2nd February 2024 http:/www.fhi.hounslow.sch.uk/

No Afterschool Clubs Next Week Due To Parents Evenings

## lewslette

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## Whole School Attendance Last Week-94.4%



Dear Parents/Carers,

workshop today to celebrate the Chinese new year. They each year and also learnt a dragon dance and peacock fan dance which they performed to music. The children loved

Also this week, Year 1 went on a Geography walk and they used a checklist to identify human features of the local area. Year 2 used wood to make the box frame for their beach huts and The Centre have read the Owl Babies story and made owl collages.

If you arrive at school after 8.50am and your child's classroom door is closed please do not attempt to open it. Take your child to the office and sign them in there and they will be taken to their class.

Please remember that Parents Evening meetings are on Tuesday and Wednesday and there are no afterschool clubs all next week.

Best wishes, Angela White | Headteacher

#### Reception – Chinese Dance Workshop

















The attendance bears are awarded to the classes with the highest collective attendance.

Congratulations to the children in

Owl class (98.7%) and Hedgehog class

They won the bears last week and can wear their own clothes on Friday 9th



#### Dates For Your Diary 💸



#### February

w/c 5th – No After School Clubs This Week Tues 6th – Parents Evening until 7.00pm Wed 7th-Parents Evening until 6.00pm

#### Half Term Holiday Monday 12th – Friday 16th February **School Closed**

#### March

Wed 6th – Year 2 Art Day Thur 7th – SEN Social Skills Workshop Tues 12th — Year 1 Visiting St Dunstan's Church Thur 14th — Year 1 Visiting St Dunstan's Church Wed 20th – Feltham Police Assembly Year 1 & Year 2

w/c 11th-Last Week Of After School Clubs

#### Spare Uniform and Donations

If your child was given spare clothes after they had an accident please can we ask that you wash and return them. Also, if anyone has any clean children's socks and pants that they would like to donate please hand them into the office. Thank you

MOMENTS MATTER, ATTENDANCE COUNTS.

#### **Quietest Lunch Table Winners**



**Rec – Table 4 – Giraffe Class** Year 1 - Table 7 - Squirrel Class Year 2 - Table 7-Sage Class

Well done, you will have a trophy on your table next week!



#### Children's Mental Health Week

February 5th - 11th 2024



This year's theme is 'My Voice Matters' and aims to empower young people to use their voice, share what matters to them, and encourage those around them to hear them.

Evidence shows that empowering children and young people can have a positive impact on their health and wellbeing. For example, children and young people who feel that their voices are heard - and that what they say makes a difference - have higher levels of self-efficacy and self-esteem.

# DO YOU SOMETIMES WORRY ABOUT HOW YOU ARE FEELING? If so, read on!



Here are some brilliant tips from children just like you". These children have also had ups and downs with their mental health and want to pass on some ideas that have helped them:

- Ask for help from a teacher, parent, brother, sister, or other family member. Keep telling until someone listens to you.
- Remember you are not alone everyone goes through tough times.
  Be kind to yourself everyone is perfect in their own way.
- Stay calm take some breaths or find somewhere to sit quietly for 2 minutes.
- Go outside and get some exercise to make yourself feel stronger.
- spend time with your family and friends (or pets).
- It's okay to not always be okay.
- · Think of your favourite thing and write it down.
- Keep a diary to track all your emotions.
- Stay positive and focus on things that make you happy. If you can't think of anything, maybe a friend can help you.
- Remember you are enough, and you are the only you.
- If you are being bullied, maybe the bully is being bullied or has something going on at home and they're taking it out on someone else.
  Tell an adult or trusted friend.





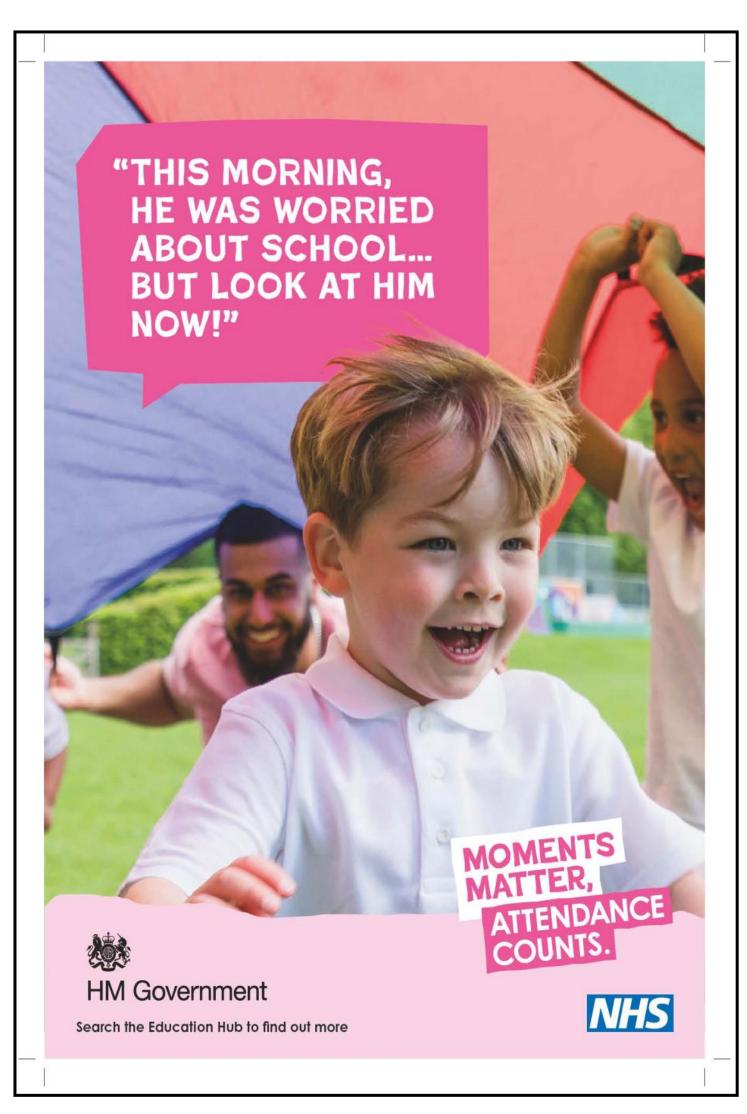
www.childrensmentalhealthweek.org.uk

www.youngminds.org.uk

www.nhs.uk/mental-health/children-and-young-adults/mental-health-support/

www.healthforteens.co.uk www.healthforkids.co.uk

Hounslow School Nursing Service





### YOUR NEAREST MULTI-ACTIVITY CAMP ...

Venue: Oak Hill Academy, TW13 4QP

Dates: Monday 12th to Friday 16th of February 2024

Times: Full day; 9am to 3pm | Extended day; 9am to 5.30pm

Price: From £29.99 per day. 10% Discount for full weeks bookings.

Ages: Ages 4 to 12

Additional info: We accept tax free childcare payments

Mix it up this half-term 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 roller skating to fencing, lacrosse to cheer.

Book now for a half-term full of fun!

# CAMPS ARE BETTER WITH FRIENDS!



TREAT YOUR FRIENDS
TO 20% OFF ... AND GET
20% OFF TOO!

\*Ts&Cs apply. Refer a Friend discount on new bookings only.

## PLEASE BRING

A packed lunch Plenty of water Suitable clothing Loads of energy!

