

Stay Fit!

Our pupils are encouraged to engage in a range of activities to stay fit. National Fitness Day was celebrated on Wednesday 21st September 2022. Pupils continue to participate weekly in a range of sporting activities and games during their breaks and lunchtimes, and especially in PE.

Our pupils look forward to these activities as a part of their mental health and wellbeing.



Recycle!



At Brookside, our pupils have engaged in a range of activities for upcoming Recycling Week (Monday 17th to Friday 21st October 2022). This year's theme will be 'Let's Get Real about Recycling'. Our nursery children in particular learned what it means to recycle, and had the opportunity to sort through how they would recycle.

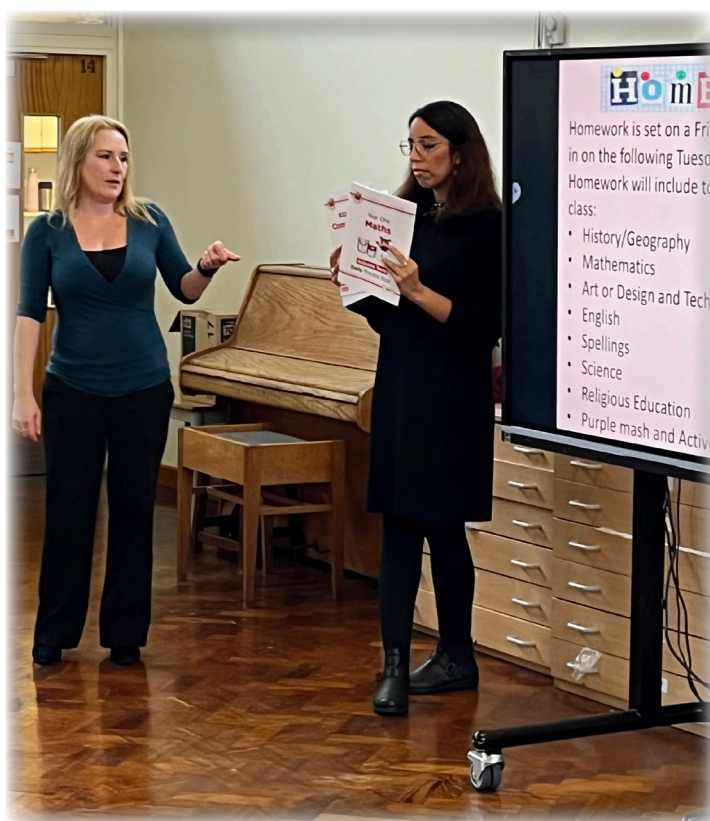


We encourage parents, guardians and carers to extend their learning by engaging them in this process at home.



Parents, Guardians and Carers Curriculum Workshop

Thank you to all the parents, guardians and carers who attended the curriculum workshop for the different year groups, from Nursery to Year 6 during the month of September. A clear understanding of what your child is learning in school and how you can support is integral to the learning process. We look forward to engaging with parents, guardians and carers more throughout the rest of the academic year.



Stay and Read!

Parents, Guardians and Carers will be invited to a reading workshop where teachers will model the expectations of reading at home. Parents, Guardians and Carers will be required to sit with their child, read through, and be shown how they can complete the reading records. Teachers will go through a range of comprehension strategies that can be used at home, as well as, additional links for supporting reading.

Year Group	Date
Year 6	Monday 10th October
Year 2	Tuesday 11th October
Year 5	Wednesday 12th October
Year 1	Friday 14th October
Year 4	Monday 17th October
Year 3	Tuesday 18th October
Nursery (AM & PM)	Wednesday 19th October
Reception	Friday 21st October

#AskAboutAsthma campaign by Healthy London Partnership



Did you know that children and young people with asthma should have an asthma action plan to help manage their condition? This is one of four #AskAboutAsthma asks which we want every Londoner to be aware of:

1. Get an asthma action plan in place
2. Understand how to use inhalers correctly
3. Schedule an asthma review – every year and after every attack
4. Consider air pollution and its impact on lung health

Together we can raise awareness around #healthinequalities and how to address them so every child and teenager has the right asthma care in place and go on to live a full, active life.

We are proud to support #AskAboutAsthma.

Find out more about the 2022 campaign at (www.healthy london.org/ask-about-asthma)

BROOKSIDE PRIMARY	Week Commencing: Monday 10th October
MENU 2	

MONDAY		
Meal Choice 1	Beef Meatball Pasta Bake	Halal
Meal Choice 2	Beef Meatball Pasta Bake	Non Halal
Meal Choice 3	Vegetable Pasta Bake	Vegetarian
Meal Choice 4	Meatballs with Gluten free Pasta	Gluten/Dairy Free
Dessert Choice	Strawberry Mousse with Fresh Strawberries	Fresh Fruit and Yoghurts
TUESDAY		
Meal Choice 1	Lamb Koftas with Rice and a Yogurt and Cucumber Dip	Halal
Meal Choice 2	Lamb Koftas with Rice and a Yogurt and Cucumber Dip	Non Halal
Meal Choice 3	Creamy Pasta Bake	Vegetarian
Meal Choice 4	Lamb Patty with Rice	Gluten/Dairy Free
Dessert Choice	Chocolate Sponge	Fresh Fruit and Yoghurts
WEDNESDAY		
Meal Choice 1	Baked Jacket Potato with Fillings (sliced chicken, salad, coleslaw, tuna)	
Meal Choice 2	Sweet Potato with Fillings (sliced chicken, salad, coleslaw, tuna)	Vegetarian
Meal Choice 3	Baked Jacket Potato with Salad and Beans	Gluten/Dairy Free
Dessert Choice	Fruit Tarts	Fresh Fruit and Yoghurts
THURSDAY		
Meal Choice 1	Roast Chicken with Roast Potatoes, Stuffing and Onion Gravy	Halal
Meal Choice 2	Roast Chicken with Roast Potatoes, Stuffing and Onion Gravy	Non Halal
Meal Choice 3	Vegetable Tart	Vegetarian
Meal Choice 4	Roast Chicken with Roast Potatoes and Gluten free Gravy	Gluten/Dairy Free
Dessert Choice	Vanilla Cheesecake	Fresh Fruit and Yoghurts
FRIDAY		
Meal Choice 1	Fish Fingers or Battered Chicken with Oven Baked Potato Wedges	Halal
Meal Choice 2	Fish Fingers or Battered Chicken with Oven Baked Potato Wedges	Non Halal
Meal Choice 3	Vegetable and Cheese Pasta Bake	Vegetarian
Meal Choice 4	Gluten free Fish Fingers with Gluten free Potato Wedges and Beans	Gluten/Dairy Free
Dessert Choice	Apple Pie	Fresh Fruit and Yoghurts
<i>Please note that all main meals are served with Fresh Vegetables of the Day</i>		

Free School Meals

Application Process 'Free School Meals' is a statutory means-tested benefit, which provides a child with meals at school for free. If you believe your child may be newly entitled to this benefit, or if they received it last year and you would like to reapply, please attend the School Office and request an application form. The School Office will also be able to advise any parents, guardians or carers who are unfamiliar with the process for claiming 'Free School Meals'. The Free School Meals benefit does not automatically renew; it must be reapplied for each academic year. It is important to note that until your child has been confirmed as receiving the Free School Meals benefit, their school lunches must be paid for.

	October 2022
OCTOBER	
Black History Month	
4th to 10th October	World Space Science Week
10th to 14th October	World Mental Health Week
31st October	Auditions for Spring Play

Hello Yellow, Supporting Young Minds

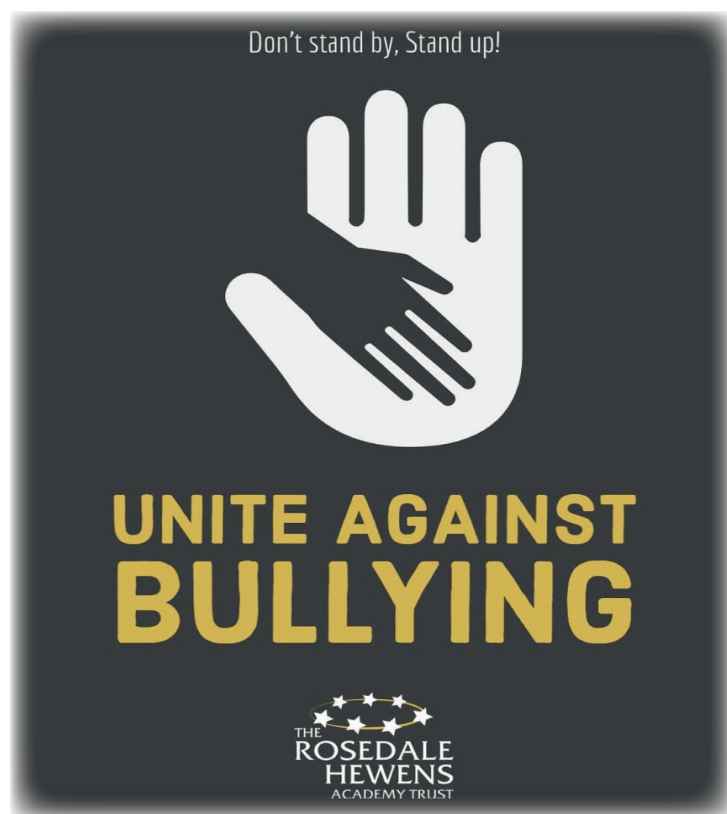
On Monday 10th October, we will be supporting Young Minds by wearing a yellow item to school such as a hair band, scarf, wrist band or tie. Children still need to come to school in their full and correct uniform. If your child would like to come in wearing something yellow, we would ask that you donate 50p which should be handed into the school office. Thank you for your support and help in supporting this charity!

World Space Science Week

Brookside Primary School celebrates World Space Science Week from Tuesday 4th to Monday 10th October. Pupils will participate in a range of activities under the theme, 'Space and Sustainability'. This celebration of space science and technology is aimed at allowing our pupils to understand the impact on our daily lives. Pupils will express their understanding of this year's theme through the creative arts.

National Bullying Prevention Month

National Bullying Prevention Month is a month-long event to prevent childhood bullying and promote kindness, acceptance and inclusion. At Brookside Primary School, we all have a role to play whether we are children, parents, guardians or carers, teachers or school administrators. Positive change comes as we begin to emphasise respect and inclusion in our school and community. This month, try to reach out to a classmate, especially those who appear to be struggling. Children will not only learn about the different forms of bullying, but also how to report it when they see it in order to prevent others from suffering in silence. Talk to your child about bullying and please report all concerning disclosures to the Headteacher.



Black History Month

Brookside Primary is a diverse community. As we promote the 6Rs, and British values, so too, we celebrate what makes us different. Black History Month has been celebrated in the UK since 1987. The celebration is to stem racism and discrimination and promote equality. At Brookside Primary, we will be paying homage to people of black heritage who contributed and continue to contribute significantly to our society. We will start the month with a special assembly on Thursday, 6th October at 9:00am. Throughout the month, different year groups will research, and create posters, brochures and leaflets, on specially assigned black professionals in the health field for a grand display wall.

Healthy Packed Lunches

We would like to thank all our families who continue to provide their children with a healthy and nutritious packed lunch. Please be reminded that we are a healthy eating school and that the following items are not permitted in packed lunches:

- Nuts
- Chocolate/chocolate biscuits, sweets or doughnuts
- Large packets of crisps
- Fizzy drinks

Thank you for your continued support.

Primary School Admissions 2023

We would like to inform all parents, guardians and carers of children born between 1st September 2018 and 31st August 2019 that the closing date for applications for Primary School places to be received by the London Borough of Hillingdon, by post or online, is midnight on Sunday 15th January 2023. To ensure your application arrives on time and in order to give your child the best possible chance of being offered the school of your choice, we would advise that you submit your applications prior to the Christmas holiday period. The London Borough of Hillingdon states on their website that they cannot be held responsible for any delays in applications due to problems with postal or Internet service providers. Further information can be found on (<https://www.hillingdon.gov.uk/primary>) or by telephoning the School Placement and Admission Team at the Civic Centre, Uxbridge on 01895 556644

Secondary School Admissions 2023

We would like to inform all parents, guardians and carers of children born between 1st September 2011 and 31st August 2012 that the closing date for applications for Secondary School places to be received by the London Borough of Hillingdon, by post or online, is Monday 31st October 2022. To ensure your application arrives on time and in order to give your child the best possible chance of being offered the school of your choice, we would advise that you submit your applications no later than Friday 21st October to ensure that it is received by the published deadline. You can apply for your child's secondary school at (<https://www.hillingdon.gov.uk/secondary>). You will have received information with regard to applying for your child starting secondary school. If you did not receive this information, please speak to the School Office.