

# PARK CONSIDERATELY

**We have received a number of complaints from the school's neighbours regarding the inconsiderate parking of parents who continue to park across private driveways.**

**Please be respectful of our neighbours.**

**Our children's safety is our main priority and this includes their journey to and from school.**

**We appreciate your continued support in this matter.**



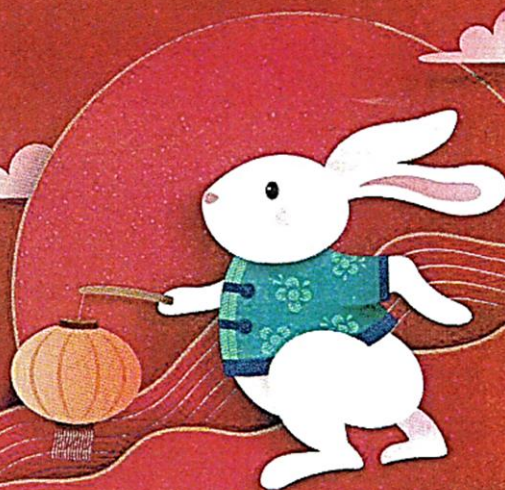
# CHINESE NEW YEAR



Sweet & Sour Chicken Nuggets  
Halal Sweet & Sour Chicken Nuggets  
Vegetable Spring Roll  
Flavoured Rice  
Sweetcorn

Mango & Orange Smoothie  
Lucky Rabbit Cookie

7<sup>th</sup> February 2023



## NSPCC Number Day - 10<sup>th</sup> Feb

# NSPCC88

Number Days.



10<sup>th</sup> February 2023

## February Half-Term Camp



**St Joseph Catholic School**  
48 Connor Rd, Dagenham RM9 5UL

- NINJA WARRIOR
- DODGEBALL
- ARCHERY
- NERF
- FOOTBALL
- AND MORE!

13<sup>th</sup> Feb - 17<sup>th</sup> Feb      8:45AM - 3:15PM  
£15 per day  
£75 for the week

SCAN HERE!



**To Book:**  
Visit [www.superstarsport-oel.org](http://www.superstarsport-oel.org) 'Book Now'  
For more information call 07854 874 490



# 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**