



### School Rules

1. Be safe
2. Be kind and respectful
3. Be ready

### School Values

- Kindness
- Courage
- Loyalty

Every week we want to celebrate some of the amazing achievements of our pupils.

Class	Star Writer	Star Problem Solver	Silver Cup
Turtles & Dolphins	Brodie	Jasmine	Benjamin
Octopus and Stingrays	Poppy	Lowen	Arizona
Seahorses	Aliha	Izzie	Lexi
Starfish	Demi	Nandan	Liza
Lobsters	Olive	Benji G	Saanvi
Sealions	Elis	Julia	Molly

	Star of the Week
3 Maple	Jessica
3 Oak	Ethan
4 Cherry	Ethan, Ella & Violet H
4 Willow	Evelyn
5 Birch	Josh
5 Rowan	Finlay
6 Pine	Alina
6 Ash	Oscar

### Weekly Update

I have just seen a very excited Reception onto the coach as they go out and visit the West Lodge Farm Park. These first-hand experience trips can not go ahead without the support of you, our parents and carers and for that we are very grateful.

With the start of the warmer weather, please make sure that your child brings a named hat into school and wears sun cream in order to protect them when they are outside.

Date	Grenville Site Infant	Cornwallis Site Junior	Both
Friday 10th May	Quiz Night 7.30pm		
Week commencing Monday 13th May		Year 6 assessments	Friends of HH and PTA meeting at The Bear 7.30pm
Thursday 23rd May		Class Photographs	
Monday 27th to Friday 31st May			May Half-term
Week commencing 3rd June		Year 4 Multiplication Check	
Thursday 6th June		9.15am Year 4 Exhibition	
Friday 21st June	Art Gallery 3.30pm	2-3pm Year 3 Exhibition	
Saturday 29th June		Joint Summer Fair 12-3pm	
Monday 1st July	1.30pm Sports' Afternoon		
Tuesday 2nd July	Year 1 Trip to the Sea Life Centre		
Wednesday 3rd July		9.15am Rock Steady Concert	
Monday 8th July		Sports' Day	
Tuesday 9th July	Year 2 Trip to Go Ape		
Wednesday 10th July	3.20pm Meet the teacher	3.35pm Meet the teacher	Induction Day
Thursday 11th and Friday 12th July			Induction mornings
Friday 12th July	Recognition Afternoon for Pupils Only		
Monday 15th July	pm - Year 2 Family Friendly performance of Year 2 Leavers' Concert		Reports go out
Tuesday 16th July	pm - Year 2 Leavers' Concert	am - Year 6 Leavers' Concert	
Wednesday 17th July	am - Year 2 Leavers' Concert	pm - Year 6 Leavers' Concert	
Friday 19th July			Last Day of Term

**COMING SOON**

Dear Year 6,

I wanted to take a moment to send you a message as you prepare to take your end of year SATs papers next week. I understand that this can be a stressful time, but I want you to know that your worth and value extend far beyond these tests.

These tests are just one measure of your academic abilities, but they cannot capture the full breadth of who you are as individuals. They cannot measure: how kind you are; the resilience you've shown in overcoming challenges; or the hard work you've put in throughout the year.

You are the year group that missed performing in the end of Year 2 Leavers' Concert. You missed going to Go Ape and Cadbury's World. You missed that final assembly at the end of KS1 and all because of the pandemic which meant we had to stay at home. Thank you for that.

Each one of you is unique and special in your own way, and no test score can define your worth. What truly matters is the effort you put in and how you have grown along the way. So, as you sit down to take these SATs over the coming week, remember to be proud of how far you've come and to do your best with confidence and determination.

No matter what the results may be, know that you are capable, you are talented, and you are valued members of Henry Hinde. Your teachers and I believe in you wholeheartedly, and we are here to support you every step of the way. (And by the way . . .there will be biscuits.)

So, take a deep breath, stay focused, and give it your all. And remember, your worth goes beyond a test score. We are proud of you, and we can't wait to see all that you will achieve in the future.

Have a great weekend!

Mrs. Edwards.

### School Uniform

With the warmer weather, we have seen a few children coming to school not wearing the appropriate school uniform. As a reminder pupils are allowed to wear:

- Grey trousers or grey shorts (not lycra or sports shorts);
- Grey skirts;
- Green (Grenville site) or navy blue (Cornwallis site) polo shirts;
- Blue and white dresses.

We want our pupils to be proud of our school and our school uniform helps us to do so.

If you need any help with uniform please let the office know and don't forget the pre-loved uniform sales run by our fabulous PTAs.

Henry Hinde -  
Both Sites

HHJS  
PTFA

**PTFA**  

*& Friends Meeting*

**ALL WELCOME**

**MON 13TH MAY** **7:30 PM**

The Bear Pub, Bilton



## Mental Health in Schools Team Tips For Wellness



Mental Health Awareness  
Week:  
13<sup>th</sup>-19<sup>th</sup> May

# Positivity

Positive thinking, or an optimistic attitude, is the practice of focusing on the good in any given situation. It can have a big impact on your physical and mental health. That doesn't mean you ignore reality or make light of problems. It simply means you approach the good and the bad in life with the expectation that things will go well.

When we are having a difficult time with our mental health and wellbeing, it can seem quite tricky to keep positive, so we've got some helpful tips and tricks to help you practise positivity...

### Our Tips for Positivity:

1. **Focus on your strengths.** Each day for a week, think about one of your personal strengths, like kindness, organisation, patience, or creativity. Write down how you plan to use that strength in new ways that day. Then, act on it!
2. **Take time to look for the positives in your life.** Try writing, or drawing, 1 or 2 things that have been good experiences. These may be things you are thankful for, or things that make you feel happy. They could be things that give you positive thoughts, make you feel good in your body, or something you love about the world around you.
3. **Keep a gratitude journal.** Regularly write down the things you're thankful for in your life, you could do this once a day or at the end of the week. Consider completing this with a family member or friend, to help you to share positivity with others, and take inspiration from them.
4. **Share positives with your friends and family.** Talk to people and share things you enjoy, things that make you feel good, and get them to share with you. Encouraging others to think and act positively can help our own mindset too!
5. **Challenge unhelpful thinking.** When we're struggling to be positive, it is helpful to challenge our unhelpful thinking styles to enable us to work through them and develop a positive mindset.

In order to develop a positive mindset, it is also important to look after our physical health, so try to make sure that you're exercising, eating healthily and in a good bedtime routine, as healthy bodies can help lead to healthy minds!

#ThanksKids recognises the efforts and kindness of children and young people, and thanks them with personalised #NHSStars certificates. If you know a child or young person that deserves recognition for going above and beyond, don't wait, nominate! [thankskids@covwarkpt.nhs.uk](mailto:thankskids@covwarkpt.nhs.uk).

MHST are available to support you and your school throughout the school year including term time and school holidays.

Compass



**Connect  
for Health**  
Your school nursing service

## Sleep support for families

A lack of sleep can have an impact on emotional, physical and mental health. This resource aims to provide information and advice on sleep, and ensure families are aware of the available support.



### The Sleep Charity

They are one of the leading, independent expert voices on sleep issues in the UK who aim to help everyone get a better night's sleep. They offer advice, education or support for children, teenagers, adults, workplaces and professionals. Visit their website [here](#).



### Teen Sleep Hub

Teens and parents can find advice on how to sleep better. Information includes tips on tweaking routine or help to understand the science behind sleep patterns. There is a downloadable eBook, blogs, leaflets and videos available. Visit their website [here](#).



### Connect for Health support

If you would like support from Connect for Health, the Warwickshire School Nursing Service you can contact us on the following contact numbers.



Text Parentline (parents/carers): **07520 619 376**  
Call us: **03300 245 204**  
Email us: [connectforhealth@compass-uk.org](mailto:connectforhealth@compass-uk.org)

Visit our website & download our referral form - scan here or visit [compass-uk.org/c4h](https://compass-uk.org/c4h)



@schoolhealthc4h @c4hwarwickshire @compassc4h

# Compass

## Sleep

### Advice, support and information

 **Connect  
for Health**  
Your school nursing service

#### Why do we need sleep?

If you're active throughout the day your body and brain needs time to rest. The rest gives your body a chance to recover and grow. It is important to get enough sleep:

3-5 years old – 10-13 hours

9-12 years old – 9-12 hours

13-18 years old- 8-10 hours



#### What happens if I don't get enough sleep?

- You will be tired, have low energy levels, have poor concentration, feel down, and are more likely to make mistakes.

#### Bedtime routine- do the same thing everynight

1. Turn off all screens, dim lights an hour or so before bedtime
2. Have a shower or bath
3. Do a relaxing activity (drawing, colouring, reading)
4. Write down anything on your mind so that you can forget about it until the morning

#### Creating the perfect sleeping environment:

- Ensure the room is well aired - crack a window during the day if needed
- Choose suitable curtains - black out blinds or curtains can be particularly useful
- Remove devices with a screen from the bedroom to avoid temptation
- Make sure your mattress and pillow are comfortable.

#### Support services:

- **Compass** - [sleep- compass-uk.org/help-and-support/young-people/young-people-health/sleep/](https://compass-uk.org/help-and-support/young-people/young-people-health/sleep/)
- **The Sleep Charity** - [thesleepcharity.org.uk](https://thesleepcharity.org.uk)



For advice and support, text us on 07507 331 525 or talk to a teacher about making an appointment with C4H, your school nursing service.

Compass

 **Connect  
for Health**  
Your school nursing service



## Eye health support for families

Vision is important because it allows us to connect with people and our surroundings, and keeps us safe. Visit the NHS and See Ability webpages to find out more about eye health.



### NHS - Eye tests for children

Vision problems during childhood are rare, routine eye checks are offered to identify any problems early on. Free NHS sight tests are also available at opticians for children under 16 and for young people under 19 in full-time education. Find out more [here](#).



### See Ability

Children with learning disabilities are more at risk of having problems and may be less likely to be able to communicate them, so regular eye care is essential. It is recommended that all children who have a learning disability have a full eye examination (eye test) at least once a year. Find out more [here](#).



### Connect for Health support

If you would like support from Connect for Health, the Warwickshire School Nursing Service you can contact us on the following contact numbers.



Text Parentline (parents/carers): **07520 619 376**

Call us: **03300 245 204**

Email us: **[connectforhealth@compass-uk.org](mailto:connectforhealth@compass-uk.org)**

Visit our website & download our referral form - scan here or visit [compass-uk.org/c4h](https://compass-uk.org/c4h)



 @schoolhealthc4h  @c4hwarwickshire  @compassc4h