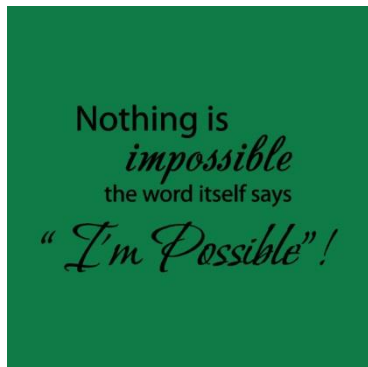


News and events from Northwold Primary School



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Week Beginning 10.06.2019

Day	Event
Monday	Year 2 Poland Class Coffee Morning 9:00am
Tuesday	
Wednesday	
Thursday	
Friday	Year 2 Barbados Class Coffee Morning 9:00am Nursery Cake Sale 4pm



Hackney Schools Multi - Sports Festival

We had an amazing day in Shoreditch Park yesterday. The charity, Sports Inspired with the help of Citibank volunteers organised a day for the children to experience and enjoy some sports such as boxing, dodgeball, volleyball and boccia. We won one of the cups and the children will enjoy a club of one of these sports for six weeks after the summer. Thank you to all the parents who supported on the day.



Get in touch

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Letter to Parents & Carers - Social Media

Dear Parents/Carers,

Social Media, Sleep and Health

You may be aware that there is much discussion about children and young people's use of social media and the negative impact it can have on their wellbeing, self-esteem and relationships.

We thought it would be useful to share the most up-to-date expert guidance, so that you are in a strong position to **manage social media and screen use** with your children. We hope this helps with that part of your parental/caring role which is about setting boundaries.



Many Hackney schools have access to a useful App that helps keep children safer both online and offline. Find out more [here](https://zurichsaferschools.co.uk/aboutus/): zurichsaferschools.co.uk/aboutus/

TOP TIPS:

- Leave phones and other screens outside the bedroom at bedtime. Use of any screen like a laptop, computer or phone an hour before going to bed has been shown to make sleep more difficult.
- Aim for regular routines around bedtime and waking up, which helps the body to develop a strong internal rhythm, promoting sound sleep.
- Ensure your child has been active during the day and has had time outside. Exposure to daylight supports good sleep.
- Ensure bedrooms are not too hot and have dimmed lights which helps to signal to the brain that it is time to sleep. Reading before bed is an excellent way for children to wind down.
- NHS guidance states that 5 year olds need 11 hours sleep on average, 9 year olds need 10 hours sleep and 14 year olds need 9 hours sleep.

Safety when out and about: Advise children to put their screens away while crossing the road, or doing an activity that needs their full attention.

There is excellent advice in the 5 to Thrive model for good wellbeing: <https://fivetothrive.net>

Some of the above may already be familiar to you and you may feel that you don't need to change any of your family's routines. However, if you do want to change routines it is usually helpful to sit and talk that through with your family members so that everyone is clear: some prompts are available at: <https://www.childnet.com/blog/family-agreement>.

We hope you find this useful. Your child's school may also give additional advice around these issues which are so critical to children's health and happiness. We will be holding an open session for parents/carers with professionals offering advice on **Tuesday 11 June 2019, 6.30pm** at The Tomlinson Centre, Queensbridge Road, London E8 3ND.

Best wishes

Annie Gammon
Director of Education / Head of Hackney Learning Trust

Jim Gamble
Chair of the City & Hackney Safeguarding Children Board

NSPCC has excellent resources for online safety here:

<https://learning.nspcc.org.uk/media/1489/share-aware-parents-guide.pdf>

We strongly recommend that families ensure children's phones are outside their bedrooms at bedtime and that parents set time limits for screen (including phones) time.

Part 2) Making sure your child/children take part in a range of healthy activities

Exercise: NHS guidance is that to maintain a basic level of health, children and young people aged 5 to 18 need to do at least 60 minutes of physical activity every day. Being active for at least 60 minutes a day is linked to better general health, stronger bones and muscles, and higher levels of self-esteem.

Keep moving: Everyone should take a break after a couple of hours sitting or lying down using a screen. It's good to get up and move about and important for children to develop healthy habits which will stand them in good stead for the rest of their lives.

We recognise that some young people have conditions which mean exercise is difficult for them.

Family time: Different families have different routines and expectations around the time they spend together. We do know that family time is vitally important for all young people and encourage parents to plan time for face to face conversations, with adults giving their full attention to children. Screen-free mealtimes are one way of doing this but there are many other ways to connect and talk such as reading together at bedtime and finding activities which all the family can enjoy.

Sleep matters: Getting enough good quality sleep is very important, particularly for growing children and adolescents whose brains are dependent on sleep for normal development and learning. Sleep deprivation has been linked to increased risk factors for diseases.

Summer Fair

This year we would like to have the Summer Fair on Friday 5th July 2019, from 2.00 pm – 5.00 pm. This means that children will be dismissed at 1:00 pm. It will be a dress down day for all pupils and staff. A contribution of £1.00 for dressing down and entry to the fair.

If parents are interested in selling goods, we will be selling stalls for £20.00. No cooked food/cake/refreshment/sweets stalls will be allowed as the school will have their own.

Although we appreciate people coming to help out generally, we are looking for parent volunteers to help with the setting up and dismantling of the day. That will mean getting your hands dirty! Please contact the office and speak to Shaída about stalls and volunteering.

Get in touch

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| email: office@northwold.amayatrust.com

Next Week's Menu:

Week 2:

Monday	Spaghetti Bolognese	Cheese Whirls	Green Salad Tomato Slices Carrot Sticks
Tuesday	Veggie Burger with Fried Onions	Calzone	Green Salad Tomato Slices Coleslaw
	Chips		
Wednesday	Caribbean Fish	Vegetable Curry	Green Salad Tomato Slices Salsa
	Rice		
Thursday	Cheese Flan served with Baby Potatoes	Bean & Potato Moussaka	Green Salad Tomato Slices Coleslaw
Friday	Fried Rice	Gnocchi	Green Salad Tomato Slices Cucumber Slices

Remember if you do not like the food that is on offer we also do jacket potatoes with fillings every day!

P.E. Kit

On P.E. days, your child will come to school in their P.E. kit (NOT SCHOOL UNIFORM) and wear it for the whole day. Your child needs to wear the school's P.E. kit:

- ✚ Black school hoodie* (with your child's name in house colour)
- ✚ House colour t-shirt with your child's name*
- ✚ Plain black jogging bottoms (Leggings, jogging bottoms in other colours or with logos are not acceptable)
- ✚ Black plimsolls or trainers (no logos)

*These can be bought in the school office.

The P.E. day for each year group is as follows:

Day	Year Group
Wednesday	Reception
	Year 2
	Year 4
Thursday	Nursery
	Year 1
	Year 5
Friday	Year 3
	Year 6

Summer Term Key Dates

- Inter school Debate and Spelling competition- 10th and 11th June
- Sports Day – 21st June at Springfield Park
- Summer Fair- 5th July pm
- Parents Evening – Report Collection- 10th July

Golden Child of the Week!

Class	Child's Name
Mexico	Naeem Ahmed
Pakistan	Ayyub Irdis
Ireland	Erva Ilbahar
Somalia	Faith Ntini
Bangladesh	Sum Yin Tran
Ghana	William Kiff
Barbados	Jameil Thomas
Poland	Hafsah Ahmed
Nigeria	Vanessa Amponsah
Spain	Kamaljeet Kaur
Brazil	Jasmine Wild
Jamaica	Adam Akanbi
Turkey	Inayat Patel
Russia	Falak Dungaria
China	Emmanuella Nwafor Eze
India	Hailey Flores Feliz

Class Coffee Mornings

There is a class coffee morning every Monday and Friday at 9:00 am in the canteen. A full timetable is published below. It is a great chance for parents to meet the class teacher and one another. We look forward to seeing you there.

Summer Term 2019

Week Beginning	Class	
	Monday	Friday
Half Term		
10.06.19	Poland	Barbados
17.06.19	Somalia	Ireland
24.06.19	Mexico	Pakistan
01.07.19	Jamaica	Brazil

School Uniform

Please make sure your child is wearing the correct school uniform:

Years 1 - 6

- ✚ White school shirt with top button
- ✚ Red school jumper or cardigan*
- ✚ Grey trousers or school pinafore
- ✚ School tie*
- ✚ Grey socks
- ✚ Black school shoes (no boots)

Early Years

- ✚ School red sweatshirt*
- ✚ White polo top
- ✚ Black tracksuit bottoms – no logos
- ✚ Black trainers – no logos

*These items can be bought from the school office.

Forest School

All children from **Nursery to Year 2** will participate in Forest School. Forest School is an inspirational process that offers learners regular opportunities to achieve and develop confidence and self-esteem through hands-on learning experiences in a woodland or natural environment. On your child's Forest School day, your child will come to school in their school P.E kit (NOT SCHOOL UNIFORM) and wear it for the whole day.

Pupils will be provided with a light rain jacket to be worn over their coats; however, you will need to purchase wellington boots. Also, please ensure that your child is warmly wrapped up, wearing warm coats, hats, gloves and thermal socks.

The Forest School day for each year is as follows:

Day	Year Group
Monday	Reception
Tuesday	Pakistan Year 1
Wednesday	Mexico Year 2

Term Dates for 2018-19

The Education (School Day and School Year) Regulations (1999) require all maintained schools to open for teaching for 190 days a year, offering 380 sessions. The tables below set out dates for 195 days. Pupils are to be released for a further 5 days for the purpose of teachers' staff development (INSET). These days can be taken as inset days or equivalent twilight sessions

Academies, free schools and voluntary-aided schools are able to set their own dates but have been asked to set the same or similar dates in the interest of parents who may have children at different schools

Summer 2019			
First Day	Half-Term	Finish	Number of Days
Tuesday, 23 rd April 2019	Monday, 27 th – Friday, 31 st May 2019	Friday, 19 th July 2019	60 days (23 days first half-term, 37 days second half-term)

Term Dates 2019/2020

Autumn Term 2019			
First Day	Half-Term	Finish	Number of Days
Monday, 2 nd & 3 rd September 2019 – Inset Days Children return on the 4th September	Monday, 21 st – Friday, 25 th October 2019	Thursday, 19 th December 2019	74 days (35 days first half-term, 39 days second half-term)

Cake Sales!

A cake sale is a fun and delicious way of raising money for the school, so throughout the year we will be kindly asking for baked donations! It is a great opportunity to show off your baking skills, as well as having fun and engaging with the children.

Please find below dates for the cake sale days:

Summer Term 2019

Year Group	Date
Nursery	Friday, 14 th June 2019

Class Assemblies

Each class will do ONE assembly per year. It will be on a Friday. The assembly will start at 9:30 am and last up to half an hour. Below is the timetable for the whole year, so you can put the dates and time in your diaries. It really makes a big difference for children to see their family in the audience; we hope you can make the time for them.

Summer Term 2019

Thursday 20.06.19	China
Wednesday 26.06.19	India



HIP Events

Parents of girls with autism/autistic traits Coffee morning
25th June 2019, 10am-12pm (every last Tuesday term time)

A new support group of unheard voices sharing strategies and trying to navigate the world of SEND for their daughters

For more information or to confirm attendance email
info@hiphackle.org.uk

Where: **Hackney Empire Bar**

Information and advice session by DWP specialist Benefits Adviser

Date to be confirmed

Benefits adviser Mrs Zelis Dag will be in attendance to provide information, advice and guidance on the benefits your family may be eligible to and how to navigate yourselves within the process.

Please email info@hiphackle.org.uk to confirm your attendance.

Where: **Hackney Ark, Downs Park Rd, Hackney, London E8 2FP**

HIP drop-in - Every Thursday 9:30-12pm (term time only)

This is an opportunity to meet 1:1 with HIP and seek information and guidance and be signposted.

On the third Thursday of each month, HiP runs Turkish speaking events

Where: **Hackney Ark, Downs Park Rd, Hackney, London E8 2FP**

Support groups

As1 Coffee, Cake & Conversation, 21 June, 10-12:30pm (every third Friday)

Parent-led session providing an opportunity to meet up in person, talk, share and offer support and understanding

To see the full list of dates click [here](#)

Where: **Hackney Ark, Downs Park Rd, E8 2FP**

Events/Activities

Check **HIT Squad's May/ June 2019 newsletter** to find out some exciting events happening in the borough and surrounding area

Dalston Children Festival, Saturday 25 May & Saturday 1 June 2019

See the list of activities and the full timetable [here](#)

Information sessions

Autism advice sessions - for young people aged 16 and over
every Wednesday and Friday

New weekly **1:1 advice sessions** for anyone with autism (without learning disability) aged 16 and over or their carers.
For more information and booking click [here](#)

Where: **Hackney Service Centre (behind Hackney Town Hall), 1 Hillman Street, Hackney, London, E8 1DY**

SENDIAGS drop-in sessions:

- **Parents/carers** Tuesday 10am - 2pm term time

Where: Hackney Ark - Resource Centre, Downs Park Road, E8 2FP

- **Young people aged 16-25** Every Monday evening 6pm - 8pm

Where: Forest Road Youth Centre, Young Hackney, 29 Forest Road, E8 3BY

Joint SEND Information sessions for parents, carers, Every last Tuesday of the month 2pm-7pm (term time only)

Where: **Hackney Learning Trust, 1 Reading Lane, E81GQ**

A) Getting the best Education Health and Care Plan (EHCP) including college and further education.

Wed 3rd July 2019, 10m-2:30pm

The cost is £19 for parents, but we have some **FREE tickets** to give away. Please email info@hiphackle.org.uk for your free ticket. First come first serve.

Where: **St Alban's Centre, Baldwins Gardens, London EC1N 7AB**