

SJL News



Friday 23rd June 2023

Important dates

Please remember not to book holidays during term time.

June

Monday 26 th	Choir singing at Bishops Creighton House
Tuesday 27 th	8.50am well-being workshop

July

Wednesday 5 th	Possible strike action
Friday 7 th	Possible strike action
Tuesday 11 th	Year 6 show(early evening)
Wednesday 12 th	Year 6 transition day
Thursday 13 th	Year 6 show (afternoon) FGB 5pm
Tuesday 18 th	Musical Extravaganza
Wednesday 19 th	Musical Extravaganza Year 6 Ball
Thursday 20 th	Reception Graduation am
Friday 21 st	Last day of summer term School closes at 1.30pm No playcentre

Look at the **cauliflower** we have grown in our edible garden. What do you think we could cook with it?



Puzzle time

Find the missing numbers



5	+		+	2	=	
+		+		+		+
	+	3	+	6	=	14
+		+		+		+
5	+	7	+		=	14
=		=		=		=
15	+		+	10	=	

On Tuesday, year 5 went on a trip to the Wetlands centre. They saw lots of wildfowl, went on a secret trail and even got to watch the otters being fed. It was a fantastic day and they thoroughly enjoyed themselves. Every child has been given a ticket so that they and their family can visit for free during the summer holidays.



Windrush 75

Yesterday, five of our year 5 pupils read their poems about Windrush to an audience in Shepherd's Bush Green. This work was in collaboration with Chelsea Football Foundation. The day was to celebrate the Windrush generation who travelled to the UK between 1948 and 1971.



Aarav's Poem

Caribbean Contribution

Caribbean's travelling to a foreign place,
All confined in a tiny space.
Reggae and calypso shared amongst all,
Including everyone's stories, short and small.
But deep inside there is one last hope,
But what will it be like, how will we cope?
Equality ebbing away,
All hoping for luck to happen today.
Now everyone has a chance to speak out loud.



Nikai's Poem

The Helping Hand of Windrush

Welcome to our community,

I hope you settled in well.



Now, Windrush made us interested in many things,
football, music, mostly everything.

Did some people do you wrong? But you are still
standing strong.

Right now, if you didn't help us, we would still be in
a sticky situation.

U are the reason why most of us are here,

So wonderful what you have done.

How you helped us rebuild this place, how could
repay you? With equality



Bilaney's Poem

The Journey There

When we got onto the boat, I was filled with worry,
she was filled with hope.

In the boat, we sway and sway.

No grandmother to tell us what to play.

Dull apples instead of sweet succulent mango.

Racism is everywhere, you don't know who's your
friend or foe.

Until things get better, we still are sad.

Somehow even though we helped,

Hate still seems to be everywhere.

Our whole attendance for
the last five school days
was 96.5%

Olivia's Poem

I feel safe now

Windrush Generation, thank you for helping us in our
most perilous times. You are much appreciated for all
you have done. Now you have helped rebuild our
country, we can have some fun.

I appreciate you coming to help us and coming to our
country. You will always be remembered for being
superheroes.

Nations come together as one. Equality shared amongst
all.

Dastardly weather wasn't the welcome you were
looking for.

Respect is all we need when it comes to kindness and it
is what we hope you receive, but we have seen the nasty
comments and bad behaviour you have got.

United Kingdom, we are stronger together.

So many people would not be here if it wasn't for
Windrush.

Have a lovely day but please take into consideration this
is serious and have a think about this country and the
way it is now.

Ethar's Poem

Welcome to our community,

I hope you enjoy our unity.

Nation and a new generation.

Doing good deeds for each other,

Respecting one another.

Understanding people's loss,

So many travelled across.

Hopefully you now call the UK your home.



Look what's arrived in 2P



2P have been learning all about different life cycles in science. They have been observing closely as their tiny caterpillars have grown so much over the last couple of days and are beginning to form into chrysalis.



Thank you SO much for joining us for our sports morning. What a success!

Huge thanks to Miss Patterson for organising, Scott for being the delivery man and road crosser, Pedro for being chief photographer, our admin team for being road crossers and runners, the rest of the team for being so positive – but most of all to YOU for joining in. We have a special community spirit and we value the work we do together. What a team!



Ready, Set, Read!

For this year's [Summer Reading Challenge](#), The Reading Agency have teamed up with the Youth Sport Trust to inspire children to discover the power of sport and play through reading. With free rewards to collect and plenty of brilliant books to enjoy, the Challenge is the perfect summer activity to keep young minds and bodies active over the holidays.

The Summer Reading Challenge is available in H&F libraries this summer. Check out the [Library Zone](#) to find your nearest library! Children can also take part online through the official Summer Reading Challenge platform: summerreadingchallenge.org.uk

The Summer Reading Challenge launches in H&F Libraries on the 8th July



To read these leaflets in full please go to our website.

Staying Well Over Summer

Staff Bulletin No. 11 July 2023



The summer holidays are fast approaching. This time can be a great opportunity to unwind from the past year and recharge your batteries by prioritising some well-needed self-care time.



Maintaining routines throughout the summer can help you manage your health and wellbeing. Creating a morning and evening routine is shown to improve sleep, help us prioritise healthy eating and exercise, and gives us more time to do the things we enjoy. Click the icon for a guide to creating a routine that works for you.



Mindfulness is about becoming aware of the present moment, connecting with our thoughts and feelings and enjoying the little things in life. You can incorporate mindfulness into your day by setting aside 10 minutes to follow a guided meditation or breathing exercise. Click the icon to find out more about mindfulness.



Connecting with nature is shown to boost your mood and reduce feelings of stress. You could try going for regular walks in your local green space or have a go at growing your own food or flowers. Check out this [TimeOut article](#) for the coolest garden spaces to visit in London this summer.

The Mental Health Support Team offer a telephone drop-in services for school staff. These can be used if you need guidance around supporting students with their mental health and wellbeing



We also offer a confidential telephone drop-in service for you to support your own wellbeing.
Please note, this is not a counselling service.

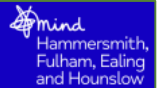
Click the link below or scan the code to schedule a call:
[Mental Health Support Team Telephone Drop In Service](#)

For blog posts, and to learn more about the support we offer, visit our website: www.hfemind.org.uk



Staying Well Over Summer

Parent Bulletin No. 11 July 2023



Research suggests that there are [5 key ways](#) to boost mental health and wellbeing. For each one, we have listed some ideas you could try as a family to help you feel more positive and get the most out of the summer break.



Connecting with others builds our sense of belonging and self-worth. You could arrange a play date for your child, have a family board game evening, or cook a meal together as a family.



Physical activity can boost mood, improve sleep and is a great stress reliever for all ages. You could try going for a walk in your local green space as a family or having a dance party to your favourite music.



Learning something new can boost your self-esteem and creativity. You could visit one of the many free museums across London or get involved with the children's summer reading challenge [here](#).



Giving to others is linked with improved wellbeing, and sense of worth. This can be as simple as smiling at an elderly person in your community or even donating old clothes or toys as a family to a charity.



Taking notice of the present moment is a great way to slow down and appreciate your surroundings. As a family you could play a game of I Spy at the park or even try a meditation exercise for children.

The Mental Health Support Team supports school staff, children and parents/carers to think about mental health and wellbeing.



We provide a **telephone drop in service** where you can speak to one of our team about your child's mental health and wellbeing.
Please note, this is not a counselling service

Click the link below or scan the code to schedule a call:
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E-SCOOTERS AND THE LAW



E-SCOOTERS AND THE LAW

What is the law on e-scooters?

Currently in the UK, you can legally buy an e-scooter, but you cannot ride it on a public road, cycle lane or pavement. The only place it can be used is on private land.

The reason for this is that e-scooters are treated as motor vehicles by the Department of Transport and are subject to the same legal requirement as other vehicles, such as MOT, licencing, tax and insurance. Because they don't always have number plates, signalling ability or visible rear lights, they cannot be used legally on the roads.

What happens if I am stopped by the police?

The police will advise you on the law and may ask you to take your e-scooter home. They may, however, still penalise you depending on the seriousness of the offence. If caught riding an e-scooter, fines you may receive can include:

- a Fixed Penalty Notice for no insurance, with a £300 fine and six penalty points
- a Fixed Penalty Notice for no driving licence, up to £100 fine and three-six penalty points

Other offences which may result in penalties include riding on the footpath, using a mobile phone, riding through red lights and drink driving offences.

To find out more, visit www.met.police.uk/e-scooters