

## Mental Health and Wellbeing Week

At Brookside Primary School, our focus is not only on academics but also our pupils' mental health and wellbeing. From Monday 7th to Friday 11th September, we celebrated Wellbeing Week where we focused on the five core elements of mental health. Each day, the children had a different focus:

**Monday 7th:** Connect – what positives have come from lockdown? What new skills have I learnt? What new talents have I discovered?

**Tuesday 8th:** Keep Learning – positive affirmations and 'I can' statements; growth mindset.

**Wednesday 9th:** Be Mindful – 'warm fuzzies' (say and write positive things about each other).

**Thursday 10th:** Get Active – I can show off my moves and special physical abilities at playtime.

**Friday 11th:** Give to Others – make a small card to cheer someone up who is not my close friend.

Please see below ways that you can continue to promote wellbeing at home.



**Connect...** with the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.



**Be active...** Swap your inactive pursuits with active ones. Go for a walk. Step outside. Cycle. Play a game. Garden. Dance. Walk or cycle when making short journeys. Being active makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.



**Take notice...** Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.



**Keep learning...** Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.



**Give...** Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.





### Reception Children - First Lunch

This week, children in Berlin and Madrid had their first independent lunch together at Brookside Primary. We are encouraging our children to try different foods and eat independently. We are also teaching them the fundamentals of queuing up in an orderly fashion to get their lunch as well as, demonstrating the safest way to use the cutlery. Primarily, we are enlightening our children on lunch hall etiquette by saying "please" and "thank you" upon receiving their food. Well done children, we are so proud of you!







## Non-invasive Thermal Cameras

The School has taken a collaborative approach to ensure the safety and wellbeing of all our pupils during these unprecedented times. In conjunction with the measures already implemented around the site to mitigate and manage the risk of COVID-19 transmission, the School has also installed a non-invasive thermal camera to check the temperatures of pupils as they enter the site. We will continue to keep our plans for a safer school up to date and will review the changes made around the site regularly.

## Reporting Absence

It is important to contact the School Office each morning before 9:30am if your child is absent from school. If your child has an appointment with the general practice (GP), dentist, or hospital, please bring in evidence to keep on your child's record. All absences will be recorded as unauthorised **unless evidence is provided**. Thank you for your support.

## Physical Education

Getting active has never been more important, especially as many pupils have been indoors during lockdown. We ask all children to bring in their Physical Education (PE) kits on the day of their lesson and take them home straight after for washing. Thank you.

## Applying for Secondary School September 2021

We would like to inform all parents, guardians and carers of children born between 1st September 2009 and 31st August 2010 that the closing date for applications for Secondary School places to be received by the London Borough of Hillingdon, by post or online, is **Saturday 31st October 2020**. 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 23rd October to ensure that it is received by the published deadline. Further information can be found on [www.hillingdon.gov.uk/secondary](http://www.hillingdon.gov.uk/secondary) or by telephoning the School Placement and Admission Team at the Civic Centre, Uxbridge on 01895 556644. You will receive information with regard to applying for your child starting secondary school shortly.

## Primary School Admissions 2021

We would like to inform all parents, guardians and carers of children born between 1st September 2016 and 31st August 2017 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 **Friday 15th January 2021**. 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 [www.hillingdon.gov.uk/primary](http://www.hillingdon.gov.uk/primary) or by telephoning the School Placement and Admission Team at the Civic Centre, Uxbridge on 01895 556644.

## Hot Dinners

Over the summer holidays, we had launched our new cashless system - iPayimpact, where parents, guardians and carers were each given a unique reference code via letter to set up their children's accounts. You may have noticed that individual lunch prices have changed to £2.40 per day (£12.00 for the whole week). We would like to encourage parents, guardians and carers to pre-order their child's lunch for the week; this includes all children in receipt of free school meals, either selecting packed lunch or the School dinner choice of that day (Halal, Non-Halal or Vegetarian). You can select meals for seven weeks therefore avoiding logging in weekly. The lunch option will be displayed on the iPay account in case you are unsure of what is being served for that day. Parents, guardians and carers of children in Reception and Years 1 and 2 must pre-order meals online weekly. We would like to thank all families that have already registered their account. If you are experiencing any problems, please contact the School Office on **020 8845 6634** or via email **brooksideprimary@trhat.org**.

## 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 you may be entitled to your child receiving free school meals, please contact the School office. The member of staff on reception will also be able to advise you on the process for claiming free school meals. Please note that this benefit must be reapplied for each year.

## Personal Details

Please ensure you provide the School Office with your most recent and up-to-date details including, changes to address, telephone numbers or email contact. Please also provide the School Office with your child's up-to-date medication, including inhalers, spacers and EPIPENS.

It is especially important during these unprecedented times we are able to contact you if your child is unwell. Thank you.

## iPayimpact System

As you are aware, we have recently introduced iPayimpact which is an online payment system for lunch and uniform orders. As with any new platform, we are experiencing some delays in processing requests and we ask for your patience as we work with the providers to correct all issues. We ask that you continue to raise these issues with us so we can resolve them in a timely manner. Thank you for your continued support and patience in this matter.

## Drop-off and Collection Times

We kindly ask all parents, guardians and carers to wear face masks whilst onsite and adhere to the start and end times so we remain compliant with government guidelines for COVID-19. Please arrive at your allocated time slot so we are able to ensure that children remain in their respective bubbles. Please note, we will only allow one adult to drop and collect children to minimise numbers. Please do not be late collecting your child as we require sufficient staff presence to look after them without transferring bubbles. Thank you.

	<b>Week Commencing: <i>Monday 21st September</i></b>	
	<b>MENU 3</b>	
<b>MONDAY</b>		
Meal Choice 1	Chicken Sausages with Mashed Potatoes and Onion Gravy	<b>Halal</b>
Meal Choice 2	Chicken Sausages with Mashed Potatoes and Onion Gravy	<b>Non Halal</b>
Meal Choice 3	Vegetarian Sausages with Mashed Potatoes and Onion Gravy	<b>Vegetarian</b>
Meal Choice 4	Gluten free Pork Sausages with Mashed Potatoes without Milk or Butter	<b>Gluten/Dairy Free</b>
Dessert Choice	<i>Orange Jelly</i>	<i>Fresh Fruit and Yoghurts</i>
<b>TUESDAY</b>		
Meal Choice 1	Beef Lasagne with Fresh Salad	<b>Halal</b>
Meal Choice 2	Beef Lasagne with Fresh Salad	<b>Non Halal</b>
Meal Choice 3	Vegetarian Lasagne with Fresh Salad	<b>Vegetarian</b>
Meal Choice 4	Minced Beef with Gluten free Pasta	<b>Gluten/Dairy Free</b>
Dessert Choice	<i>Chocolate Mousse</i>	<i>Fresh Fruit and Yoghurts</i>
<b>WEDNESDAY</b>		
Meal Choice 1	Barbecue Grilled Chicken Breast with Rice	<b>Halal</b>
Meal Choice 2	Barbecue Grilled Chicken Breast with Rice	<b>Non Halal</b>
Meal Choice 3	Baked Jacket Potato with Various Fillings	<b>Vegetarian</b>
Meal Choice 4	Barbecue Grilled Chicken Breast with Rice	<b>Gluten/Dairy Free</b>
Dessert Choice	<i>Apple Crumble</i>	<i>Fresh Fruit and Yoghurts</i>
<b>THURSDAY</b>		
Meal Choice 1	Cajun Chicken in Pitta Bread with Oven Cooked Potato Slices and Tomato Salsa	<b>Halal</b>
Meal Choice 2	Cajun Chicken in Pitta Bread with Oven Cooked Potato Slices and Tomato Salsa	<b>Non Halal</b>
Meal Choice 3	Roast Mediterranean Vegetables in Pitta Bread with Oven Cooked Potato Slices and Tomato Salsa	<b>Vegetarian</b>
Meal Choice 4	Cajun Chicken with Oven Cooked Potato Slices and Tomato Salsa	<b>Gluten/Dairy Free</b>
Dessert Choice	<i>Vanilla Sponge with a Pineapple Ring and a Cherry</i>	<i>Fresh Fruit and Yoghurts</i>
<b>FRIDAY</b>		
Meal Choice 1	Fish Fingers or Battered Chicken with Oven Baked Potato Wedges	<b>Halal</b>
Meal Choice 2	Fish Fingers or Battered Chicken with Oven Baked Potato Wedges	<b>Non Halal</b>
Meal Choice 3	Macaroni Cheese	<b>Vegetarian</b>
Meal Choice 4	Gluten free Fish Fingers with Gluten free Potato Wedges and Beans	<b>Gluten/Dairy Free</b>
Dessert Choice	<i>Chocolate Brownie Tray Bake</i>	<i>Fresh Fruit and Yoghurts</i>
<b><i>Please note that all main meals are served with Fresh Vegetables of the Day</i></b>		

## Asthma Alert!

If your child has asthma and uses a preventative inhaler (beige, brown, orange, red, purple or pink), please ensure it is being taken regularly **EVERY DAY** as we are heading towards the most challenging season for asthmatics. If your child is absent from school due to Asthma, you must inform the School Office immediately.

## Online Learning Resources

Pupils are requested to continue with their online learning via Purple Mash and Bug Club. Class teachers will continue to mark work upon completion of set tasks. Please note that progress can only be monitored and assessed if pupils continue to complete tasks in a timely manner. Please do not hesitate to contact the School Office if you have any difficulties with login details.

<https://www.activelearnprimary.co.uk>

<https://www.purplemash.com/sch/brookside-ub4>