



Hunters Hall Primary School

Snippets

Issue: 30
May 2024

Dates for the Diary

Summer Term

Monday 13th – Thursday 16th May – Year 6 SATs
Thursday 16th May – Menu change (see poster)
Monday 20th May – 2K London visit
Tuesday 21st May – 4G & 4T educational visit
Tuesday 21st May – Reception Sharing Assembly 9:00am and 2:20pm
Wednesday 22nd May – 4N educational visit
Wednesday 22nd May – 2CR London visit
Thursday 23rd May – 2D London visit
Friday 24th May – Pyjama Day Fundraiser
Friday 24th May – Coffee Morning 9:00-10:00am
Monday 27th – Friday 31st May – Half Term Holidays
Monday 3rd June – INSET Day (no pupils)
Tuesday 4th June – First day back for children 8:30am
Thursday 13th June – Class Photographs
Monday 17th – Friday 21st June – Sports Week & Sports Day (More details to follow)
Tuesday 25th June – Choir Concerts
Friday 19th July – Reports out to parents/carers
Wednesday 24th July – Last day of term. 1pm finish.

Attendance Matters

Congratulations to the classes in green 96%+:

Class	Attendance % Present
RR	99.2
1KS	98.3
2CR	98.3
3G	98.3
6E	98.3
AM NURSERY	97.4
FT Nursery	97.1
6D	96.9
4T	96.7
1H	96.6
2D	95.9
3R	95.4
5H	95.2
3Z	94.6
4N	93.9
2K	93.1
6AM	92.3
4G	92.2
RH	90.6
5N	89.7
1L	88.9
5A	88.4
PM NURSERY	86.1
RGM	79.9

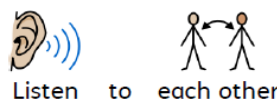
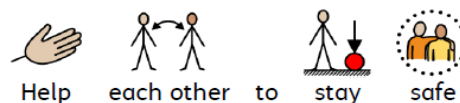
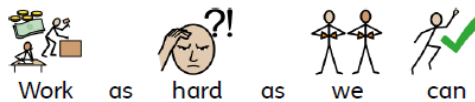
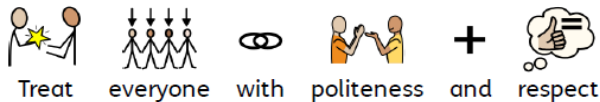
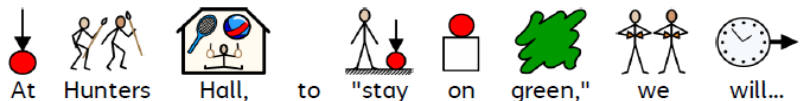
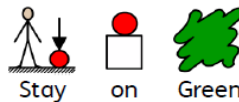


Dear Parent/Carer,

This week, I have been fortunate to meet with Just Say – a parent/carer group who work with families who have children with a disability / additional need. I wanted to share their contact information with you as I foresee an excellent relationship building. www.justsayforum.online You can also join the forum if you are a parent/carer living in Barking and Dagenham with a child or young person with SEN and disabilities aged up to 25 years of age.

On the theme of inclusive practice, I wanted to share with you a reminder about our school behaviour expectations: "Stay on Green."






If you are fed up with your child's one-word response to, "how was your day?" Try asking them how they stayed on green – and they should open up and tell you in detail.



Next week, our eldest children will be sitting their standard assessment tests (SATs) We know that they will take these tests in their stride, and do the best that they can. I'm hoping that this weekend, the children will switch off from working and have some well-deserved family time.

Michael Kaitell
Headteacher

Team Points

TEAM POINTS		
	Tigers	558
	Bears	619
	Wolves	665
	Sharks	623
	Komodo Dragon	654

Uniform Shop Dates

School uniform can be purchased from 3:00-4:00pm in the dining hall. The dates vary throughout the year.



HUNTERS HALL SCHOOL SHOP DATES 2024

~~Wednesday 17th April~~

~~Wednesday 1st May~~

Wednesday 15th May

Wednesday 5th June

Wednesday 19th June

Wednesday 3rd July

Wednesday 17th July

Gold Award Debit Card Recipients

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

Gold Award Recipients

Name	Class
Ingrid Ciolca	RR
Issac Joseph	RR
Shadrack Silas	RR
Dalya Solovastru	RR
Hanif Miah	1H
Daniel Lewis-Akinbola	1H
Bobby Haddon-Robertson	6D

Meaningful May

Meaningful May 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 1. Do something kind for someone you really care about	 2. Focus on what you can do rather than what you can't do	3. Take a step towards an important goal, however small	4. Send your friend a photo from a time you enjoyed together	5. Let someone know how much they mean to you and why	6. Look for people doing good and reasons to be cheerful	7. Make a list of what matters most to you and why
8. Set yourself a kindness mission to help others today	9. What values are important to you? Find ways to use them today	10. Be grateful for the little things, even in difficult times	11. Look around for things that bring you a sense of awe and wonder	12. Listen to a favourite piece of music and remember what it means to you	13. Find out about the values or traditions of another culture	14. Get outside and notice the beauty in nature
15. Do something to contribute to your local community	16. Show your gratitude to people who are helping to make things better	17. Find a way to make what you do today meaningful	18. Send a hand-written note to someone you care about	19. Reflect on what makes you feel valued and purposeful	20. Share photos of 3 things you find meaningful or memorable	21. Look up at the sky. Remember we are all part of something bigger
22. Find a way to help a project or charity you care about	23. Recall three things you've done that you are proud of	24. Make choices that have a positive impact for others today	25. Ask someone else what matters most to them and why	26. Remember an event in your life that was really meaningful	27. Focus on how your actions make a difference for others	28. Do something special and revisit it in your memory tonight
29. Today do something to care for the natural world	30. Share a quote you find inspiring to give others a boost	31. Find three reasons to be hopeful about the future				

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

School Uniform

School uniform can be purchased from 3:00-4:00pm in the dining hall. The dates vary throughout the year. Next dates are: **Wednesday 15th May, 5th June, 19th June, 3rd July & 17th July.**

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.

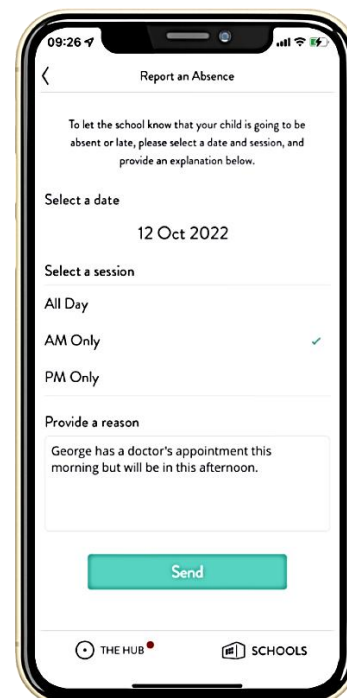
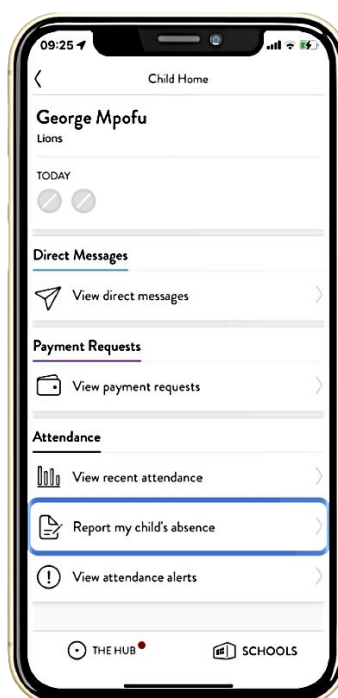
link below for a useful guide.

<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. |

Healthy Eating Week 2024 10th – 14th June



We are encouraging everyone to '**Give it a go**' this Healthy Eating Week. Whether that's trying to have one extra portion of fruit or vegetables a day, being a bit more active, experimenting with a new recipe or using up leftovers - we want everyone to give Healthy Eating Week a go!

Mr Bellevue's Coffee Morning



Coffee Morning

Dear Parents/Carers

Come join me for a
coffee/tea and a chat
on
Friday 24th May 2024
from
9:00-10:00 am
in our Dining Hall

We are being joined by Ashley Morris,
Family Navigator from



Looking forward to seeing as
many of you as possible.

Patrick Bellevue
Family Support Worker

Why do you work at Hunters Hall?

I joined Hunters Hall Primary School as a classroom assistant. I've worked here for almost 18 years and loved every minute. I've most enjoyed working in lots of different roles with different children, it's really help me grow and be a better TA and person.



What's your role?

Teaching Assistant.

Favourite things...

Some of my favourite things include walking my beautiful little dog Peggy. Spending time with my 3 wonderful children who are all grown up now and enjoying dog friendly holidays with my partner Kevin.

Hopes & Dreams

My main hopes are that my family lead a happy, healthy life.

How long have you been at Hunters Hall?

Almost 18 years.

Achievements to date (in order)

The achievements apart from having my own children is when I qualified as a nursery nurse. I also enjoy sewing and took a NVQ level one course in fashion and passed with distinction despite never using a sewing machine before.

Story Time

We love story time at Hunters Hall. On Thursday, Martin's mum (RH) lead story time for a group of Bulgarian children. It was so lovely to see the children enjoy a story in their home language and to hear them talk with such enthusiasm about the story.

The children love visitors who read to us. Please, if you would like to come and read a story, let us know!



Local Area Services



WHAT THIS MAP IS FOR

This is a map of the Barking and Dagenham Central Locality. The map has been designed by residents, for residents to identify community spaces and services that are low cost or free to use, support wellbeing, or help create connection.

If you are feeling isolated, if you are looking for the first steps to help, if you want to do something new but may find finances tight: use this map to see what's available to you in the locality.

The map has been developed in partnership with Kingsley Hall and Turn2us.

CLICK HERE TO SEE A DIGITAL VERSION OR TO GIVE SOME FEEDBACK ON THE MAP.



Barking and Dagenham Central Locality



YOUR MAP OF LOCAL COMMUNITY SPACES



KEY

More details of all the listings can be found on this side. Each listing is cross referenced against the tags and categorised below

CATEGORIES

- Housing
- Finance
- Social & Leisure
- Food
- Health
- Employment

TAGS

- Accessible
- Specialist Advice
- Family Friendly
- Free/Subsidised Activities
- Safe Haven
- Warm Space

About Safe Havens

Places registered to provide a welcoming space for people to go to when they need immediate help e.g. if they are feeling intimidated, frightened, harassed or unwell.

About Warm Spaces

They are places you can go to meet up with other people and have a free cup of tea to stay warm, so you don't have to put the heating on at home.

About Community Hubs

Welcoming and safe places that make it easy for residents to talk to someone, find support to help themselves, access services when needed and help to be part of the community. They will provide information, advice and support with: Jobs, Training and Courses, Housing and Homelessness, Money and Debt, Multiple Community groups, local services and organisations deliver activities and events in Community hubs. Contact the hub to find out what's on.

LISTINGS

- 01 Adult Learning College** ● ● ● ● ● ● ● ● ● ●

24-27 Poplar Avenue, RM9 5DT • 020 8270 4222 • <https://adultlearningcollege.gov.uk>
Wide range of free community learning courses (inc. welfare, wellbeing, digital skills, employability, ESOL). Free wellness sessions (inc. pilates and acupuncture, 0-5 years health and talking therapies).
- 02 Andrew's Career Community Drop-in (old furniture shop)** ● ●

450-527 Beccon Lane, Barking, RM15 5UA • 020 8237 1927
Place for connections, inc. Community drop-in & clothes swap shop on Wednesday AMs. 'Mens shed' on Tuesday and Thursday AMs (woodwork, carpentry and other DIY skills).
- 03 Barking & Dagenham Progress Project** ● ● ● ● ● ●

42-48 Poplar Avenue, RM9 5DU • 07807 013393 • <https://www.bdp.org.uk>
Where young people with disabilities (8-25) can meet new friends, get fit, learn new skills and have their voice heard in their forum and the wider community.
- 04 Reconnect Church Centre** ● ● ● ● ● ●

350 Highways Rd, RM15 6BX • 07962 77144 • <https://www.reconnectchurch.com>
Church Hub with a welcoming, open atmosphere. Diverse activities include membership groups for over 60s (D&D Golden Years), boxing activities including affordable gym membership for kids and a Friday night youth group (7-11).
- 05 Reconnect Community Hub** ● ● ● ● ● ●

Sevens Road, Dagenham, RM9 2JG • 020 8224 1830
Community Hub providing information, advice and activities for the whole family (open Mon-Fri, 9-5). You can book the sensory room for free!
- 06 Reconnect Leisure Centre** ● ● ● ● ● ●

Alford Way, RM10 2FH • 020 3089 6239
<https://www.reconnectleisurecentre.com/reconnectleisurecentre>
Heavily discounted over 60s membership (£57 for the year), includes gym, swimming, aerobics classes, coffee for a £1!

- 07 Green Centre SA Ltd** ● ● ● ● ● ●

134 Heathway, RM10 6NU • 0208 993 4232 • <https://www.greencentre.org.uk>
Advice & support for adults & children cases (open Mon-Fri, 10-4). Young Groups group (8-19) is an opportunity to meet new friends, get training and enjoy regular activities.
- 08 Castle Point (Community Resources)** ● ● ● ● ● ●

103 Beveridge Castle Lane, RM8 3PT • 020 8227 1937 • info@castlepoint.gov.uk
A neighbourhood hub offering support and activities including community lunches, parent/toddler group, craft sessions, plus a successful volunteer programme.
- 09 Church Elm Hub @ Dagenham Learning Centre (Library)** ● ● ● ● ● ●

Based at Dagenham Learning Centre (Library) 1 Church Elm Lane, RM10 9DT • Booky (Reading) group 0737 0737155 • 020 8227 1937 • <https://www.library.com>
Man-Made, Free wellbeing groups inc. cooking, craft and exercise. Thru-Fri Community food club (inquire about referral).
- 10 Dagenham Learning Centre (Library)** ● ● ● ● ● ●

1 Church Elm Lane, RM10 9DT • 020 8227 3662 • <https://www.library.com>
Community Hub offering info, advice & support (open Mon-Thurs 9-7, Fri-Sat 9-5). Activities such as reading book (5-13 years), inc. a job shop and Home and Money hub.
- 11 Create London: The White House** ● ● ● ● ● ●

884 Green Lane, RM9 1BX • 020 8226 7172 • <http://www.createlondon.org>
Community arts space open to the public for workshops and events. Activities include painting every Wednesday from 8pm, monthly poetry group, seasonal garden parties and after-school youth workshops.
- 12 Dagenham Umrah Welfare Trust** ● ● ● ● ● ●

51 Street Road, RM9 7JG • 0191 6246866 • www.dumt.org.uk
DUMT is a registered Islamic charity providing a range of community services inc. sport & fitness, painting and youth activities. Islamic evening and weekend supplementary classes (small charge) and a monthly food bank (see website for details).
- 13 D&D (Disablement Association of B&D)** ● ● ● ● ● ●

42-48 Poplar Avenue, RM9 5DU • 01300 554 2500 • <https://www.dad.org.uk>
D&D aims to provide everyone with equal access to opportunities in work, training, transport or social activities.
- 14 Emerald Café Barking/Eltham Academy Hub** ● ● ● ● ● ●

Goodmoyes Cricket Pavilion, Goodmoyes Road, Alford Road, RM9 5RG
Emerald Café Barking: 07426 082887 | Eltham Academy Hub: 020 595 191743
Friendly Community Café. Community volunteers gathering once a month (Mums and their kids) and Home to Eltham Academy Hub (empowering communities through sports, education and opportunities).
- 15 Forshaw Community Centre** ● ● ● ● ● ●

Barnwood Road, Dagenham, RM9 3DU • 020 8595 0598 • <https://www.forshaw.org>
Community Centre that hosts a range of free and affordable activities – from mental art, children's dance club and wellbeing groups, inc. 8&10 groups and Stimming world. Community food lab on the second Sat of the month.
- 16 Future Youth Zone** ● ● ● ● ● ●

301-225 Poplar Avenue, RM9 5YX • 020 3942 8722 • <https://www.futureyouthzone.org>
Youth hub (8-19 years old or up to 25 for those with a disability, Open Mon-Sun), £5 annual membership / £pp per visit. You'll have access to: reading studio, hair and nail salon, gym, boxing, indoor climbing, employability, arts & crafts, football, cooking, dance and drama, film & media and skatpark. Daytime (free drop in, 0-4 & families). Opportunity to speak to trained counsellors.
- 17 Goodmoyes Community Centre** ● ● ● ● ● ●

81-83 Green Lane, QE3 1EE • 020 8227 2034 • <http://www.goodmoyes.org.uk>
Supporting the residents in Goodmoyes Wood and promoting cultural, economic and social wellbeing. Range of different activities inc. over 18s Friday night social group.
- 18 Harmony Community Projects** ● ● ● ● ● ●

Goodwood Lane, 23-27 Kemp Road, RM8 1ST • 020 8397 1110 • <https://www.harmonyproject.org.uk>
Food bank, offering seasonal healthy lifestyle sessions for children and adults. Health clinic and other activities planned for the near future.
- 19 Harmony House Dagenham** ● ● ● ● ● ●

Baker Powell Close, RM9 6JH • 020 8236 8200 • <https://www.harmonyhouse.org.uk>
Supporting other people through clubs, computer training, befriending services and handy person services. Running 2 nurseries for 0-5 year olds.

- 19 Health Community Hub** ● ● ● ● ● ●

Highways Lane, RM10 2YH • 020 8224 1901
Community Hub (Open Mon-Fri, 9-5). Offering free activities ranging from baby massage (0-10 months) to Community food club and Citizens Advice. (Previously William Billings)
- 20 Independent Living Agency (ILA)** ● ● ● ● ● ●

104-125 Dagenham Business Centre, 123 Poplar Road, Barking, RM10 7PQ
020 85103 6677 • www.independentlivingagency.org
Open door policy, supporting disabled people to overcome barriers to participation in society. They provide housing support, clearing, shopping, appointments, payroll services and more. as well as healthy living and healthy future programme (looking for active and courses).
- 21 John Smith House Community Centre** ● ● ● ● ● ●

Brown Avenue Barking, QJ1 8LL • 020 4568 9010 • www.johnsmiths.org.uk
A resident-led community centre run for young people by young people.
- 22 Kingsley Hall Church & Community Centre** ● ● ● ● ● ●

Poplar Avenue, RM9 5JG • <http://kingsleyhall.org.uk>
Community Hub with Crafts, Soft Play, Sensory Gymnasium, Kinder Eggs, Toy Pre-school and Church. Weekly programme of activities for all ages. Email for more info.
- 23 London Riverside Church** ● ● ● ● ● ●

Highways Avenue, RM9 5PT • 020 8591 2261 • www.londonriversidechurch.com
Activities inc. Parent & Toddler (Wed-Fri, £2 per family per wk), Wakeable adults group, Bereavement group, Friday Night Youth meeting, Sunday Youth League & Holyday Hangouts (12-18yrs), Hosts, SoccerCity Football (local agency referral) and CAP Life 34hs.
- 24 Males (Male A Difference At Smiles)** ● ● ● ● ● ●

146C, Beaulieu Avenue, RM8 3JF • 01306 762169 • www.males4dads.org
Charity shop & counselling services, inc. free talking therapies to adults, BICP registered.
- 25 Osborne Partnership** ● ● ● ● ● ●

Osborne Centre, Osborne Square, RM9 5DU • 020 8592 2192 • www.osbornepartnership.org
Day support independence & employability service for adults with learning disabilities. Activities inc. Community 'see-been' (10-21, clothes recycling shop, 'Heat to Eat' (Tues & Thurs) offering £1 for a bowl of soup and roll and 'Need Make' (discounted meals)
- 26 Parkside Community Association** ● ● ● ● ● ●

176 Goodmoyes Lane, RM9 5PP • 020 8595 7977 • <http://parksideco.org.uk> • info@parksideco.org.uk
Free activities, such as 'Jamb and an over 70s tea dance.
- 27 Powerhouse Community Network** ● ● ● ● ● ●

148-154A, 280 Dulwich U, Dagenham, RM10 8LP • 020 8517 5827 • <https://www.powerhouse.org.uk>
Activities inc. Food Bank (Tues, 10-11), Skills-Care Centre (Tues & Thurs 11am), Coffee AMs to rough sleepers (week), Youth Academy, Sports & Community Leagues Forum, Garden Shop, Dagenham, RM9 1YS • 020 8502 2822 • community@powerhouse.org.uk (020 8521 04188)
Chat and café group, Community General chat and South group. Plus, after-school club (£1 including hot meal) and Little Heads, Toddler group (one from three (£5 per week).
- 28 St Mary's Church Becrover** ● ● ● ● ● ●

Goodwood Lane, Barking, RM9 1EE • 020 8227 2032 • <http://www.stmarysbarking.org.uk>
Activities inc. Scouts, free guitar lessons, Community Café (Wed lunches), Chat and café group, Community General chat and South group. Plus, after-school club (£1 including hot meal) and Little Heads, Toddler group (one from three (£5 per week).
- 29 St Thomas Church & Food pantry** ● ● ● ● ● ●

Barnside Road, Barking, RM9 5DU • 020 8227 2032 • <http://www.stthomaschurch.org.uk>
Pop in for a coffee, chat, listening ear and top up from the food pantry (Mon 1-3pm). Well-being groups planned for the near future.
- 30 Valence House Museum and café** ● ● ● ● ● ●

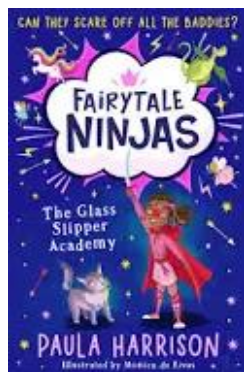
Beaconsfield Avenue, RM9 3JF • 020 8227 2034 • <http://www.valencehousemuseum.org.uk>
Explore and enjoy the Valence House museum, tea room, shops, archives & local studies Centre and gardens. (Open Tues-Sat, 10-4). See website for details of free/wholly subsidised events.
- 31 Valence Library** ● ● ● ● ● ●

Beaconsfield Avenue, RM9 3JF • 020 8220 1804
Variety of free activities including Healthy lifestyles sessions and Young at Heart (over 60s), bookbinding, arts & crafts, Open Mon-Thurs, 10-5, 10-7 on Tues and Sat, 10-4.
- 32 Vibe Dagenham** ● ● ● ● ● ●

195-217 Beccles Avenue, RM9 2JF • 020 8227 3891
Mon-Mo, Youth Club (disabled and non-disabled) and non-disabled discouraged young people aged 11-18 & 19-25), Sat: Purple Purgan (SEN), Tues-Thurs (LGBTQ+ Peer support, Also Substance - drug & alcohol support group).

Reading for Pleasure Matters at Hunters Hall

Good friends are important. We need to have friends we can laugh and spend time with, friends we know will be there for us, always. Our new recommendations are about love and friendship. Here's our next set of recommendations. Remember, you can find them all in our library.



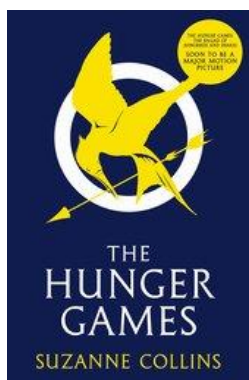
Reading interest: 4-8

Red, Goldie and Snow are trained up to be fairy tale ninjas. When the three friends work together, they find that anything is possible. 'Fairy Tale Ninjas – The Glass Slipper Academy' by Paula Harrison, a fun read.



Reading interest: 8-12

'The Last Fire Fox' by Lee Newbery is an award winning and heart-warming story about family, friendship and finding your inner fire. Life is not easy for Charlie but then he forms an unexpected friendship with a fox. However, this is not any ordinary fox, it is a fire fox. You need to read it to find out more!



Reading interest: 10-adult

'The Hunger Games' is not always an easy read but it's a good book if you like adventure stories with plenty of bad things happening!





WORLD BUMBLEBEE DAY

Thursday 16th May

MAINS

Roast Chicken
Halal Roast Chicken
Golden Cheese & Onion Parcel
Crispy Roast Potatoes
Honey Roast Parsnips
Broccoli or Carrots
Yorkshire Pudding
Gravy

DESSERT

Iced Honey & Oat Cake
Fruit



PYJAMA DAY

Friday 24th May



**Wear your pyjamas to school
and make a donation.**

(suggested donation £1)



Moving for mental health



Regular movement like The Daily Mile, can boost your self-esteem, improve the quality of your sleep and help reduce feelings of anxiety. Even just 10-15 minutes of being active can contribute to mental alertness, increased energy and positive mood.

As adults, there's lots we can do to support the children and young people in our lives. Place2Be and The Daily Mile have shared some tips on how to get children moving for their mental health.



Everyday movement counts

Engage children and young people in physical activities that are accessible in daily life.

Top tips

- Think about how children can incorporate movement into regular daily routines.
- Encourage children to walk, bike or scooter to school instead of taking the car or bus.
- What about turning the music up and dancing during study breaks or a sequence of yoga stretches before bed?

Tips for Daily Mile schools

Consider tracking the number of Daily Mile's each day to contribute to a journey across the globe. (Provided by Cardonald Primary School, Scotland)



Make it fun

Children and young people are going to be more eager to take part in physical activity if they are doing something they enjoy.

Top tips

- Reflect on their interests and strengths, ask them how movement could be woven into what they love doing.
- Put emphasis on enjoyment and skill development rather than focusing on competition to help them have a positive experience of physical activity.

Tips for Daily Mile schools

Introduce a 'Music Mile' from time to time, using a mobile speaker to enable the children to do their Daily Mile to some of their favourite songs. (Provided by Our Lady of Lourdes Primary School, Scotland)

More resources you may find useful

- 📄 Learn more about The Daily Mile
- 📄 Read more of Place2Be's tips for parents and carers
- 📄 Download more mental health resources for schools
- 📄 Your Stories | The Daily Mile UK

Moving for mental health (continued)



Be the role model

While it's not always easy, young people are more likely to take up physical activity if they see adults around them involved in and enjoying exercise.

Top tips

- Do your best to join in and be active together with the children and young people in your care.
- Discuss the benefits of being active and the impact it can have on physical and mental health.

Tips for Daily Mile schools

Encourage all teachers and support staff to actively join in The Daily Mile (whether walking or running) to enhance the relationship between children and teachers. (Provided by Wells Hall Primary School, England)



Get into nature

Heading outdoors to exercise is a great way for children and young people to take a break from technology and connect with their environment.

Top tips

- Encourage a walk or play outside to explore in the green spaces nearby – whether that be an inner-city park, a forest or along your local river or canal.

Get into nature (cont)

- Follow the child's lead in how they want to play outside – encourage creativity and join in with activities if possible.

Tips for Daily Mile schools

Ask children to reflect on the sights and sounds that they experience as they complete their Daily Mile outside. (Provided by Clifton Primary School, England)



Moving together

Encouraging children and young people to get involved in physical activity that is social will not only help boost their self-esteem, it's also a great way to create a sense of community which can foster good mental wellbeing.

Top tips

- Encourage children and young people to be active together.
- Encourage them to try different sports both at school and through clubs with their friends, until they find one that they really love.

Tips for Daily Mile schools

Buddy-up children from different year groups to encourage side by side conversations as they move; forming new friendships and supporting each other. (Provided by Dalneigh Primary School, Scotland)

CHILDREN DISABILITY HUB
Half -Term
May-hem!

Sensory Tues • Wacky Wed • Fun-tastic Thurs •

28th | **29th** | **30th**
 May | May | May

Come along to the CYPD Hub for Half Term
 May- Hem!
 Fun activities and games for all ages to
 enjoy!

Note: You can book 2 sessions per family
 including sensory session.

Sensory Tuesday

Our sensory room will be available for booking:

- 9.00am – 09.30am
- 10.00am – 10.30am
- 11.00am – 11.30am
- 12.00pm – 12.30pm
- 2.00pm – 2.30pm
- 3.00pm – 3.30pm
- 4.00pm – 4.30pm
- 5.00pm – 5.30pm

Our outdoor play area will be available for 30 minutes following your sensory session. You are welcome to bring a picnic if that is your preference.

To book, please click on link.....
<https://app.10to8.com/book/cypd-hub/1932796/>

Bookable sessions for,
 Wacky Wednesday:

- 9.30am-10.30am (0-5 years)
- 11.00am – 12.00pm (6 -10years)
- 1.30pm – 2.30pm (0-5years)
- 3.00pm – 4.00pm (6-10 years)
- 4.30pm-5.30pm (11+years)

Fun-tastic Thursday

- 9.30am-10.30am (0-5 years)
- 11.00am – 12.00pm (6 -10years)
- 1.00pm – 2.00pm (0-5years)
- 2.30pm – 3.30pm (6-10 years)
- 4.00pm-5.00pm (11+years)

Wacky Wednesday	Fun-tastic Thursday
<ul style="list-style-type: none"> • Soft play • Art and Crafts 	<ul style="list-style-type: none"> • Soft play
<ul style="list-style-type: none"> • Music and exercise 	<ul style="list-style-type: none"> • Musical statues
<ul style="list-style-type: none"> • Parachuting 	<ul style="list-style-type: none"> • Bowling
<ul style="list-style-type: none"> • Small world area 	<ul style="list-style-type: none"> • Construction • Bike-ability • Sensory trays

To book a sessions, please click on:
<https://app.10to8.com/book/cypd-hub/1936343/>



FREE ENTRY
11AM - 3PM



ACTIVITIES:

- ARTS AND CRAFTS
- CARNIVAL GAMES
- MUSIC AND DANCE
- BOUNCY CASTLE
- SPORTS GAMES
- BBQ



Future Youth Zone 201-225 Porters Avenue, RM9 5YX

£1 MEALS
BOUNCY CASTLE
SENSORY PLAY
LIVE PERFORMANCES
& MORE

FAMILY DAY!

FUTUREBILITY BIRTHDAY
party
SUNDAY 19TH MAY

FAMILIES INVITED
10:00AM - 2:00PM

BOOK YOUR SPACE ONLINE!











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

PRE-LOVED UNIFORM

DONATIONS NEEDED

A big thank you to everyone who has previously donated. We always need more good quality pre-loved 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