



Hunters Hall Primary School

Snippets

Issue: 15
December 2023

Dates for the Diary

Autumn Term

Thursday 21st December – Last day of Autumn Term – 3pm/3:05pm

Spring Term

Tuesday 9th January 2024 – First day back for children 8:30am

Friday 12th January 2024 – Pyjama Fundraising Day £1

Wednesday 14th & Thursday 15th February 2024 – Parent/Carer Evening – individual appointment slots.

Attendance Matters

Congratulations to:

6E and 6D in Key Stage 2 with attendance above 96% for the autumn term.

Class 6E	96.30
Class 6D	96.06
Class 5A	95.95
Class 4G	95.72
Class 3G	95.49
Class 2K	95.42
Class 2W	95.39
Class 5N	95.31
Class 6AM	95.29
Class 2D	95.21
Class 4T	95.06
Class 1L	95.01
Class 3Z	94.96
Class 3R	94.32
Class 1H	94.29
Class FT Nursery	94.13
Class 1KS	94.08
Class 4N	93.81
Class 5H	93.05
Class RB	92.76
Class RR	92.62
Class RH	89.36
Class AM NURSERY	83.46
Class PM NURSERY	82.04



Dear Parent/Carer,

I would like to start this edition of Snippets by saying a huge **THANK YOU** to my staff team. Working in the education sector post-pandemic and when everyone is dealing with their own personal circumstances is not an easy feat. Yet, my team come in with a smile on their face and deliver a high-quality learning experience for the children of Hunters Hall. They also go above and beyond to provide a service to you as parents and carers. This leads me to thank each and every one of you for the support that you give to your children and the school. **Every** act of kindness does not go unnoticed.

As we come to the end of the term, we say goodbye to three members of the Hunters Hall family. Letters have been sent to the classes involved and on ParentHub, but I want to wish Miss Wade, Miss Adedipe and Mrs Bibi, the very best for the future and hope that they keep us informed of the next chapter in their lives.

As we say au revoir to those who leave us, we say welcome to Mrs Meckiff, who will be re-joining the Hunters Hall family having taught here over 20 years ago. Mrs Meckiff will be teaching RM (currently RB) We also welcome back Miss Chowdhury from her maternity leave. Mrs Rost (Monday to Wednesday) and Miss Chowdhury (Wednesday to Friday) will be teaching 2W who will become 2CR.

At this time of year, we need to take some time to think about those who will not have a happy Christmas. If you are aware of anyone who may be lonely this Christmas time, reach out to them. Check in on your neighbours. Remember, even a smile and a hello can mean the world to someone.

At Hunters Hall, we do not shy away from difficult subjects and topics. During the winter months, we are fully aware that there is a rise in cases of domestic abuse. There are services available if you or someone you know needs help.

If someone's life is in danger call 999 immediately.

If you are worried about a child's safety call 020 8227 3811.

If you are worried about an adult's safety call 020 8227 2915.

For domestic abuse support call 0300 456 0174.

Punctuality and good attendance is vital for a successful education and also preparation for working life. Children return to school at 8:30am on Tuesday 9th January 2024. We are due to be able to open the new Rockwell Road gates in the New Year. Gates will be set to a timer and will close automatically when the morning and afternoon window of time has been met. I will send a message on ParentHub if for any reason we are unable to use the gates.

In January, we have the launch of "Dare 2 Dream." Please see the letter sent on ParentHub and also enclosed within this edition of Snippets. We would appreciate any help that you may be able to give with this exciting ongoing project.

All it leaves me to say on behalf of our staff and governing body is I wish you a very Merry Christmas and a prosperous 2024! Stay safe this winter period.

Michael Kaitell
Headteacher

Final Reminder!

If your child is currently in Nursery you will need to apply for their Reception school place by the 15th January 2024

 **Apply online now**
for a reception school place
www.eadmissions.org.uk
The closing date for your online application and the other information we ask for is **15 January 2024**

Please see the following link for more information:

<https://www.lbbd.gov.uk/schools-and-learning/school-admissions/starting-school-children-aged-3-and-4>

If you require assistance, then please speak to Mr Bellevue.

Team Points

TEAM POINTS



Tigers



Bears



Wolves



Sharks



Komodo Dragon

Year 6 Community Christmas Carols



Gold Award Debit Card Recipients

Each week we publish any recipients of the new Gold Award Debit Card.

Gold Award Recipients

Name	Class
Kristian Sredkov	3G
Diard Mjeku	6AM
Emilia Rowniak	4G
Year 6 Double Gold Coin Recipients	6AM/6D/6E

School Uniform

School uniform can be purchased every other Monday from 3:00-4:00pm in the dining hall. **Dates up to Christmas are: 18th Dec.**

In a hope to reduce the cost of school uniform, from September, you will have the option to purchase iron-on badges for plain white polo shirts and plain red jumpers. Badges will cost £1.20 and should make uniform more affordable.

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



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.

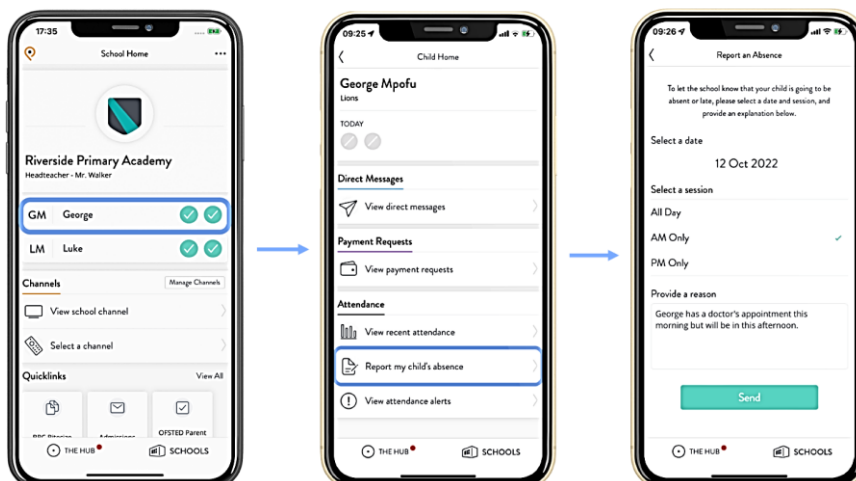
link below for a useful guide.

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

To find out more, click the



Reporting absence



Uniform Reminder & PE Days 2023-2024

During the course of this academic year, we are phasing out some of our school uniform in an effort to make it more affordable for our parent body.

Our school uniform provider now sells school badges for £1.20 so that you are able to purchase plain white polo shirts/ plain red jumpers/cardigans and iron on the badge. (Our current provider will continue to sell their stock of red and grey uniform items and staff has been informed that it is a gradual phase out)

We have reduced the number of days that children require their school uniform by allowing them to wear their PE kit on two days of the week. (You will be notified if there is a special day such as school photographs so that you can ensure that children are dressed appropriately.)

School Uniform

White Polo Shirt (with logo/ iron-on badge)

Red jumper/ Cardigan (with logo/ iron-on badge)

Grey school trousers/ skirt/ shorts

Summer Dress

Plain black shoes/ trainers



PE Kit

Plain white t-shirt

Red shorts

Red/ Grey jogging bottoms

Red fleece

Black plimsolls



PE Days 2023-2024

PE Days

Year Group	PE Day 1	PE Day 2
Reception		Thursday
Year 1	Monday	Tuesday
Year 2	Monday	Wednesday
Year 3	Tuesday	Thursday
Year 4	Wednesday	Thursday
Year 5	Tuesday	Friday
Year 6	Tuesday	Thursday

Swimming is part of the national curriculum. Children in Year 4 and 6 are offered swimming lessons. From time to time, other selected pupils are given the opportunity.

Children must have a suitable swimming costume, a towel and a swimming hat.

This year, we will be operating a mobile swimming pool on the school site during June and July. |

LONDON BOROUGH of BARKING and DAGENHAM

Headteacher

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
www.hunters-hall.bardaglea.org.uk

21st December 2023

Dare to Dream at Hunters Hall!

Dear Parents and Carers,

On Friday 12th January 2024, we will be holding our 'Dare to Dream launch'. During this day, children will have time to think about their interests and aspirations. Through class activities, our children will explore what type of profession they would like to enter later in life. This is sure to be an inspiring day, full of self-reflection and learning.

Our dreams and aspirations will not stop being thought about after this day. This year at Hunters Hall, we want to try and make as many dreams come true. This may be that children are aspiring to be a police officer or paramedic and will get an opportunity to meet and work alongside some real members of the emergency services. It may be some of our children want to work with animals, so we want to give them a taster of what this may be like!

We will share with you all the dreams we make happen throughout the year and hope that some children will be given a taste of what it is like in the work place and are left inspired by just how many jobs there are out there for them when they are older!

Our goals for this project are to teach our children about:

- the importance of having high aspirations and motivation
- improving their efforts and mindset towards learning at school
- how to plan and achieve their goals at school and in life
- important life skills; self-reflection, thinking creatively, problem solving and working as a team

To help your children consider their dreams and aspirations, we would be grateful if you could talk to them about their dreams, whatever they are, so on Dare to Dream day, they can share them in class, record them and begin to think about achieving them.

We hope to allow as many children to experience their dream as possible this year, however, please be aware that this is huge project that will require outside agencies to work with us. Not every child may get the opportunity to experience 'work life' this year, but there is always next year!

We look forward to sharing the project throughout the year and thankyou in advance for your continued support.

Tagliatele with asparagus, crispy pancetta and parmesan

Following on from the last post on Snippets.

Jamie Oliver's £1 wonders - With the cost of food and energy on the rise, Jamie's £1 Wonders features delicious recipes that won't blow the budget - all costing less than £1 a portion.

Try it out and let us know how you found it by [emailing the school office for the attention of Miss Ryan & Mrs Keane](mailto:miss.ryan@hunters-hall.com)

<https://www.jamieoliver.com/recipes/pasta-recipes/tagliatelle-with-asparagus-crispy-pancetta-and-parmesan/>



Who's Who? Miss Luckie

Why do you work at Hunters Hall?

The first time I came to Hunters Hall I was asked here to do 3 days' supply teaching in 3G. It didn't take me long to realise what a wonderful school Hunters Hall is. I felt very welcomed and found the school had an ethos that I couldn't wait to be part of. I was so happy to be invited back, it was like coming home!

What's your role?

Cover teacher

Favourite things...

I love the theatre and have been lucky enough to see so many great shows, my favourite being "Les Miserables". I really enjoy reading, especially when I am on holiday. I particularly like a good thriller. I also love to eat out, mostly because I haven't had to cook it!

Own School Memories

I loved school and I still have the same best friend that I had when I was in Reception class. I had some great teachers and always wanted to be just like them. My favourite subjects were literacy and history. At secondary school I also loved biology.

Hopes & Dreams

I am a mother of 3 and am just about to become a grandmother for the first time to a little granddaughter. Her parents live in Swansea so my dream is to be able to see her as much as I can and that I will be able to spend more time with all my family.

How long have you been at Hunters Hall?

This is my second year.

Achievements to date (in order)

I am very proud of becoming a teacher, I qualified in 1990 and have had the privilege of teaching for 32 years. I feel so happy when I think of all the children I have taught to read. I believe reading is the best gift we can ever give to ourselves.

I was an Assistant Head in a secondary school for a few years but my passion lies in primary school.

I love it when I meet past pupils (like Miss Monroe) and they are happy and doing well.

I have been a single parent for some time, and have raised three great kids on my own. It wasn't easy but I feel that this is my greatest achievement - to have helped them grow into likeable adults.

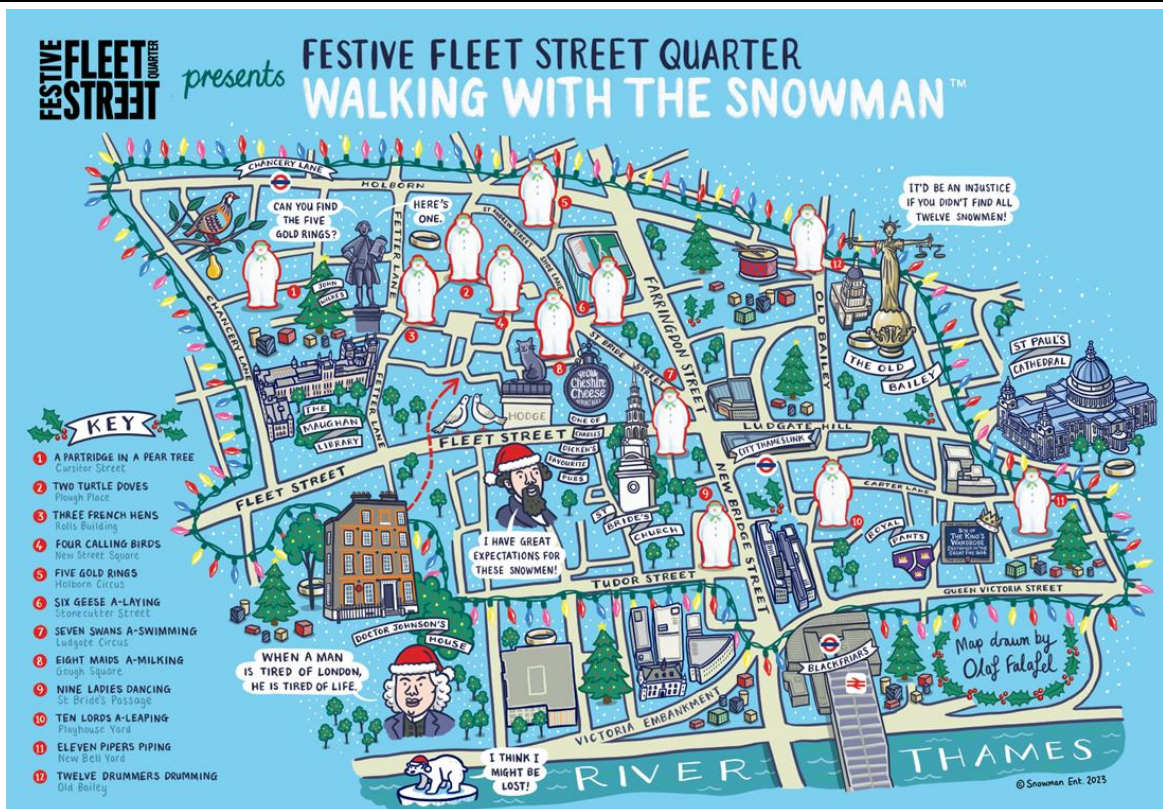
I hope I still have some more achievements to come!





Congratulations to our latest family thrive group who have completed the course.

The Snowman



There are several things that you can do in London that are free. Those of you who like Raymond Brigg's "The Snowman" – might want to look out for the 12 Snowmen inspired by "The 12 Days of Christmas"

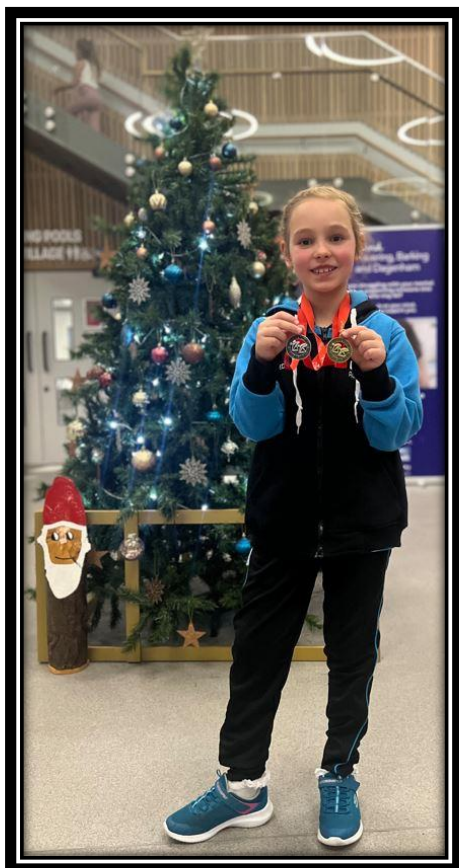
<https://www.visitlondon.com/things-to-do/whats-on/christmas/budget-christmas-in-london>

If you partake – send photos to office@hunters-hall.bardaglea.org.uk and we will feature the photos in the next edition of Snippets in the New Year.

Sporting Achievements

Last weekend Meda's (4G) attended the RTSC Christmas Cracker Meet 2023 in Romford. She won a Gold medal in the 100m Butterfly, a Silver Medal in the 50m Butterfly and a Silver Medal in the 100m Breaststroke.

Meda also gained qualifying times for the Essex Winter Championship that will be held in the Stratford Olympic Aquatic Centre.



Follow your dreams as everything is possible!!!



Not only did Lexi (5H) go up a belt on her grading for Brazilian Jiu-Jitsu she also got a trophy for most Improved pupil/student.

Darin (4G) took part last month in a special ceremony at Silverstone kart circuit where the best drivers in the UK perform. He won 6th place in the SuperOne championship and 3rd place in the UKIKR championship in the IAME bambino category.

Well done!



WWI

Women in war:

Women use to have no jobs. The only thing they did was help with the houses. They cook, make clothes and clean. Only men worked. But when men went to war women got jobs because all the men left. They had lots of jobs like sp. sops or farmer. They also made bombs, missiles, bullets and shells for the men at war. They even worked dangerous jobs because women worked with toxic chemicals that gave them the nickname Canary Girls. Because their skin turn yellow and it is the name of a yellow bird.

PROPAGANDA

People put up propaganda posters to recruit people to join the war. Sometimes they lie and don't mention fighting like **WOMEN SAY GO!**

Propaganda: Propaganda: Propaganda: Propaganda: Propaganda

Front Lines

Did you know that a lot of soldiers thought that this war would be over by Christmas?

Trench life involved long periods of boredom mixed with brief periods of terror. Lunch, dinner and breakfast was not very good. You would have a cover or half a tin of beef. Rats and lice tormented the troops by day and night. Oversized rats, bloated by the food and waste of stationary armies, helped spread disease and were a constant irritant.

Come and Join the War

On Christmas the British soldiers heard the German soldier singing Christmas carols. Then a German soldier took a ball out of their trench and they had a football match. At the end Germans won 2-2. The British were not angry that they lost because they don't play football at war.


The truce started when the British heard the Germans singing and when a German put a Christmas tree in no man's land. The Germans also put lights on all around their trench.

Did you know that on Christmas German and British soldiers exchange gifts like chocolate, their hats or scarves.

WWI


Propaganda

These propaganda posters made men join the war. But they were all lies. Some said they would have a cozy home but instead they just slept in the trenches. One famous poster made so many men join the war here is what it read:




Rememberance Day

To remember those who died in the war we wear poppies. On the 11th November in 11 o'clock we stay still and silent for 2 min to remember the soldiers who died. And now this is how we celebrate World War's.



Front-Lines

Many men joined the "Great War" and they fought in the Front Lines. The war lasted for four years and was known as the greatest war ever.




Christmas truce photo 1914

Women in war

After the men went to war women were in charge of jobs, although before WWI women couldn't do jobs as it was more for men. A dangerous job which led to yellow skin, sickness and chest pains was called "Gas worker". There were others jobs like Bakery, farming, painting and decorating, spying, fire lighting, engineers and more.

Christmas truce

In 1914, Christmas eve, Germany started singing Christmas carols and Britain joined in. On Christmas day a German got a football and a match started. After they exchanged gifts and a German planted a Christmas tree on No Man's Land. Surprisingly Germany won in the match!



World war one

WORLD WAR ONE

THE PROPAGANDA

Poster
Propaganda posters are posters that they make people think in a certain way. Stories about bad things the Germans did to make people ANGRY!

Women in war Women that worked in factories were called Canary girls, because their skin turned yellow like a canary, also, women worked in farms. they also did some nurses in the war so that people can be well and fight. And the other girl make misiles and bomb.

The German are Britin need you to safe looking U.S.

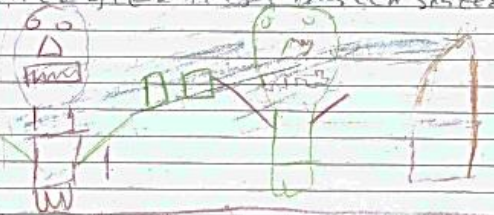
an informed and Diet based on a wide the fed wor the 2000

The soldier had to eat Ration food such as bully beef, biscuit, fruit, Bread and water.



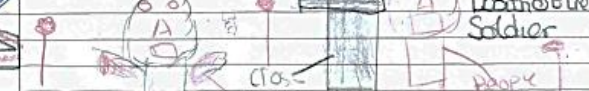
FOR CHRISTMAS TRUCE

Christmas truce is when British and German waited for a day and they became friend and the shared gifts. playing basket ball, soccer, people head.



War The woman in war whose nurses are treating people. He started in Europe in the summer of 1914 and within only a few months, hundred of thousand of soldier had been killed in a heavy fighting. However, in December.

The Death of the Soldier



When War started

The First World War (also known as The Great War) started on July 1914. It ended on Armistice Day, or Remembrance Day, 11th November 1918.

WORLD WAR ONE

Women In War

Women in War used to do the mess job like being a doctor, doing farm work, etc. Some women made guns and bullets. Those women used a chemical called TNT, it was very deadly and made their skin yellow just like the cute little yellow canary birds. That's how they got the nickname "Canary Girls."

Trenches

The trenches were really messy and dirty. I'm sure you would NOT want to be there! It was filled with filthy rats, sandy sand bags and squelchy mud! The rats chewed the soldiers' clothes and food. The rats were DISGUSTING!!!



Propaganda

Propaganda was like ads in those days, but not on a mobile phone, or any other device, but in those days they put it on posters. Stories about bad things Germans done, but then the Germans done the same. It pressured people to join war.

"JOIN NOW!
YOUR COUNTRY'S A MAN'S DUTY!"

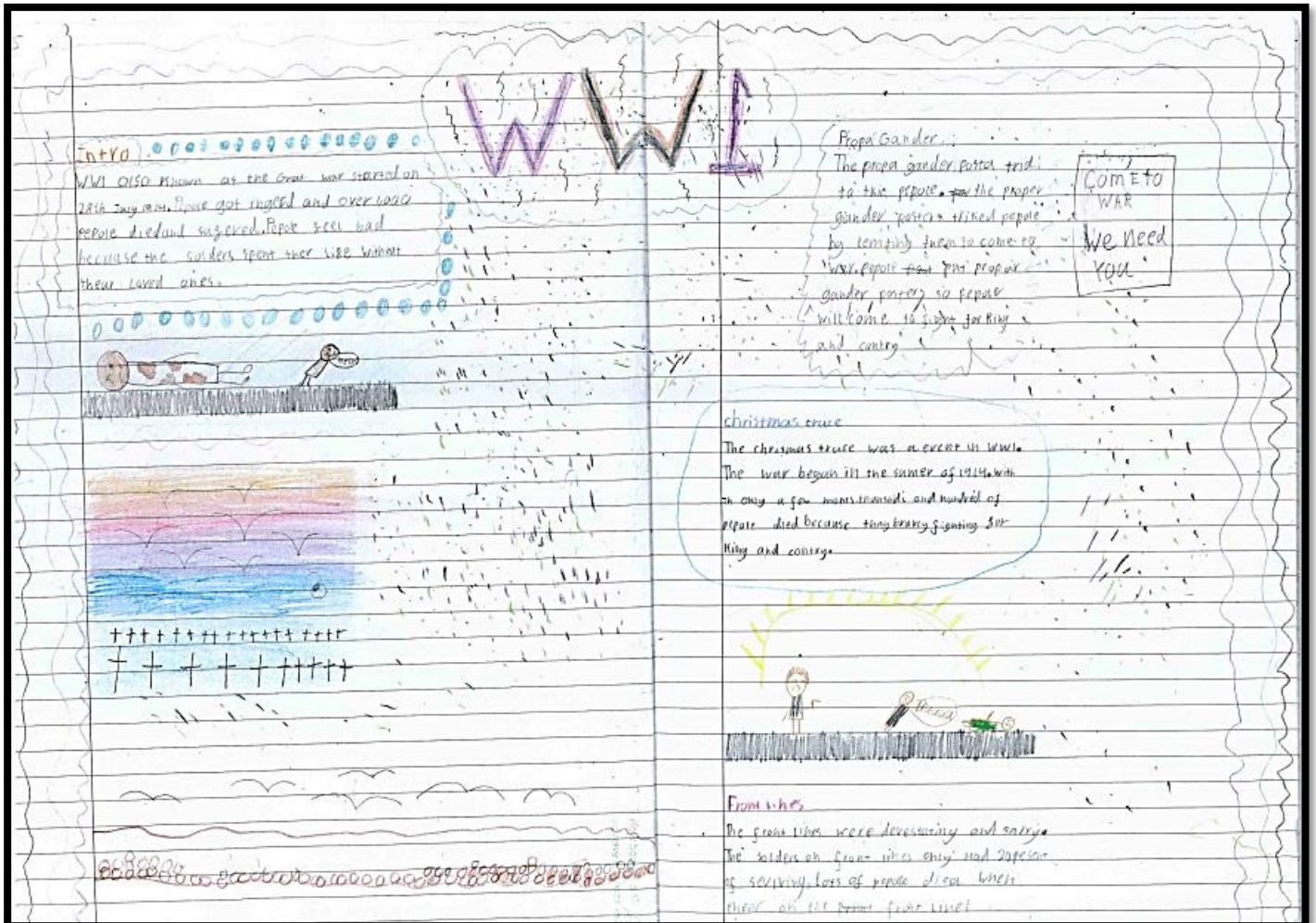


Christmas Truce

The Christmas Truce was on Christmas Eve, 1914, when a German kicked a ball in No Man's Land, and No Man's Land is between Germany and



Britain. Anyways, after the ball was kicked, every body crowded and played football. It was said that Germany won 3-2.



Healthier Lunchbox Recipes

Whether squeezing it in before the school run in the morning or before bed on busy midweek evenings, preparing your child's lunchbox can seem like just another thing on the list.

School meals are a great choice, but if you do make a packed lunch for your child then we've got you covered with our range of quick, easy, healthier lunchbox ideas and tips.

Please see the following link for more details:

<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

All lunchbox recipes



Cheesy coleslaw with wholemeal pitta



Creamy hummus dip with pitta bread and vegetable sticks



Egg mayonnaise and lettuce bap



Hummus and salad wrap



Salmon and salad bagel



Soft cheese and salad sandwich



Spicy chicken and salad wrap



Tuna and bean salad



Tuna mayonnaise and sweetcorn sandwich



Artwork by Jess Burnett
Instagram: @jessburnetttsart

Love does not hurt.

If someone in your family, or your partner (or ex) are hurting you it is domestic abuse.

It is not your fault and it is not ok.

Domestic abuse is not just physical – it can be emotional, psychological, financial, and sexual. It might be several types at once. It's about power and control.

#BDProtect

**YOU KNOW
WHEN SOMETHING
DOES NOT FEEL RIGHT.
SPEAK OUT AND KEEP
EACH OTHER SAFE!**

If someone's life is in danger call 999 immediately
If you are worried about a child's safety call 020 8227 3811
If you are worried about an adult's safety call 020 8227 2915
For domestic abuse support call 0300 456 0174
#BDProtect

**Barking &
Dagenham**





Artwork by **Jess Burnett**
Instagram: **@jessburnettsart**

Help is available.

Anyone can ask for help. You can contact us directly. Neighbours, friends, and families can call to find out how to support people they are worried about too.

There is no shame in asking for help.

There is strength in recognising the support around us – we are all responsible for creating a safe and protected community.

#BDProtect

**YOU KNOW
WHEN SOMETHING
DOES NOT FEEL RIGHT.
SPEAK OUT AND KEEP
EACH OTHER SAFE!**

If someone's life is in danger call **999** immediately
If you are worried about a child's safety call **020 8227 3811**
If you are worried about an adult's safety call **020 8227 2915**
For domestic abuse support call **0300 456 0174**
#BDProtect

**Barking &
Dagenham**



PYJAMA DAY

Friday 12th January

Wear your pyjamas to school
and donate £1
for the school choir



TRAVEL NEWSLETTER

PARENT EDITION

INTRODUCTION

As winter rolls around many of us feel like it's more difficult to step outside - it's dark, it's cold, and it's usually wet! Even if this isn't the first time you're hearing it, staying active throughout winter is essential, and you can feel greater benefits than in summer. Even a brisk 20-minute walk will help boost your immune system and release endorphins which improve your mood. Beat the winter blues by visiting your local park or even try swapping the car out for a bicycle. Take a stroll through Eastbrookend this half term and see if you can spot any of our local birds to commemorate this month's WOW badge featuring a Robin. The past term has seen some great achievements from schools throughout the borough with consistent efforts to log activity and newly registered schools making a great effort to catch up on the leaderboards.

WOW LEADERBOARD

Grafton Primary School
Dorothy Barley Junior School
Marsh Green Primary School



WHAT IS WOW?

Pupils are encouraged to travel actively to school recording how they got in on the interactive, award-winning WOW Travel Tracker.

If they walk, wheel, cycle, scoot or park and stride to school at least once a week they get rewarded with a monthly-collectable badge.

CREATIVE SUBMISSIONS

We'd love to feature your children's photos, poems, and drawings in the next newsletter. This term's theme is Winter Wonderland. Pupils are free to interpret this in any way they like.

Please submit your entries by January 31st to transportpolicy@befirst.london with subject line 'WINTER WONDERLAND'.

The email must also include the child's first name, year group and school name.

NOTICEBOARD:

Try Before You Bike Scheme:

- Try out cycling for £30 a month
- Free 2-hour 1-to-1 cycle training session on delivery

FREE Bikeability course:

- Available in all LBBDD schools
- Participants receive a certificate, badge, and book on completion of the course
- Social cycling evening at Jim Peters stadium, Mayesbrook Park every Wednesday for children and adults (bikes can be loaned for free)

Bike repair hubs:

- Free checks and affordable repairs
- Becontree Hub RMB 3HH

Open Mon & Thu 8am-12pm and Sat 10am-4pm

- Riverside Station IG11 0FU

Open Mon & Thu 3pm-7pm and Sat 9am-5pm

DECEMBER ACTIVITY

Pupil activity pack includes an outdoor and indoor activity to ensure everyone can get involved.

A birdwatching activity takes you to Eastbrookend Country Park where you can spot Redwings, Fieldfares, and even Kestrels.

An easy DIY activity includes instructions for a simple paper garland using coloured or scrap paper. This activity does require the use of scissors so best done supervised or together.

WE WOULD LOVE YOU HEAR FROM YOU!

If you have any feedback or suggestions for future publications please reach out to us at: transportpolicy@befirst.london

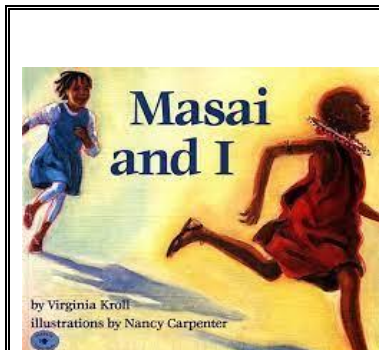
Working in partnership with

**Barking &
Dagenham**

BeFirst

Reading for Pleasure Matters at Hunters Hall

We are currently thinking about stories set in different countries. Come and see our Reading Around the World display. Here are our next three stories set in three different countries. Have you got a favourite story that is set in a different country? Please let us know so we can add it to our library.



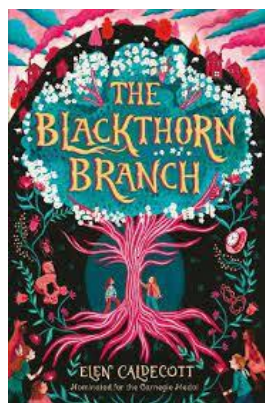
Reading interest: 4-8

'Masai and I' by Virginia Kroll is the story of a girl who learns about the Masai tribe at school and daydreams about what her life would have been like if she had been born into the tall, proud East African tribe. Comparing her life and theirs, she celebrates both the differences and the similarities with the Masai people of Tanzania.



Reading interest: 8-12

'The Girl Who Stole an Elephant' by Nizrana Farook is set in Sri Lanka. It tells the story of a girl called Chaya and her friends Neel and Nour. Quick-fingered Chaya is a young version of Robin Hood; she steals from the rich to help the poor in her village.



Reading interest: 10-adult

'The Blackthorn Branch' by Elen Caldecott is set in Wales. Under the mountain live the Tylwyth Teg, magical people who steal children from the village – and this time they're after Cassie's brother Byron. Together with her cousin Siân, Cassie must venture deep into Annwn to bring her brother home, if she can...



Flu Immunisation Clinics

If your child missed their flu nasal spray or injection, please contact the team below and they will get your child booked into one of their clinics.



Flu immunisations

School years Reception - Year 11 can receive the following

Flu Nasal Spray ; Flu Injection (Gelatine free)

The clinics below will be appointment only

DATE	TIME	VENUE
Thursday 14 th December	3:00pm - 5:15pm	Barking Library
Wednesday 3 rd January	3:30pm - 5:30pm	Fanshawe Community Centre
Thursday 4 th January	3:30pm - 5:15pm	Barking Library
Wednesday 10 th January	3:30pm - 5:30pm	Fanshawe Community Centre
Thursday 11 th January	3:30pm - 5:15pm	Barking Library

Please complete the following consent form link before you book your appointment:

<https://london.schoolvaccination.uk/flu/2023/barkinganddagenham>

If you would like to attend, please call **0203 343 2400 OPT 1** to make an appointment or email barkinganddagenham@v-uk.co.uk

Dagenham Library
1 Church Elm Lane
Dagenham
RM10 9QS

Barking Library
Town Square
Barking
IG11 7NB

Fanshawe Community Centre
Barnmead Road
Dagenham
RM9 5DX

Health & Wellbeing Christmas Drop-In

YOU ARE INVITED TO A
HEALTH & WELLBEING **FREE**
CHRISTMAS DROP-IN
FOR CHILDREN & FAMILIES

11-4 PM | 21st | DECEMBER

2 Town Square Barking Learning Centre, Barking IG11 7NB

ACTIVITIES FOR ALL AGES

- Dance, Drama, Music
- Create Healthy Snacks
- Arts and Crafts
- Football
- Story Time
- Sing Alongs
- Boxing
- Games

HEALTH TALKS
FREE HAIRCUTS
SANTA'S GROTTTO

HEALTH SUPPORT

- Support from Local Doctors
- Hand & Shoulder Massage (18+)
- Mental Health Support
- Social Wellbeing
- Dental Advice
- Quiet Room

SCAN HERE TO BOOK A HOT MEAL FOR THE WHOLE FAMILY



Brought to you by:

THE SOURCE HOPE INFORMATION
NEW WEST PRIMARY CARE NETWORK
NELFT NHS North East London NHS Foundation Trust
Thames Life Community Development Trust

Barking & Dagenham
Please note this service is not for emergencies. For urgent assistance, please call 999.

LET'S CELEBRATE
HEALTHY, HAPPY HOLIDAY FUN & SUPPORT
ALL IN ONE PLACE

ALSO AVAILABLE ON THE DAY:

- Cost-of-Living Support
- Housing Advice
- Social Wellbeing Referrals
- Talking Therapies Referrals
- Baby Weigh-in
- Childhood Immunisations & Advice
- African & Caribbean Cultural Support
- Parental Wellbeing Support
- Diabetes & Blood Pressure Checks
- Benefits Advice
- Mental Health Referrals
- Job Support
- STI Testing & Sexual Health Advice
- Green Space Social Activities
- Stop Smoking Support
- ASD / ADHD Support

ENJOY THE MANY DIFFERENT HEALTH TALKS
TAKING PLACE THROUGHOUT THE DAY

ROOM: 107
EDUCATION & PRACTICAL SESSIONS

ROOM: 105
GENERAL HEALTH TOPICS

Supported by:

NEW ME **THE VILLAGE**
Barking, Havering and Redbridge University Hospitals

nice bunch **HEAL STUDIO** **TALKING Therapies** **TOTS N TUNES**

Christmas Doctor Drop-in Extravaganza for Children & Families

Thursday December 21st 11am - 4pm

Providers & Activities:

- **General Practitioners (All ages)** - Dr Nadia Saeed & Dr Jagan John
- **Future Molds (Teens)** - Dance, Drama, Football, Boxing, Music in Pod (plug socket).
- **Tot's & Tunes (Under 5s)** - Sing Along, Story Time, Arts & Crafts.
- **Nice Bunch (Under 10s)** - Healthy Snacks & Smoothies, Toys & Games
- **The Source (All ages)** - Hot sit down meal (5 sittings from 1:30pm), Children's Hair Cuts,

Clothes Stall, Gifts for Santa's grotto & Arts & Crafts in Room 106.

- **Heal Studios (Adults)** - Hand Reflexology & Shoulder Massage.
- **Hands on a Mission (Adults & Children)** - Foot Reflexology.
- **JulieNest - Ernest/Erica** - African food snacks
- **Santa Clause (Mainly Kids & the odd adult)** : Gifting & spreading Christmas Cheer.

Stalls

1. Social prescribers - Housing, Benefit Advice, Social Referrals (Team of 3)
2. The Village- trauma - African & Caribbean Cultural Support (Team of 2)
3. Parental Wellbeing Support - Community Psychologists (Team of 3)
4. STI Testing & Sexual Health - Positive East (Team of ?)
5. Mental Health Referrals - Talking Therapies (Team of 2)
6. Housing & Benefits - BD Citizens Advice (Team of 1)
7. Rooding Rubbish - Green Spaces social activities (Team of 1)
8. Thames View Health Centre: Dental Health (Team of 1) TBC
9. Healthy Lifestyles - Stop Smoking - (Team of 1)
10. ASD / ADHD support network (Team of ?)
11. Prescription Advice - Local Pharmacy (Team of ?) TBC
12. Immunisation stalls, awaiting Vaccination UK response - Nurse Sorina (team of 1)
13. Dental outreach Team based at Hainault Health Centre (Lucky Team of 1).
14. Asthma Education - Laura (Team of?)

Private Spaces

- Booth 1 - Dr Jagan John
- Booth 2 - Dr Nadia Saeed
- Booth 3 - Shared by Social Prescribers/Psychologists & Talking Therapies.
- Side Office: Hand Reflexology
- Side Office: Shoulder Massage
- Side Office: Foot Reflexology
- Quiet Space (Living area leading to rooms 103 & 104) : For families with sensory needs.
- Rooms 103 & 104 (Overspill for Booth 3)
- Vaccinations UK : childhood immunisations and advice (Back rooms?)

Talks

Room 105 - General Health Topics

(1 per hour to inc time for Q&A / group discussions)

- 11-12 pm -12-1pm - Please add
- 1-2pm - Vaping - How it effects the health of young people
- 2-3pm - Please add
- 3-4pm - Please add

Room 107 - Educational Talks

- 11-12pm - Helen - What is Asthma - Parents/Community workers caring for children with wheeze: Inhaler techniques (practical) understanding importance of asthma plan - use of preventer - reliever Q&As
- 12-1pm - Amanda - Contraception and general sexual health advice
- 1-2pm - The Village - African & Caribbean trauma training for adults and teens
- 2-3pm - What is Asthma - Parents/Community workers caring for children with wheeze: Inhaler techniques (practical) understanding importance of asthma plan - use of preventer - reliever Q&As
- 3-4pm - Please add

Havering Christmas Land



'Havering Christmas Land' is in full swing and the countdown is on to Christmas Day!

Open EVERY EVENING 4:30pm – 8:30pm including Christmas Eve!

ALSO open on the 28th, 29th and New Year's Day!

The magical Christmas Walkway is an outdoor lights trail for all the family, featuring a variety of themed scenes and loads of spectacular photo opportunities.

Don't miss your chance to visit and enjoy the festive experience with us.

You can book here or pay on the gate:

<https://www.haveringmind.org.uk/product/christmas-walkway/>

All money raised supports the local mental health charity Mind in Havering, Barking and Dagenham.

Healthy & Fun Activities



This Winter

Get involved in **healthy and fun activities**

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

Open to children and young people aged 5 to 18 – FREE if they are eligible for free school meals

EACH ACTIVITY INCLUDES A HEALTHY LUNCH

To find out more and to book a place, visit lbbd.gov.uk/free-holiday-activities

#HAF2023
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

Location	Venue	Dates	Age Group
RM9 4BL	Premier Education @ Roding Primary School, Cannington Road, Dagenham	22 December, 27 to 29 December and 3 to 4 Jan 2024	5 to 12 years
RM10 9NJ	Premier Education @ Marsh Green Primary School, South Close, Dagenham	22 December, 27 to 29 December and 3 to 4 Jan 2024	5 to 12 years
RM10 7YP	DABD @ Pembroke Garden's, Dagenham	22 December, 27 to 29 December and 2 to 3 Jan 2024	5 to 18 years
IG11 8TA	The Explore the Wild winter programme @ Outdoor Bowls Pavilion, Barking Park, Longbridge Road	20 to 23 December	5 to 12 years
IG11 7DR	Gascolgne Primary School, Gascolgne Road, Barking	21 and 22 December	5 to 12 years
RM10 7FH	Everyone Active @ Becontree Health Leisure Centre Althorne Way, Dagenham	27 to 29 December and 2 to 3 Jan 2024	5 to 8 years
IG11 7HW	Everyone Active @ Abbey Leisure Centre: Bobby Moore Way, Barking	27 to 29 December and 2 to 3 Jan 2024	8+ years
RM9 6UU	Inspire Minds Through Sports @ St Peter's RC Primary School, Goresbrook Road, Dagenham	20 to 22 December and 27 to 29 December	5 to 12 years
RM9 5TB	Five Elms Primary School, 294 Wood Lane, Dagenham	27 and 28 December	5 to 12 years
RM9 5TB	Dagenham Eagles @ Marks Gate, Rose Lane Community Centre	2 and 3 January 2024	5 to 12 years
RM9 4UN	Westham United Foundation @ Jo Richardson Community School, Castle Green, Gale Street, Dagenham	20 to 22 December	12 to 16 years
RM9 4UN	Malearn @ Jo Richardson Community School, Castle Green	22 December, 28 to 29 December	5 to 12 years
IG11 0FU	Malearn @ Riverside Primary School, Renwick Road, Barking	22 December, 28 to 29 December	5 to 12 years
RM8 3EX	Ultimate Vision Sports @ Grafton Primary School, Grafton Road	21 and 22 December	5 to 12 years
IG11 7FP	Ultimate Vision Sports @ Ripple Primary School, Westbury Site, 225 Ripple Road	27 to 29 December	5 to 12 years
RM8 1DN	Ultimate Vision Sports @ Robert Clack Leisure Centre, Gosfield Road	27 to 29 December	5 to 12 years
IG11 7JA	Ultimate Vision Sports @ Gascolgne Primary School, The Shaftsbury	27 to 29 December and 3 to 5 Jan 2024	5 to 12 years
RM10 7HX	Ultimate Vision Sports @ William Bellamy Primary School, Frizlands Lane	3 to 5 January 2024	5 to 12 years
RM8 3BB	Artbash @ Valence Primary School, Bonham Road	28 and 29 December	5 to 11 years
RM8 3AR	Ballerz @ Valence Primary School, Bonham Road, Dagenham	2 to 5 January 2024	5 to 12 years
IG11 8JA	Ballerz @ Northbury Primary School, Northbury Close, Barking	2 to 5 January 2024	5 to 12 years

SEND Sessions (Siblings welcome)



The CYPD Hub invites you to Creative Minds

For Children with Disabilities (SEND)

Aged 6-10 years

Siblings welcome

Monday 8th, 15th, 22nd, 29th January, 5th, 12th February 2024

4.00-5.30pm

Becontree Community Hub, Stevens Road, Dagenham, RM8 2QR
0208 227 5500

Arts & Crafts

Get creative with a variety of activities including painting, drawing, making and exploring senses.

(It may get messy so please wear suitable clothing)

Outdoor Play Area

Enjoy our fully equipped outdoor area where you can climb, slide, run, pedal and explore.

Structured Session Time

We finish our sessions with structure and routine. This includes visual timetable, structured play and Attention Bucket time.

Instrument Station

Enjoy our instrument area where you and your child can explore sounds and music together!

New Booking Process

Creative Minds is now available to book online.

Please go to <https://cypd-hub.10to8.com/> to book your child's space. If link does not work, please copy and paste into browser.

- 1) Select **Creative Minds**
- 2) Select **Book**
- 3) Please complete **one** booking per child by selecting **Add another booking** (this is important as sessions are limited to 20 spaces)
- 4) Please book on the 8th January **ONLY**. We will then add you to future dates.
- 5) For technical support please call the CYPD Hub on 0208 227 5500

PREMIER FUNDED HAF CAMPS NEAR YOU

Roding Primary School

Multi-Activity
22nd, 27th, 28th, 29th December
2nd, 3rd, 4th January
9am-3pm

Marsh Green Primary School

Multi-Activity
22nd, 27th, 28th, 29th December
2nd, 3rd, 4th January
9am-3pm

We have lots of exciting activities planned throughout. Places on our HAF programme include a free meal.

To apply for a funded place, please complete an enquiry form using the following link:

<https://forms.gle/L2qAqXVQqSQPv3k37>

Please Bring
Plenty of water
Suitable clothing
Loads of energy!

Mix it up during the school holidays with our multi-activity holiday camps!

These camps are a perfect blend of activities for all ages, combining different sports with a variety of team games.

Every day is different, with a mix of fun activities that children may not have tried before – from dodgeball to fencing, lacrosse to cheer.

Book now for a Half Term full of fun!

It's Christmas Time – Parents guide to help keep children safe online

It's Christmas Time!



A Parent's Guide to Social Media



A Parent's Guide to Sharing Pictures



A Parent's Guide to Gaming



A Parent's Guide to Online Grooming



Scan the QR code with your phone's camera to see the guides on our website



A Parent's Guide to Live Streaming



A Parent's Guide to Online Influencers



A Parent's Guide to Fake News



A Parent's Guide to Privacy Settings

It's always best to be prepared

Many parents may be planning to give electronic gadgets to their children this festive period.

Our guide is designed to help parents take a realistic approach to help keep their children safe when using the internet, social media and playing online games.

Scan the QR code to find out more.

Online safety is when young people know who they can tell if they feel upset by something that has happened online.

Parents please contact your school to enquire attending their next e-safety workshop or have any concerns.

Working with Home Office 'PREVENT', The Police and Crime Commissioner and Children's Safeguarding Partnerships to help keep children safe online.

Skips Educational Email: info@skipsed.com Tel: +44 121 227 1941

Developed in partnership with



Skips

www.skipssafetynet.org

Warmer Clothing Reminder



As winter approaches the days are getting darker, wetter and colder, it's time for the winter coats, hats, scarves and gloves to be worn.

We have had a selection of children's coats, hats, scarves and gloves donated to us. We recognise this is an expensive time of year and our children are all still growing.

If you need winter items for your child/children, please contact **Mr Bellevue** who will be happy to support you to access the donations.



Second Hand Toy Donation

If you have any unwanted toys in good condition, please donate to the school.

Items such as...



Wooden Puzzles



Fidget toys



Sensory baby & toddler toys



Mental Health Support Team



Who are we?

We are four Education Mental Health Practitioner (EMHP), offering early intervention for young people with mild to moderate difficulties. Our team work closely with young people, parents, and school staff to think together about ways to improve mental wellbeing within your school environment

Who do we work with?

Parents or Carers of pupils from reception to year 6 with mild-moderate levels of:

- **Anxiety** (e.g. fears, phobias, feeling panicky)
- **Challenging behaviour** (e.g. struggling to follow rules, temper tantrums, difficulty following requests)

Whole classes or year groups (delivering assemblies and workshops)



Aims of our Team

- Provide early psychological support
- Support the school's whole-school approach to wellbeing
- Signposting to specialist service

For more information please speak to your mental health lead or get in touch MHST.BD@nelft.nhs.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.lbdd.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.lbdd.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