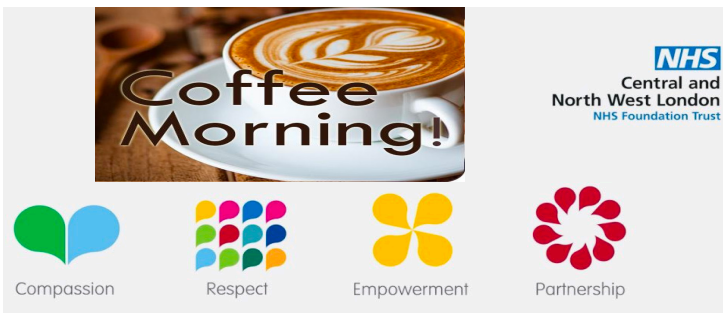


## Mental Health Coffee Morning

We would like to say a huge thank you to the **Hillingdon Mental Health Support Team (MHST)** who delivered the well appreciated workshop on **Friday, 2nd and 7th February**. The workshop covered key areas related to the mental health and wellbeing of the family members.



The parents, guardians and carers enjoyed the open discussions on how to support their children with anxiety, challenging behaviours, low self-esteem, managing emotions, along with helping the parents with their own wellbeing. The session was a huge success!





## Lifibase Experience

Pupils from Nursery to Year 6, enjoyed a week of exciting activities as a part of their **Life Base Workshops**! These sessions were designed as fun, interactive and age appropriate activities to help them understand the importance of physical and emotional health. They learned vital life-skills that will help their overall achievement.



Our pupils explored how to take care of themselves through role-play, games and videos. They also considered their emotional needs and how their choices can affect their health and wellbeing and qualities of friendship. They had the first-hand experience of stroking and patting Harold the puppet. It was great to see their recount of the event as a part of their PSHE lessons.





NSPCC Number Day

The children were thrilled to take part in the **NSPCC Number Day** on **Friday, 2nd February**. They took part in activities, games and Dressed up for Digits. They worked together in their classes to create some colourful and creative posters depicting numbers in their school and community. These posters are displayed around the school. The children also donned their creative Mathematics hats and outfits to showcase their numeracy skills. Thank you to all the parents, guardians and carers who assisted in making these wonderful creations.





## Young Voices Choir at the OVO Arena

What a spectacular performance of song and dance from the primary school choirs at the **OVO Arena in Wembley** on **Friday, 2nd February**. The children were among over 6,000 pupils from the other school across the United Kingdom, taking part in the world's largest school choir concert as they celebrated 28 years of singing together. The groundwork begun in the Autumn Term leading up to February where the specially selected songs provided a full and varied introduction to all kinds of music for the children. This fantastic evening, which showcased the beautiful harmonious voices of our very talented children, provided to be a truly memorable experience for them. Brilliant work to all who took part!



## End of Term

School will be closed from **Monday, 12th February to Friday, 16th February** for the **Half Term holiday**. We finish at our normal time on **Friday, 9th February at 3:30pm**. School will resume on **Monday, 19th February** at the normal time of **8:30am**. It is essential that your child arrives on time as lessons will begin promptly.



## Half-Term Break

Parents, guardians and carers, as you engage in various activities with your child during this half term, try to incorporate conversations that will engage them in critical thinking for their level. An example of this is asking **'why', 'what', 'where', 'when', and 'how' questions** when exploring different topics. Other simple questions that you can ask to develop their spoken language, and comprehension, could surround their feelings and emotions. Remember to read with them, or even to visit the local library. We look forward to you sharing some pictures of the amazing activities that you will engage in over the half-term. Have a relaxing time with your family.

### Class Photography- Tuesday 27th February 2024

The Fraser Portraits School photographer is scheduled to visit on **Tuesday, 27th February** to take class photographs. Please be advised that children must wear their full school uniform. Please also note, Physical Education (PE) will not be held on this day. Thank you.

### Brilliant Parents Newsletter- Children's Mental Health Week- 5th - 11th February 2024

With Children's Mental Health Week 2024 taking place from **5th - 11th February**, the theme this year is '**My Voice Matters**'. My Voice Matters is about empowering children and young people by providing them with the tools they need to express themselves. Follow the link for some great resources aimed at supporting and promoting emotional health, and mental wellness for your children and the whole family.

<https://www.brooksideprimarysch.co.uk/latest-news/brilliant-parents-newsletter-childrens-mental-health-week-5th-february-11th-february-2024>

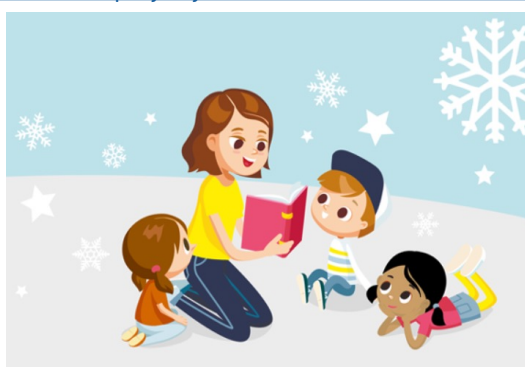


HILLINGDON  
LONDON

### Hillingdon Winter Playday – Information from the Local Authority

**Winter Playday** is a free fun event for families in Hillingdon. Taking place in the **Pavilions Shopping Centre on 13th February from 10 am to 4 pm**. The event will include information stalls from a range of organisations as well as free activities including dance tasters, story time, arts and crafts, sport activities and more. Please see: [Winter Playday - Discover Hillingdon](#)

<https://www.brooksideprimarysch.co.uk/latest-news/hillingdon-winter-playday-information-from-the-local-authority>



### Are you a Carer?

Hillingdon has released the attached guide to provide carers with more information on the support available from the Local Authority.

<https://www.brooksideprimarysch.co.uk/latest-news/are-you-a-carer>



### Discount for families

To help families who might find cost or other challenges a barrier to visit attractions in London, they are offering a discounted rate from £1 to £3 for those currently receiving Universal Credit, Working Tax Credit, Child Tax Credit, Employment and Support Allowance, Income Support or Jobseeker's Allowance. Tickets must be purchased online and in advance.


<https://www.londonzoo.org/plan-your-visit/london-zoo-tickets/universal-credit-tickets>  
<https://www.whipsnadezoo.org/plan-your-visit/whipsnade-zootickets/universal-credit-tickets>  
<https://www.hrp.org.uk/tower-of-london/visit/tickets-andprices/one-pound-tickets/>  
<https://www.hrp.org.uk/hampton-court-palace/visit/ticket-sand-prices/one-pound-tickets/>  
<https://www.hrp.org.uk/kensington-palace/visit/tickets-andprices/one-pound-tickets/>  
<https://www.ltmuseum.co.uk/visit/tickets>



BROOKSIDE PRIMARY		Week Commencing: <i>Monday, 19th February</i>	
		MENU 4	
MONDAY			
Meal Choice 1	Spaghetti Bolognese	Halal	
Meal Choice 2	Spaghetti Bolognese	Non Halal	
Meal Choice 3	Mediterranean Pasta Bake	Vegetarian	
Meal Choice 4	Bolognese with Gluten free Pasta	Gluten/Dairy Free	
Dessert Choice	<i>Raspberry Jelly</i>	<i>Fresh Fruit and Yoghurts</i>	
TUESDAY			
Meal Choice 1	Chicken Sausages with Mashed Potatoes and Beans	Halal	
Meal Choice 2	Chicken Sausages with Mashed Potatoes and Beans	Non Halal	
Meal Choice 3	Vegetarian Sausages with Mashed Potatoes and Onion Gravy	Vegetarian	
Meal Choice 4	Gluten free Pork Sausages with Mashed Potatoes without Milk or Butter	Gluten/Dairy Free	
Dessert Choice	<i>Jam and Coconut Sponge</i>	<i>Fresh Fruit and Yoghurts</i>	
WEDNESDAY			
Meal Choice 1	Diced Lamb with Noodles and Vegetable Stir Fry	Halal	
Meal Choice 2	Diced Lamb with Noodles and Vegetable Stir Fry	Non Halal	
Meal Choice 3	Vegetable Stir Fry with Noodles	Vegetarian	
Meal Choice 4	Diced Lamb with Vegetable Stir Fry	Gluten/Dairy Free	
Dessert Choice	<i>Vanilla Ice Cream with Peaches</i>	<i>Fresh Fruit and Yoghurts</i>	
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	Cheese and Onion Tart	Vegetarian	
Meal Choice 4	Roast Chicken with Roast Potatoes and Gluten free Gravy	Gluten/Dairy Free	
Dessert Choice	<i>Chocolate Sponge</i>	<i>Fresh Fruit and Yoghurts</i>	
FRIDAY			
Meal Choice 1	Fish Fingers or Battered Chicken with Potato Wedges	Halal	
Meal Choice 2	Fish Fingers or Battered Chicken with Potato Wedges	Non Halal	
Meal Choice 3	Macaroni Cheese	Vegetarian	
Meal Choice 4	Gluten free Fish Fingers with Gluten free Potato Wedges and Beans	Gluten/Dairy Free	
Dessert Choice	<i>Custard Tart</i>	<i>Fresh Fruit and Yoghurts</i>	
<i>Please note that all main meals are served with Fresh Vegetables of the Day</i>			

Term dates

SPRING TERM 2024	
Staff Training: (Half day)	Monday 8 <sup>th</sup> January 2024 [Training – morning only] [Parent Consultation – afternoon and early evening]
Staff Training: (Half day)	Tuesday 9 <sup>th</sup> January 2024 [Training – morning only] [Parent Consultation - afternoon and early evening]
Term Begins:	Wednesday 10 <sup>th</sup> January 2024
Half Term:	Monday 12 <sup>th</sup> to Friday 16 <sup>th</sup> February 2024
Term Ends:	Thursday 28 <sup>th</sup> March 2024
SUMMER TERM 2024	
Staff Training: (Half day)	Monday 15 <sup>th</sup> April 2024 [Training – morning only] [Parent Consultation – afternoon and early evening]
Staff Training: (Half day)	Tuesday 16 <sup>th</sup> April 2024 [Training – morning only] [Parent Consultation - afternoon and early evening]
Term Begins:	Wednesday 17 <sup>th</sup> April 2024
Bank Holiday:	Monday 6 <sup>th</sup> May 2024 (May Day)
Half Term:	Monday 27 <sup>th</sup> to Friday 31 <sup>st</sup> May 2024
Term Ends:	Monday 22 <sup>nd</sup> July 2024
Staff Training:	Tuesday 23 <sup>rd</sup> July 2024
Staff Training:	Wednesday 24 <sup>th</sup> July 2024

 February and March 2024	
FEBRUARY	
Monday, 12th - Friday, 16th	
Monday, 12th	Half-Term Fun Activities
Tuesday, 13th	Shrove Tuesday
Monday, 19th	
Spring 2 Term Begins	
Wednesday, 21st	International Mother Language Day
Wednesday, 21st	Petrie Museum (Egypt) Trip- Year 4
Thursday, 22nd	World Thinking Day
Monday, 26th - Friday, 1st March	Practice Papers- Years 1 & 2 Phonics and Year 6 SATS
Monday, 26th	Internet Safety Presentation- Year 5 'Future Life' – Gangs, knife crime and drugs- Year 6
Tuesday, 27th	Class Photographs
Tuesday, 27th	What police officers do and how we help people- Year 3 Personal Safety (Stranger Danger) Presentation- Year 4
Thursday, 29th	9:10 a.m. Year 6 Canberra Parent Assembly
MARCH	
Monday, 1st	St. David's Day
Thursday, 7th	9:10 a.m. Year 1 Stockholm Parent Assembly
Thursday, 7th	World Book Day (Non-Uniform Day) Hearing & Vision Screening- Reception
Friday, 8th - Friday, 15th	British Science Week
Sunday, 10th	Mother's Day
Tuesday, 12th	Liberal Jewish Synagogue Trip- Year 5 Pretoria
Thursday, 14th	Liberal Jewish Synagogue Trip- Year 5 Dakar International Day of Mathematics
Thursday, 14th	9:10 a.m. Year 4 Kuala Lumpur Parent Assembly
Friday, 15th	9:10 a.m. Year 2 Kiev Parent Assembly
Friday, 15th	Comic Relief Red Nose Day (Non-Uniform) St. Patrick's Day- Wear something green
Tuesday, 19th	Dr. Chocs Chocolate Factory Trip- Year 2 Kiev
Thursday, 21st	Year 6 Junior Citizens Event Dr. Chocs Chocolate Factory Trip- Year 2 Ankara World Poetry Day
Thursday, 21st	9:10 a.m. Year 1 Helsinki Parent Assembly