

# **Newsletter**

19th April

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

School Rules

1. Be safe

2. Be Kind and Respectful

3. Be ready

School Valiues

**Kindness** 

Courage

Loyalty

Class	Star Writer	Star Problem Solver	Silver Cup	
Turtles & Dolphins	Freddie	Xaaniyah	Theo	
Octopus and Stingrays	Harry L	L Leo		
Seahorses	Alexander	Sasha	Lewan	
Starfish	Aanya	Khalan	Rose	
Lobsters	Iris	Tyler	Yannis	
Sealions	Logan	Ollie	Rhia	

	Star of the Week	
3 Maple	Denver	
3 Oak	Japneet	
4 Cherry	Violet	
4 Willow	Ellora	
5 Birch	James	
5 Rowan	Jacob	
6 Pine	Caylee	
6 Ash	Alex	

## **Weekly Update**

Our first rule in school is 'Be Safe' and I always tell the pupils that that is the most important part of my role in school. This week we have been speaking to the children about keeping safe for fire drills and lockdown drills. The Grenville site had a visit from a 'lively dog' and they practised how to keep themselves safe inside. Under the direction of Mrs. O'Neill they, very sensibly ensured that they remained silent in the classes until he had left. I am incredibly proud of the way they coped with this. The pupils on the Cornwallis site will have an opportunity to do this in the coming week.

We always value your feedback, so next week you will receive information on how to share your views via an Edurio questionnaire. Those of you who had children in the school last year may remember this online questionnaire. We will also be asking staff and the pupils themselves for their feedback.

Finally, look out for an advert about our next Parental Forum with a focus on SEND.

Date	Grenville Site Infant	Cornwallis Site Junior	Both
Tuesday 30th April			SEND Workshop 9am on the Cornwallis Site Open to All
Thursday 2nd May	Infants Closed for Polling Day		
Wednesday 8th May	Class Photographs		
Friday 10th May	Reception Trip to West Lodge Farm Park Quiz Night		
Week commencing Monday 13th May		Year 6 assessments	
Thursday 23rd May		Class Photographs	
Monday 27th to Friday 31st May			May half-term
w/c 3rd June		Year 4 Multiplication Check	
Friday 21st June	Art Gallery		
Tuesday 9th July	Year 2 Trip to Go Ape		

# COMING SOOR

## <u>Lost</u>

Ollie in Year 2 has lost his named school jumper with the logo aged 8-9 years.

Please check your belongings.

## Parents' Workshop—SEND—Open to all

If you have ever found it difficult to understand the different levels of Special Educational Needs in schools and what this means, please come to the SEND workshop with Mrs Howard (SENDCO).

We will look at how learning is supported and monitored within schools, what SEN monitoring, SEN supported and Education, Health and Care Plans mean for children. There will be an opportunity to ask generalised questions during the session and to request an individual appointment at a later date.

**Tuesday 30th April 9am Cornwallis Site** 

	— A lot has happened  Two Terms On  Henry Hinde School	
1	New Values and Ambitions Kindness, Loyalty and Courage	
2	New Logo Visible on both sites	
3	New Behaviour Policy Based on restorative justice	
4	New Assessment System Standardised assessments	
5	Half-termly Parents' Forums Police, Mental Health, Communication, Behaviour	
6	Updated Safety Plan Including new lockdown procedures	

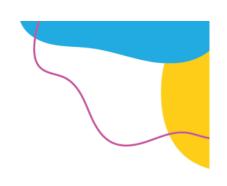


# A lot has happened... Two Terms On Part



SCHOOL	Hellry Hillde School	
7	New Happy Lunchtimes Pom poms!	
8	Recognition Afternoons Rewarding our 'always' pupils	
9	<b>Lunchtime Rewards</b> Golden table and certificates	
10	Joint Staff Training Consistency of approach	
11	Focus on SEND Class plans in all classes, reasonable adjustments	
12	<b>External support</b> School Improvement Partner, Behaviour, SEND	





# Sleep & Rest

Getting enough sleep and making time to rest is so important for our bodies and brains. Sleep helps our bodies in being able to repair and regenerate, gives us energy and supports motivation. It helps our brains with cognitive function, learning and problem solving. It also improves memory and concentration and is vital for our mental wellbeing in regulating our emotions and mood.

It is also important to find time to rest, to take some time out of our busy day to stop, take a break and do something that promotes our wellbeing!

## Our tips for sleep and rest:

We all have a morning routine that helps us get ready for the day! Let's think about a night-time routine to help us wind-down and get ready for a good night's sleep.

**Routine** - Aim to go to sleep and wake up at the same time each day and try to follow your night-time routine in the same order each evening too. Having a good routine helps to regulate our body clock and supports the production of the sleep hormone melatonin, which helps us to feel sleepy

**Environment** - Dim the lights an hour before bed. Keep the room dark, if possible, try using an eye mask or black out blinds. A cool bedroom and slight drop in body temperature can help us to go to sleep. Think about reducing distractions, the blue light emitted by our TV's, consoles, phones and iPads can trick our brains into thinking it is daytime, turn on night mode and turn off tech at least an hour before bed.

**Calming** - Create a cosy, calm bedroom, snuggle up with a soft blanket or favourite cuddly toy. Avoid caffeine and fizzy drinks, maybe have a warm milky drink or herbal tea. Listen to calming music, read a book or try some mindfulness colouring to help wind-down.

**Relax** - Take a warm bubble bath or shower before bed, this can help our bodies to relax. Meditation, gentle yoga, breathing exercises and progressive muscle relaxation are great ways to relax too. Try the relaxing body scan video below.

**Rest** – Mindfulness breaks help us to rest and recharge within busy schedules. Having a movement break can help if you have been sitting for a long time. Look away from screens for a few moments. Maybe have break/lunch outside or take a walk in nature. Take time to focus on your breathing or try meditation. Taking regular short breaks can support concentration, boost our creativity and reduce stress!



More sleep tips and information!



Body scan video

#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.

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

Please contact your school's Mental Health Lead for information and advice.





## Save the dates!

## Together with Autism Conferences 2024



For professionals, parents and carers of autistic children, autistic adults and for anybody wanting to better understand autism.

Great news! act for autism have partnered with Coventry and Warwickshire Integrated Care System to bring you three conferences covering all things autism.

Leamington 29th June

Coventry 14th September

Nuneaton 9th November

Come along to hear great talks, attend dynamic workshops, meet the services and talk to others about their experiences of autism.

Free to attend. Bookings will open six weeks before each event.

9.45am - 4.00pm More details to follow

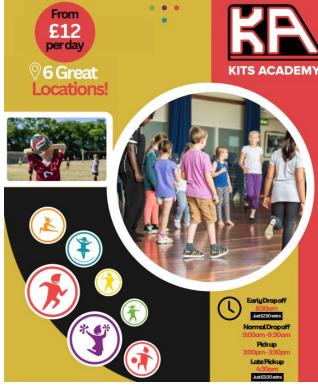






For queries and information: info@actforautism.co.uk

factforautismnow @actforautism\_ ≥actforautism1



# Whitsun Half Term

Get Your Kids Active

28th - 31st May 2024

Years1to8

Rugby College Rugby, CV211AR

Dance, Multi Sports



## **BOOK NOW!**

online at

www.kitsacademy.com

for more information Call us on 07772 873271 Email us at bookings@kitsacademy.com













## CHILDREN'S STORYTIME!

### Join us at Hunt's Bookshop for weekly storytime!

We are extremely excited to be launching our new storytime events for younger readers. A different story will be chosen each week and read aloud by one of our fantastic Booksellers. Make sure to pop along to Hunt's every Saturday at 10:00am to catch it.



The first of our regular storytelling events will take place on Saturday 4th May, where we will be reading 'One Springy Day by Nick Butterworth. Storytelling events will be free to attend and children of any age are welcome. We will also be holding special story events throughout the year to celebrate reading for pleasure!



Booking will be limited to 10-15 children, so please book your child's space in advance !

#### TO REGISTER YOUR INTEREST:

Please register your interest by the Thursday 2nd May, contact us on:

T: 01788 551867 Email: enquiry@huntsbookshop.cor



We look forward to seeing you there, and fancy dress is most definitely encouraged!

> Thank you for supporting your local independent bookshop!



## HARRIS C of E ACADEMY SSP Presents:

## Bikeability - May 2024 Half Term Courses

LEVEL 1 TRAINING FOR PUPILS IN SCHOOL YEARS 3, 4, 5 & 6:

This training teaches basic cycle control skills in a safe environment away from traffic and will be run at Harris C of E Academy's Sport Centre in Rugby. Children must be able to cycle independently (no stabilisers) before coming on the course. Training takes place outside and children should be dressed appropriately in warm, weather proof clothing with gloves recommended if it is cold. Children need to bring a packed lunch and a non-fizzy drink. Due to potential allergies, we ask that no nut products are brought onto school site.

Course: Tuesday 28th May 2024 from 10:15am to 12:30pm

Cost: £15 per person payable in advance with a booking form. Please note that payment is accepted by card only.

## LEVEL 2 TRAINING FOR PUPILS IN SCHOOL YEARS 5, 6 & 70

This training prepares students for cycling on the public highway for short journeys such as from home to school and will be run from Harris C of E Academy's Sports Centre in Rugby. It is <u>strongly recommended</u> that children complete the Level 1 course before attempting Level 2.

Training takes place outside and children should be dressed appropriately in warm, weather proof clothing with gloves recommended if it is cold. Children need to bring a packed lunch and a non-fizzy drink. Due to potential allergies, we ask that no nut products are brought onto school site.

Course Dates (over 2 days Both days must be attended):

Course: Wednesday 29th May 2024 & Thursday 30th May 2024 from 10:15am to 2:15pm Cost: £0 \*Fully funded\* via a Warwickshire County Council/DfT Grant provided a completed booking form is received before the closing deadline.

> Early booking is essential as places are strictly limited and will be filled on a first come first served basis. \*\* Closing deadline for bookings is Monday 13th May 2024. None will be accepted after this date. \*\* Courses will only run if minimum numbers are reached. Children will need to have their own bicycle and helmet. Please note that refunds are not available unless the course is cancelled by Harris Sports Centre



For more information, or to book a place, please call Debbie on 01788 812549 ext 2909 or email: ssp@harris.covmat.org



# Harris CofE Academy Sports Centre

Multi Sport Holiday Clubs for 5-12 year olds





Holiday Club 9am – 3.45pm Early drop off from 8.15am Late Pick up until 4.30pm

To book your place or for more information;

Email: pdm@harriscofeacademy.co.uk

Phone: 01788 818925

Or call in to Harris Sports Centre, Mellish Rd, Rugby, CV22 6BB

Please also ask about our Bikeability courses that run during holidays.

Cycling Proficiency for the modern age!

All staff are fully qualified, DBS checked and First Aid trained

# Holiday Club dates for 23/24



#### **October Half Term**

Monday 30th Oct to Thurs 2nd November 2023 (4 day camp)

#### Christmas 2023

Tuesday 2<sup>nd</sup> to Thursday 4<sup>th</sup> January 2024 (3 day camp)

## **February Half Term**

Monday 12th to Thursday 15th February 2024 (4 day camp)

## Easter 2024

Week 1 – Mon 25<sup>th</sup> to Thurs 28<sup>th</sup> March 2024 (4 day camp) Week 2 – Tue 2<sup>nd</sup> to Thurs 4<sup>th</sup> April 2024 (3 day camp)

#### **May Half Term**

Tuesday 28th May to Thursday 30th May 2024 (3 day camp)

#### Summer 2024

Week 1 – 29st July to 1st Aug (4 day camp)

Week 2 – 5<sup>th</sup> to 8<sup>th</sup> August (4 day camp)

Week 3 – 12th to 15th August (4 day camp)

Week 4 – 19<sup>th</sup> to 22<sup>nd</sup> August (4 day camp)

Week 5 – 27th to 29th August (3 day camp)

### Price per child

£15 per standard day (9am to 3.45pm) £2.50 per wrap around session or £19 for complete day



## **HHJS PTFA**

## YOUR PTFA NEEDS YOU!

Become a valued volunteer.

Help us create unforgettable experiences for

Henry Hinde pupils and support our

school community.

Together, we can make a difference!

Look out for upcoming volunteering opportunities on parentmail.

To find out more, email us at // henryhindejunior.ptfa@gmail.com

